

## RUN EIGHT "O" FOUR HIGH SCHOOL TRACK & FIELD INVITATIONAL

Welcome to the Run Eight "O" Four High School Track & Field Invitational. We are grateful for your participation and excited to host you at Henrico High School. Over the past four years, this event has grown into one of the premier early seasons meets in the region, bringing together programs from across Virginia and neighboring states for high-level competition and exposure. With VHSL sanctioning, experienced USATF-certified officials, and top-tier meet management, we are committed to providing a professional and competitive environment.

This meet is presented by Henrico High School and John Marshall High School, with the support of Eastend Lightning Track Club. Please review the meet-day information below to ensure a smooth and successful experience.

### MEET DAY INFORMATION

Venue Opens	7:30 AM
Check-In / Weigh-Ins	7:30 – 8:30 AM
Track Opens for Warm-Up	8:00 AM
Coaches Meeting	8:15 AM (50-yard line)
Field Events Begin	9:00 AM
Running Events Begin	9:30 AM (rolling schedule)
Awards Ceremony	6:00 PM

### FACILITY LAYOUT & CHECK-IN

Packet Pick-Up	Front of weight room (across from stadium entrance)
Check-In	Tent in endzone on entrance side
Boys Long Jump	Pit facing 200m start
Girls Long Jump	Pit facing 100m start
Throws Area	Behind fieldhouse outside stadium
Pole Vault	Far side jump apron



## KEY COMPETITION NOTES

Schedule Format	Rolling schedule
Field Events	3 attempts (no finals)
Minimal Marks	Enforced after first legal attempt
Spikes	¼ inch pyramid spikes only
Blocks	Provided (no outside blocks)

## EVENT AMENITIES

Coaches Hospitality	Lunch provided
Athletic Trainer	On site (bring own tape)
Concessions & Vendors	Available all day
Souvenir T-Shirts	Available for purchase

## IMPORTANT POLICIES

Pets	Not allowed
Firearms	Not allowed
Smoking/Vaping	Not permitted
Liability	Meet management not responsible for lost/stolen items

## LIVE RESULTS

Website	FinalLapTimingGroup.com & Milesplit
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We appreciate your participation and wish you the best of luck in the competition.

Sincerely,  
Robert Evans - Meet Director  
Run Eight "O" Four Invitational Staff

