

2019

9th Annual Eva G. Hinshaw Invitational

East Prairie High School

March 28, 2019

- East Prairie High School will be hosting the 8th annual Eva G. Hinshaw memorial track invitational meet Thursday, March 28. **Running events will begin 4:15.** The track is a rubber, all weather, 400 meter, six lane track. Athletes should wear 1/8 pyramid or needle nose spikes. **All field events, excluding pole vault, will begin at 3:45 pm.** The meet will consist of two divisions, 9-12 boys and 9-12 girls.
- Entry fees will be \$160. \$80 for male team and \$80 for female team or \$15 per athlete competing. Funds will go towards medals, trophies, and workers. Make checks payable to East Prairie RII Schools.
- Times for seeding are due by Monday, 12pm, March 25. Times may be mailed, emailed, or faxed.
- Entry is limited to 2 participants per event, per school. Relays are limited to one team per school.
- Entries are to be completed on mo.milesplit.com at the following link:
 - o <https://mo.milesplit.com/meets/338789/info>
- **Finalized Scratch Sheets Can Be Picked Up In the Pressbox. Due by 3:45 pm day of invitational.**
- Please feel free to contact me with any questions. You may email, mail or fax your entry form and times to:

East Prairie High School
Attn: Chad Jamerson
PO Box 10
304 East Walnut
East Prairie, MO
573-233-4459
Fax: 573-649-3208
Chad.jamerson@eastprairie.org
- Plaques will be provided for the 1st and "runner up" teams for each division. Medals will be awarded to the top 3 finishers in each event.
- Hospitality Room will be provided for coaches and staff

Thank you,

Chad Jamerson

Head Coach East Prairie Track and Field

Field Events will begin at 3:45

Order of Events

- Long Jump, Triple Jump, and Javelin will be cafeteria style. Pits will be open until 5:15.
- Girls Shot to be followed by the Boys
- Boys Discus to be followed by the Girls
- Girls High Jump to be followed by the Boys

Races will begin at 4:15.

3200m Relay

100m hurdles

110m high hurdles

100m

800m relay

1600m

400m relay

400m

300m hurdles

800m

200m

3200m

Burger 100m (top 8 shot will compete for a free burger and fries from each gender division)

1600m relay

Side Notes:

I'm attempting to do some things different this year. For example, we will be playing music during the 1600m relay. Also, I encourage you to have your athletes line the inside of the track during the relay to really "get things going."

Ultimately, the goals of this meet are to have fun and come out with some great performances. At times, things may run slow in an attempt to get the best performances we can. One of the cool things about track and field is no one plays defense. Everyone comes out on offense and does their best. After, we celebrate the best performances.