



Northwood Junior High

Northwood Junior High Relays

Northwood High School, April 20, 2019

700 Lemoyne Road, Northwood, OH 43619
Phone: 419-691-3888

Manager: Richard Morgan, phone: 419-601-1976
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Welcome to the 5th annual Northwood Junior High Relays. The meet will be held at Northwood High School on Saturday, April 20, 2019. A time schedule is included.

Teams: There will be six teams: Gibsonburg, Kateri Academy, Lakota, Lake, Northwood, and Ottawa Hills.

Entries: Entries will be done online at www.baumspage.com. The window is already open, and it will close at **11:00AM Friday, April 19. (That is Good Friday, so you won't be in school. Please make sure you don't miss this deadline, as I won't have a way to contact you if you do.)** There will be no scratch window. We will accept changes Saturday, but please try to keep them to a minimum. (If you have changes after the window closes, you can email them to me at rmorgan55@gmail.com.) Lane assignments will be posted on baumspage Friday evening.

Individual: There will be three individual events: 1600 M Run, 100/110 M Hurdles, and 100 M Dash. Each school can enter 2 athletes in each event. While the 1600 M Run will be run in one heat for each gender, the Hurdles and the Dash will be seeded into multiple heats, with the last heat the fastest, based on submitted times.

Relays: All relays will be seeded into lanes in a single heat, based on submitted times. Since many of you have not run some of these events this season, *please estimate the finish times as well as you can* for these events, so the seeding can be done fairly.

Facilities: We have an 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. Please supply your own batons. Northwood will supply starting blocks.

Concessions: We will have our concession stand open.

Admission: Admission will be \$5.00 for adults and \$3.00 for students.

Scoring: We will score 6 places for individual events.

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.

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.

Info: For questions or information, please contact:
Ken James, kenjames@northwoodschoools.org, (419) 691-4651, Northwood AD
Richard Morgan, rmorgan55@gmail.com, 419-601-1976, meet manager

Good Luck,

Richard Morgan, Meet Manager

Schedule

Field events

All field events will be relays with up to 3 athletes on a team. It is, of course, permissible to compete with less than three. The team place will be determined by adding the best individual effort from each of the three 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 3 flights, keeping teammates in the same flight.
Girls Discus The discus will be separated into 3 flights, keeping teammates in the same flight.
Note that the pole vault will not be contested.

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
Boys 110 M Hurdles
Girls 100 M Dash
Boys 100 M Dash

(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

Exchange Zones:

We will ask visiting coaches to judge the exchange zones. These zones will be listed in your packet letter when you arrive for the meet.

Please remember that all heat and lane assignments will be posted to baums-page some time Friday evening. You will also receive an email with this information. Please check this for starting heights and other information.