

Falcon JH Invitational - Jefferson Area
Falcon Pride Stadium
Friday, 04-24-2015, 4:00 PM

Thank you for participating in the 5th annual Junior High Falcon Invitational. There will be 16 teams competing this year at the invitational. If attending, Athletic Directors please go onto the Junior High OHSAA Site and log in. Under pending Invitations, click on track and accept the contract for the meet. You can also print out contract for treasurer.

Please submit all names of athletes to: www.baumspage.com (The window will close Wednesday April 22nd @ 7:00 PM) If you never used Baumspage, follow the directions on the attached sheet.

Teams will enter their top two athletes in each event and one relay per team. Semifinals will be run 100 hurdles, 110 hurdles, 100 m, and 200 m. Top eight times will advance to the finals. All relays and distance events will be run as a final. Field events will have 3 throws or jumps.

Entrance fee for the invitational is \$100 per team (\$200 per school). Your place in the meet will be confirmed when payment is received. You can make checks payable to JFAB and send them to

Jefferson Area HS
Steve Locy, Athletic Director
207 W. Mulberry St.
Jefferson, OH 44047

Cost for Spectators Adults \$4.00 and Students \$2.00

On arrival drop off athletes and park buses on the North end of the track by the tennis courts. **Coaches meeting will be at 3:50. Field events will start at 4:00pm, followed by prelims at 4:30pm.**

Top 8 places will be scored as 10-8-6-5-4-3-2-1 while relays will be scored 10-8-6-5-4-3-2-1. Top two teams will receive trophies. Top three places will receive medals and fourth place through 8th place will receive ribbons.

The Falcon Athletic Boosters will have a concession stand open for your enjoyment.

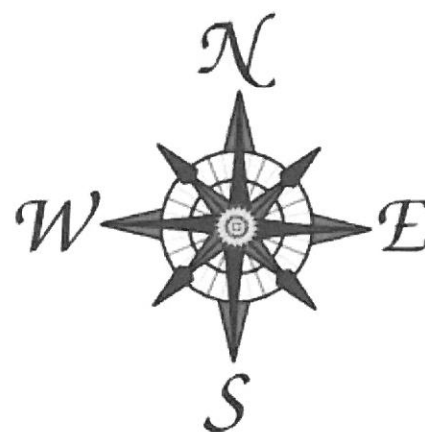
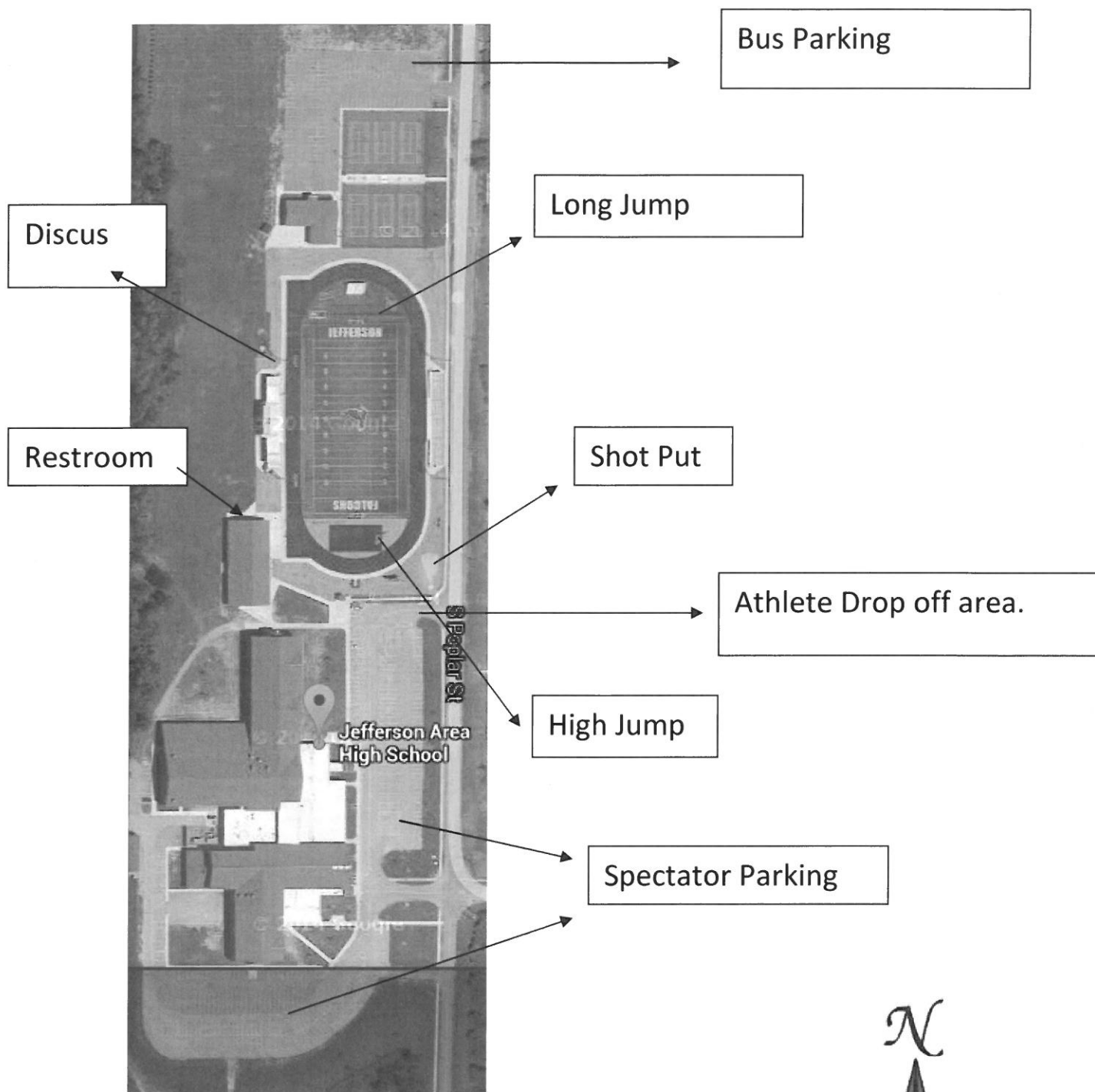
Teams Attending: Grand Valley, Pymatuning Valley, West Geauga, Rocky River, Heritage, Kenston, Austintown Fitch, Heskett, Conneaut, Lakeside, Braden, Hubbard, Wickliffe, Warren Harding, and Chagrin Falls.

Reed Activewear will be selling T-shirts and sweatshirts at the meet.

Reminder: All coaches spectators and athletes must stay off the football field unless you are a participant in the high jump or long jump. Only 1/8 spikes are accepted for completion.

OHSAA uniform requirements will be enforced.

Spectators are asked to keep the walk way clear in the bleachers. Please remain seated in the stands. Team camps must be set up on the east side of the stadium. (Visitors side)



**Falcon JH Invitational - Jefferson Area
Falcon Pride Stadium
Friday, 04-24-2015, 4:00 PM**

Entry window opens: Monday, 04-06-2015, 12:00 PM

Entry window closes: Wednesday, 04-22-2015, 9:00 PM

Scratch/Substitutions: None online

1. **Rosters must be submitted through Baum's Page Online Entry System before the entry deadline.**
 - a. Late entries will not be accepted! Or if accepted, may be subject to a Late Entry Penalty.
2. **Please note the following details on baumspage.com!**
 - a. **All User Accounts from last year were retained, but the associations with the schools and teams were deleted.**
 - b. After login, the coach will be able to add multiple teams/sports/genders to the same account!
 - c. High school athletes were advanced one grade and retained. Please delete those that are no longer participating!
3. Go to www.baumspage.com and use **Online Entries** or **Login** to access your account
 - a. Click the **Help** link and print **Online Entry Instructions for Track** if you need detailed instructions.
 - b. **If you did not have an account last year, use Apply** to create your account.
 - c. **If you had an account last year, you can login using that e-mail address and password.**
4. Use • **Coaches • | Select Teams** to select your **School**.
 - a. Click **Get available teams** and then **Make me the Coach**.
 - b. Note: after selecting your teams, you may need to refresh your screen or Logout and Login again!
5. Use • **Coaches • | Track | Modify Athletes** to enter your athletes on your alphabetic roster.
 - a. You may enter athletes one at a time by filling in name and grade, then **Add Athlete**.
 - b. Or you **can import your complete roster by pasting them** from an Excel file. Use one row per athlete: Number, First Name, Last Name, and Grade. Highlight and paste into textbox, then click **Import Athletes**.
6. Use • **Coaches • | Track | Submit Rosters** to enter athletes, relays, and marks.
 - a. **Include everybody that could possibly compete!** Submit a complete roster before the entry deadline!
 - b. **To enter individual events:** Select the athlete from the list and enter a mark.
 - c. **To enter a relay:** Select the 4 anticipated relay team members and enter a time...
(1) List in expected order. Changes may be made before the team competes.
 - d. Click **Submit Roster** to save entries. Use **Get Printable Roster** to print a copy for you records. *Only the athletes listed are entered in the event!
7. **If there are any problems with the Online Form**, click the **Contact Us** link and submit a **Help Request**.
 - a. Please allow up to 8 hours for a response! *Most responses will be in less than 4 hours.
 - b. In an emergency, call **Gary Baumgartner: 513-594-6154 or Terry Young: 740-517-0195.**

Starts and Exchange Zones

1600:

Green line start

One turn stagger into lane one

4 x 100 :

Batons

Lanes

White line start

Yellow to yellow exchange zones

4 x 200 :

Batons

Lanes

Red line start

1 to 2-red to red exchange zones

2 to 3 and 3 to 4 Yellow to yellow exchange zones

800:

Green line start

Two turn stagger into lane one

4 x 400:

Batons

Lanes

Blue Line Start

1st exchange-blue to blue with one turn and cut-line

Blue to blue California exchange for 2nd and 3rd

Exchange

Boys HJ:

Start 4' 2" up by 2" until 4' 6" then by 1"

Girls HJ:

Start 3' 8" up by 2" until 4' then by 1"

Long Jump:

3 Jumps

Open pit for both boys and girls from 4:15 p.m. until 5:15 p.m.

Shot/Disc:

3 Throws (2-1 format)