



Running Events

Field Events

Shuttle Hurdle Relay
Sprint Medley Relay

4x800

Youth Mile

Open Mile

64th Annual East Coast Championship

55H

55m

*High School Mile

400m

2 Mile

800m

4 x 400m

Championship Weight Throw

Emerging Weight Throw

Championship Shot Put

Emerging Shot Put

Long Jump

Pole Vault

High Jump

*Top Boy & Girl in High School Mile will receive automatic entry into the 2017 New Balance Indoor Grand Prix Meet at Reggie Lewis Center.

<http://www.nbindoorgrandprix.com>

www.EastCoastInvitational.org

**Open to all
NFHS Schools**

\$10 per Event
Relay \$15