2015 Junior High MVL Championship
Saturday, May 9

WHERE: Sheridan High School Track
8725 Sheridan Drive NW
Thornville, OH 43076

WHEN: 9:00AM – Coaches Meeting
9:30 AM – Field Events Begin
10:30 AM – Running Prelims/Semis
12:00 PM – Finals Begin

Coaches Hospitality Room: Breakfast will be available beginning at 8:30 AM. Lunch will be available at 11:00 AM.

TEAMS: Crooksville, John Glenn, Maysville, Morgan, New Lexington, Philo, Sheridan, Tri-Valley, West Muskingum

ADMISSION FEE: Adults: $3; Students: $2
***Concessions will be available; they are sponsored by Sheridan Athletic Boosters.

FACILITIES: Eight-lane polyurethane track, runways, and jumping areas; restrooms; plenty of warm-up areas; NO LOCKER ROOMS!

SCORING: 10-8-6-5-4-3-2-1

SPIKES: ¼"

NUMBER OF COMPETITORS: Two per event/one relay team in relay events

FIELD EVENTS:

Long jump: Three jumps (open pit); top 9 advance to finals for three additional jumps.
Shot put and discus: Two flights. Three throws; top 9 advance to finals for three additional throws.
High jump: Opening heights: To be determined in Coaches Meeting
Pole Vault: Opening heights: To be determined in Coaches Meeting

RUNNING EVENTS: Prelims will be run in the 100m, 200m, and 100/110m hurdles; in the event that each school has two competitors we will run four heats where the top 2 in each heat will advance to finals. If we only have 16 competitors two heats will be run and the top 4 of each heat will advance to the finals.

All distance races will be run together with the top eight places scoring. The 200 hurdles and 400m will have a fast section and a slow section, with the eight scoring places then based on time.

The relays will be run in a fast section and a slow section. The fast section will have 6 teams while the slow section will have 3 teams.

AWARDS: Team—Trophies to the top team.
Individual—Medals first place; ribbons to heat winners.

****Coaches should pick up their awards packets in the press box at the conclusion of the meet.*

ENTRIES: Entries are due to be entered on Baumspage no later than Friday May 8th at 9:00 PM.

SCRATCHES: Scratches can be made the day of competition (though they may not be reflected in the meet program). Any scratches or change in entry must be made during the coaches meeting no later than 9:30 AM.

2015 Junior High MVL Championship Time Schedule

9:00 AM **Coaches Meeting –** building near High Jump

9:30 AM **Field events begin**
Boys shot put and long jump
Girls discus, pole vault, and high jump

10:30 AM **Running event prelims**
Boys 100m dash prelim
Girls 100m dash prelim
Boys 110m hurdles prelim
Girls 100m hurdles prelim
Boys 200m dash prelim
Girls 200m dash prelim

12:00 PM **Running events finals:**
Girls 100m hurdles
Boys 110m hurdles
Girls 100m dash
Boys 100m dash
Girls 1600m run
Boys 1600m run
Girls 4x100m relay
Boys 4x100m relay
Girls 400m dash
Boys 400m dash
Girls 4x200 relay
Boys 4x200 relay
Girls 200m hurdles
Boys 200m hurdles
Girls 800m run
Boys 800m run
Girls 200m dash
Boys 200m dash
Girls 4x400m relay
Boys 4x400m relay

*****At the conclusion of the meet, we will present team trophies. Individual award packets can be picked up from the press box.**