

**HL JH Track & Field Invitational
at Hopewell-Loudon High School
Bascom, OH**

1. Competing schools: Calvert, Danbury, Elmwood, Hopewell-Loudon, Lakota, Liberty-Benton, McComb, and New Riegel
2. Coaches meeting at 4:10 P.M. There are no online scratches/substitutions. A limited number of changes will be permitted on meet day.
3. Long jump will be open pit as follows (four jumps, NO finals):

Boys	warm-up	4:15-4:30
	open pit	4:30-5:30
Girls	warm-up	5:30-5:45
	open pit	5:45-6:45
- * see note below
4. Other field events begin at 4:30 P.M. with boys shot put (then girls), girls discus (then boys), girls high jump (then boys), and girls pole vault (then boys). High jump and pole vault may be 5-alive accordingly; competitors in the throwing events will receive four throws, NO finals.
- * see note below
5. Running events will begin at 5:00 P.M. with the girls 100 m hurdles. There are no preliminaries in any events. All events will be run as finals – scoring/placing may occur from any section. Each running final will be seeded based on times submitted through Baumspage with the last section containing those athletes with the fastest reported times.
6. NO team camps will be permitted on the infield.
7. Standard starting blocks will be provided. NO stand-up blocks are available.
8. All times, heights & distances recorded will be posted on Baumspage.
9. During the meet, please report any problems or concerns to the Hopewell-Loudon High School track & field coaches.
10. Any questions contact Carly Reese | tiffintiming@gmail.com | 419.619.0821

* Note: NFHS Rules state that warm-ups shall not be permitted unless supervised by an event official or coach. Please make arrangements to have a coach available when your athletes are warming-up for their field event.