



Northwood Junior High Relays

Northwood Junior High

Northwood High School, April 22, 2017

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Welcome to the 3rd annual Northwood Junior High Relays. Here are some things you might want to know.

Teams: There are seven teams: Gibsonburg, Kateri Academy, Lakota, Lake, North Baltimore, Northwood, and Ottawa Hills,

Scratches: **Please check the enclosed program. Make sure all your names, times, and distances are shown correctly.** If there are any corrections, changes, scratches, or substitutions, please come to the press box before the coaches' meeting if possible. We will, however, accept changes throughout the meet if necessary.

Meeting: There will be a short coaches' meeting at 9:40 in the press box. There will also be snacks and drinks available through the day in the press box for the coaches and officials as well.

Individual: These will be run in one or two heats. They will be run as finals, with the second heat, if there is one, being the fastest. Runners can score from either heat.

Relays: All relays have been seeded into lanes in a single heat, based on submitted times. Please use your own batons.

Facilities: We have a 8-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use 1/8 or 1/4 inch spikes. Tape or washable chalk is acceptable for marking the jumps, and tennis balls or washable chalk should be used for relays. Northwood will supply starting blocks.

Zones: We are asking that coaches help judge exchange zones during the relays. You will be responsible for your assigned zone for each relay that uses that zone. Please report to the exchange zone assigned. Flags will be provided.

Zone 1: Lake, Lakota, Gibsonburg

Zone 2: Northwood, Ottawa Hills,

Zone 3: North Baltimore, Kateri

Heights: We will use the following starting heights: Girls HJ 3'4", Boys HJ 4'

Concessions: We will have our concession stand open.

Scoring: Since there are 7 teams, we will score 6 places, 10-8-6-4-2-1.

Awards: There will be champion team trophies for both boys and girls. Individually, medals will be given for 1st place, with ribbons for 2nd through 6th.

Results: Results will be available in the press box at the conclusion of the meet. They will also be posted on baumspace.

Schedule

Field events

All field events will be relays with up to 3 athletes on a team. The team place will be determined by adding the best individual effort from each of the three (or fewer) competing athletes. If there is a tie, the first tie breaker will be the team with the best individual effort. If a tie remains in the vertical events, the next tie breaker will be total number of misses. If the tie still isn't broken, then it's a tie!

Field Events (10:00 AM)

Boys High Jump	The high jump will be run "5 alive."
Girls Long Jump	The long jump will be open pit girls followed by open pit boys
Boys Shot put	The shot put will be separated into 2 flights, keeping teammates in the same flight.
Girls Discus	The discus will be separated into 2 flights, keeping teammates in the same flight.

Remaining field events will be run upon completion of the others. Please use your own implements.

Individual Running Events (11:00 AM)

- Girls 1600 M Run
- Boys 1600 M Run
- Girls 100 M Hurdles (2 heats)
- Boys 110 M Hurdles (1 heat)
- Girls 100 M Dash (2 heats)
- Boys 100 M Dash (2 heats)

(30-minute break)

Relay Events (approximately 12:15 PM)

Girls events will be first, followed by boys

- 4 X 100 M Relay
- 1600 M Medley Relay (200, 200, 400, 800) (2 turn stagger)
- 800 M Sprint Medley Relay (100, 100, 200, 400) (2 turn stagger)
- Distance Medley Relay (800, 400, 1200, 1600) (2 turn stagger)
- 4 X 200 M Relay
- 4 X 400 M Relay