

Bedford Middle School Invitational Meet Information

Times: 3:00 pm Facility opens to teams
4:30 pm Field Events
4:45 pm Coaches Meeting (if needed)
5:00 pm Running Events

Location: Bedford High School

Admission: \$6.00 adults
\$4.00 children/seniors

Entries: The entry window will open on baumspage.com (opens: 4/17, closes: 5/1 @ 8:00 pm). **In case you have substitutions at the meet, please remember to enter your entire roster not just the athletes you think may compete.**

Scoring and Awards: Eight places will be scored (10-8-6-5-4-3-2-1). 1st – 3rd place will receive will receive medals. Team plaques will be awarded for champions.

Multi-heat Events: Athletes will be organized in heats based on entry times. The fastest heat will be last.

High Jump: Starting height will be 3'8" for girls and 4' for boys. Girls will high jump first. Boys will be able to warm up immediately following the girl's competition. There will be a 20-minute warm-up period before boy's high jump is started. This 20-minute warm-up period will begin as soon as the final girl's competitor finishes.

Long Jump: Long jump will operate as an open pit for strictly 30 minutes (short time with a maximum of only 14 jumpers in this meet). During this time, each competitor may make up to 4 attempts. Boys will long jump first. Girls will be able to warm up immediately following the boy's competition. There will be a 20-minute warm-up period before girl's long jump is started.

Shot Put: Each competitor will be allowed 4 throws. Boys will throw shot put first. Once the boy's shot put and girl's discus have finished, the genders will switch events.

Discus: Each competitor will be allowed 4 throws. Girls will throw discus first. Once the boy's shot put and girl's discus have finished, the genders will switch events.

Throwing Implements: Each school must provide their own throwing implements.

Meet Director: Gordon Kimberly, gtkimbo@roadrunner.com
Bedford Athletic Director: Mark Zofka, 440-439-4588 mzofka@bedford.k12.oh.us