

# 4<sup>th</sup> Annual Meet to Compete JH Invitational

## Track and Field Meet

Columbus Grove, Ohio Thursday, April 20, 2023

**Teams (12):** Allen East, Arlington, Bath, Columbus Grove, Delphos St. John's, Kalida, Lima Central Catholic, Pandora-Gilboa, St. Michael, Van Buren, Vanlue, Wapakoneta

1. Upon arrival, coaches should report to the press box for packets containing heat assignments. Shot and discus weigh-in will be done by the ticket booth near the discus cage.
2. You are limited to **three (3)** contestants per individual event and **two (2)** teams per relay. Please feel free to put together a "B" team relay. The goal of the meet is to give each kid a chance to compete. By rule only one relay team can score.
3. The scoring for individual and relay events will be 10 – 8 – 6 – 4 – 2 – 1
4. Medals will be given to the first and second placers. Ribbons will be given for 3<sup>rd</sup> thru 6<sup>th</sup> placers.
5. The 4x800 meter relay will be ran at 5:00.
6. Admission is set at \$5.00 for adults and \$4.00 for students.
7. A concession stand will be open during the meet.
8. You will need to furnish your own relay batons.
9. Each contestant is responsible for reporting on time for their events. Competitors should report to the clerk in the "Bull Pen" area at the scoreboard end of the track.
10. Only high jump and long jump competitors are allowed on the infield.
11. Results will be posted at [www.baumspage.com](http://www.baumspage.com)
12. Please no spikes in the stands (¼" tacks on the track and jumping surfaces).
13. Please do not use tape on the all-weather surfaces.
14. Team camps may be setup behind the home and visitor stands.
15. Shot Put, Discus, and Long Jump will be 4 trials only (no finals).
16. Starting heights for High Jump and Pole Vault will be determined according to the heights entered. *Last year's starting heights* – (Girls HJ 3'8" | Girls PV 5'6" | Boys HJ 4'4" | Boys PV 7'0")
17. Please be accurate in your submitted times so we can seed accordingly. This meet will be finals only since we are using fully automatic timing (FAT).
18. Please submit a preliminary event roster on [www.baumspage.com](http://www.baumspage.com) before **Wednesday, April 19 at 7:00 PM**. Changes are welcome until Thursday at noon. There will be no substitutions after 12:00 (noon) on Thursday.
19. Fee of \$120.00 per school. Please make checks payable to Columbus Grove Athletic Dept.

**Field Events: 4:30    4x800 M Relay: 5:00    Running Events: 6:00**

If you have any questions, please contact: Caleb Arthur (567-208-7430) or [cg\\_carthur@cg.noacsc.org](mailto:cg_carthur@cg.noacsc.org)