

ROOSEVELT Track & Field INVITATIONAL

SATURDAY MARCH 07, 2026
Stadium opens at 6:00am

Location: Eleanor Roosevelt HS - 7447 Scholar Way, Eastvale, CA 92880

Parking: FREE

Admission: Spectators \$10.00 per Adult; Students/Children 8-17 years old \$5.00; Seniors & Children 7 years and under are Free.

ENTRANCE: Athletes and coaches will enter through the VISITOR gates; Spectators will enter through the HOME gates.

TIMING: Finished Results - Automatic timing, large LED screen at finish line

DIVISIONS: Girls F/S; Girls Varsity; Boys F/S; Boys Varsity

MEDALS (TOP 3 OF EACH DIVISION)

WE WILL COMBINE THE FOLLOWING RACES (IF NEEDED):

200m, 110H, 300H, 1600m

800SMR

4x100R

4x200R, 4x400R, 4X800R

Team Entry Fees:

\$600 max entry fee for a complete team

\$300 Single-gender teams \$20 single athlete events

\$50 per Team per relay

Early Bird Special!! \$400 Team Entry - \$200 Per Gender

PAYMENT & CIF CONTRACT MUST BE SUBMITTED BY FEBRUARY 14 2026

Make Checks, Payable to:

Eleanor Roosevelt HS Track & Field
7447 Scholar Way, Eastvale, CA 92880

Attn: Shonna Bernard-Joseph

Registration Deadline: February 20, 2026

DROP DEADLINE: February 27, 2026

SCRATCHES: PLEASE NOTIFY IMMEDIATELY OF ANY SCRATCHES BY EMAIL SBERNARDJOSEPH@CNUSD.K12.CA.US. ALL SCRATCHES MUST BE MADE NO LATER THAN 9 PM ON WEDNESDAY, FEBRUARY 25th, 2026, YOU WILL BE RESPONSIBLE FOR PAYING FOR SCRATCHES MADE AFTER MARCH 2, 2026.

Register: online at Milesplit.com.

Questions: Email **Coach Shonna** Sbernardjoseph@cnusd.k12.ca.us

Programs will be emailed on March 4, 2026, with Heat information.

We will work off a Rolling Schedule. Field Events will begin at 9:00 am.

7:00 am: Start of 3200m Run

7:20 am: Coaches Meeting

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Warm-Up Area: We will be using a full-sized Track and grass Field located at the connecting River Heights Intermediate School campus. This can also be used as a staging area for E-Z-Ups, not located at the top of the bleachers. Provides a large warm-up area with easy access to the Course of the Clerk.

Clerk of the Course: Competitors will receive starting instructions from the starting line. The Clerk of the Course will escort all competitors to the starting line. Athletes need to check in at the 2nd call prior to their events.

Entries: All entries will be made on athletic.net. Results will be posted on the Finished Results app.

Relay Teams: One scoring team.

Equipment: Teams must furnish their own batons, throwing implements, and poles for Pole Vault.

Awards: Medals will be given to the top 3 places overall in Running Events and Field Events.

Snack Bar: Fully stocked snack bar will be available throughout the event.

Coaches Room: Coaches Room will have coffee and light breakfast items. Full catered lunch will be provided.

TRASH: Each team is responsible for cleaning their area. Please be considerate of this throughout the meet. There will be a large bag in your team packet to help with the process.

Canopies: Set Up canopies at the very top of the bleachers or on the perimeter of the warm up field area. A LIMITED number of COACHES will be allowed on the field. NO RADIOS.

Order of Events

Running Events- 7am Start Time - ROLLING SCHEDULE

3200M FSG, VG / FSB, VB

4x100M Relay FSG, VG / FSB, VB

4x100M Relay BIG MAN (Shot Put)

100M Hurdles FSG, VG / FSB, VB

110M Hurdles FSG, VG / FSB, VB

400M FSG, VG/ FSB, VB

100M FSG, VG / FSB, VB

800M FSG, VG / FSB, VB

Spring Medley Relay FSG, VG / FSB, VB

300M Hurdles FSG, VG / FSB, VB

4x800M Relay FSG, VG / FSB, VB

200M FSG, VG / FSB, VB

4x200M Relay BIG MAN (Shot Put)

1600M FSG, VG / FSB, VB

4X400M Relay FSG, VG / FSB, VB

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Field Events - 9am Start Time - *ROLLING SCHEDULE*

Long Jump

Frosh 3 Jumps - No Final

Varsity 3 Jumps - No Final

Pit #1 LJ

FSG, VG

Pit #2 LJ

FSB, VB

Pit #1 TJ

FSG, VG

Pit #2 TJ

FSB, VB

High Jump

*Opening Heights
(Negotiable at pit)*

FSG 4'0

VG 4'5

FSB 5'2

VB 5'5

Pole Vault (Back Field)

Opening Heights

FSG - 6ft VG- 8FT

FSB - 7FT VB- 9FT

SHOT PUT / DISCUS

(We have lights for the field)

We have weight implements

Frosh 3 Attempts

Varsity 3 Attempts