

# ROOSEVELT INVITATIONAL

**SATURDAY MARCH 01, 2025**

**Stadium opens at 6:00 am**

3200 will begin at 7 am; Coaches meeting at 7:20 am; Field Events will start at 8 am; 4x100 Relay will begin at 8 am

**Location:** Eleanor Roosevelt HS - 7447 Scholar Way Eastvale, CA 9288

**Parking: Free**

**Admission:** Spectators \$10 per adult; \$5 per student (8-7years); Seniors & 7 and under 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 IF NEEDED THE FOLLOWING RACES:**

3200m, 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 IN BY FEBRUARY 14, 2025**

Make Checks Payable to:

Eleanor Roosevelt HS Track & Field

7447 Scholar Way, Eastvale, CA 92800

Attn: Shonna Bernard-Joseph

Registration Deadline: February 21, 2025

DROP DEADLINE: February 26, 2025

**SCRATCHES: PLEASE NOTIFY US IMMEDIATELY OF ANY SCRATCHES BY EMAIL**

**[SBERNARDJOSEPH@CNUSD.K12.CA.US](mailto:SBERNARDJOSEPH@CNUSD.K12.CA.US). ALL SCRATCHES MUST BE MADE NO LATER THAN 9 PM ON WEDNESDAY, FEBRUARY 26th, 2025 YOU WILL BE RESPONSIBLE FOR PAYING FOR SCRATCHES MADE AFTER MARCH 1<sup>ST</sup>, 2025.**

**Register: online at [Milesplit.com](https://milesplit.com)**

**Questions: Email Coach Shonna @[Sbernardjoseph@cnusd.k12.ca.us](mailto:Sbernardjoseph@cnusd.k12.ca.us)**

Programs will be emailed on February 28, 2025, with heat information, we will work off of a rolling schedule this year.

**Warm-Up Area:** We will be using a full-sized track and grass field located at the connecting River Heights Intermediate. This can also be used as a staging area for E-Z-Ups not located at the top of the bleachers. This provides a large warm-up area and easy access to the course 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 second call prior to their events.

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**Entries:** All entries will be made on finish.com. The snack bar will post the results on the Finished Results app.

**Relay Teams:** One scoring team.


**Equipment:** Teams furnish their own batons, throwing implements, and pole vault poles

**Awards:** Medals will be given to the top 3 places overall in running and field events

**Snack Bar:** Fully stocked snack bar; Coaches room will have light breakfast, Full Lunch

**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 warmup field area. NO RADIOS and LIMITED COACHES will be allowed on the field



## Order of Events - Rolling schedule 7am Start Time -

3200FSG, VG

4x100 FSG, VG / FSB, VB

100H FSG, VG / FSB, VB

110H FSG, VG / FSB, VB

400M FSG, VG / FSB, VB

100M FSG, VG / FSB, VB

800M FSG, VG / FSB, VB

SMR FSG, VG / FSB, VB

300h FSG, VG / FSB, VB

4x800R FSG, VG / FSB, VB

200M FSG, VG / FSB, VB

1600M FSG, VG / FSB, VB

4X400MR FSG, VG / FSB, VB

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## Field Events -8am start time ROLLING SCHEDULE

Frosh 3 Jumps - No Final

Varsity 4 Jumps - No Final

Pit #1 LJ    FSG, VG

Pit #2 LJ    FSB, VB

Pit #1 TJ    FSG, VG

Pit#2 TJ    FSB, VB

### HJ Pit

#### 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 do have lights for the field)**

**We will weigh implements**

**FROSH 3 ATTEMPTS VARSITY 4 ATTEMPTS**

FSG            VG

FSB            VB