

7th Annual
Riesbeck's Martins Ferry Junior High Relays
April 11th, 2017

Dear Track and Field Coaches and Athletic Director:

Your team has formally committed to compete at the 7th Annual Riesbeck's Martins Ferry Junior High Relays on Tuesday, April 11th, 2017 at the Fred Thomas Track Complex atop the hill next to Martins Ferry High School.

If you would happen to have any question, please contact Greg Steele @ greg.steele@omeresanet.net, (740) 633-9741 (School) or (740) 310-7401

Key Dates: Entries due on Baumspage.com - Monday, April 10th by 10 p.m.

FACILITIES: The Fred Thomas Track Complex is an eight-lane, all-weather track surface directly behind Martins Ferry High School. The track includes an all-weather long jump, high jump and pole vault areas and two concrete throwing pads. Only $\frac{1}{4}$ inch spikes will be permitted on the surface.

SCHEDULE: Field events will begin at 4:30 p.m. and preliminary running events at 4:45 p.m.

AWARDS: The top 3 athletes in each event will be awarded a medal. There will be plaques given to both the team champ as well as the runner-up. Also, there will be a high-point award for both male and female competitors.

ENTRY FEES: This year's entry fee is \$120 per full team (Boys and Girls). If you would like to just bring a boys team or girl's team separate, the cost is \$60. Entry fees may be mailed to Athletic Director Kim Appoloni at 5000 Ayers Limestone Road, Martins Ferry, OH 43935

COACHES MEETING: A mandatory coaches meeting will begin at 4:00 p.m. at the finish line and will be covering starting heights of the pole vault and high jump and any other necessary information.

INFORMATION

1. Only spikes $\frac{1}{4}$ inch or lower may be used, including the pole vault, long jump and high jump areas.
2. All timing will be FAT with times recorded to the hundredths of a second.
3. The 100M Dash, 200M and 110HH/100HH will be run in trial heats with the SIX (6) **or EIGHT (8)** fastest times advancing to the finals. All other races will be run as finals. All placing will be based on time.
4. Long Jump, Shot Put and Discus will consist of four attempts with each best attempt going towards placing.
5. Competitors in the Pole Vault will not be permitted in the area until an Official is present. Pole Vault Verification forms **MUST** be submitted and poles inspected prior to the event.
6. Starting blocks will be provided, but you are more than welcome to use one provided by your school.
7. There is ample room for team camps, so we would like all athletes to stay out of the bleachers. We suggest also bringing a lawn chair for parents as there are also several areas for good views from atop the hill.