

Southeastern Ohio Athletic League Middle School Championship Meet

Meet Details

Date: May 16th, 2015

Time: Junior High Meet 2:00pm

Location: Jackson Middle School

Baumspage Entry Deadline: Thursday, May 14th 8:00pm

Baumspage Scratch/Add Deadline: Friday, May 15th 8:00pm

Emergency Scratches: If an athlete becomes unable to compete after the May 15th 8:00 pm deadline due to illness or injury and is not going to compete in any of his/her scheduled events, you may scratch that athlete and add a replacement immediately after the varsity event. Only athletes being completely removed from all events during the day's competition will be able to be replaced. All other athletes will be scratched without an add.

Coaches Meeting: A coaches meeting will be held following the Varsity competition.

Scoring: 6-4-3-2-1 Relay Scoring: 6-4-2

Timed Finals: All running events will be timed finals. There will be two heats of four runners. The fast heats will be second and heats will be based upon entry times. One heat for the 1600M and 800M.

Timing: FAT Timing will be provided.

Starting Field Event Order: Boys Shot Put/ Girls Discus, Boys Long Jump/ Girls High Jump. All athletes will get 4 (2-2) throws/jumps

Implement Weigh-in: Throwing Implements will be weighed in immediately following the Varsity competition

Starting Heights: 2" below the lowest entry submitted in the HJ, 6" below the lowest entry in Pole Vault.

Bullpen: We will bullpen at the start of the 110 Hurdles except for the 200M and 300M Hurdles.

Hip Numbers: Hip numbers will be issued behind the 110 meter start line.

Awards: A plaque will be given to the team champions. Medals will be given to event winners. Plaques and medals are sponsored by the SEOAL. Ribbons will be given to 2nd-3rd place. Ribbons are being sponsored by the Jackson Finish Line- Jackson's Track support group.

Event T-Shirts: SEOAL Meet T-Shirts will be sold for \$15. Shirts will be available in each schools colors.

Tents/ Team Camps: Team Camps can be set up to the right of the entry gate and equipment building in the grass field. No team camps in the bleachers.

Results: Results will announced immediately following the event. All results will be posted on baumspage after the meet.

Trainer: A trainer will be on site during the event.

Relay Cards: Relay cards will not be used for this meet, please make sure relay participants are accurate with the scoring staff.

Bus Parking- Busses will be parked in the bus drop off/pick up lane at the side and in front of the Middle School. Busses can pull into the track parking lot to unload and drivers will be directed across the street to park beside the Middle School

SEOAL MIDDLE SCHOOL MEET SCHEDULE

Following the Varsity Competition:

All emergency scratches completed at the start/finish line

Coaches Meeting- Start/finish line

2:00 pm

Boys – Shot Put, Long Jump
Girls – Discus, High Jump

Boys – Discus, High Jump
Girls - Shot Put, Long Jump

Event Schedule

2:30 pm- A rolling schedule will take place and calls will be made.

Girls

- 1 - Hurdles - 100 meters (10 Hurdles) (30")
- 3 - Dash - 100 meters
- 5 - Run - 1600 meters
- 7 - Relay - 4x100 meters
- 9 - Dash - 400 meters
- 11 - Relay - 4x200 meters
- 13 - Hurdles - 200 meters (30")
- 15 - Run - 800 meters
- 17 - Dash - 200 meters
- 19 - Relay - 4x400 meters

Boys

- 2 - Hurdles - 110 meters (10 Hurdles) (33")
- 4 - Dash - 100 meters
- 6 - Run - 1600 meters
- 8 - Relay - 4x100 meters
- 10 - Dash - 400 meters
- 12 - 4x200 meters
- 14 - Hurdles - 200 meters (30")
- 16 - Run - 800 meters
- 18 - Dash - 200 meters
- 20 - Relay - 4x400 meters