

Berea Kiwanis Titans Relays: Friday, May 1, 2015

Registration Information:

Running Events – All heats are slow to fast; girls running first in all events.
100 M Wheelchair Race
Distance Medley- 1200-400-800-1600 (note change to college order); White start line, 2 turn stagger
JV Distance Medley- 800-400-400-800 (6 point scoring (6-5-4-3-2-1) ribbons given) ***Use Distance Medley 3200 for entry.**
Sprint Medley- 100-100-200-400; White start line, 2 turn stagger, yellow-yellow-blue
JV Sprint Medley- (same as varsity-100-100-200-400), (6 point scoring (6-5-4-3-2-1) ribbons given) ribbons given) ***Use Sprint Medley (9th or JV) for entry.**

Results will be posted @ baumspage.com (not mailed)

Event/Time Schedule

- 1:00 **Pole Vault:** Three (3) entries per team, alphabetical order by school.
Two (2) pits will be operating (boys/girls).
Boys: 9-0, 10-0, 11-0, 11-6, 12-0, 12-6, 13-0, 1306, 14-0, & 3" thereafter
Girls: 6-0, 7-0, 8-0, 8-8, 9-0, 9-6, & 3"
- 1:00 **High Jump:** Alphabetical order by school
Girls followed by boys.
Girls: 4-6, 4-9, 5-0, & 2" thereafter.
Boys: 5-6, 5-9, 6-0, & 2" thereafter.
- 2:00 **Discus** Alphabetical order by school, girls followed by boys.
10 minutes between flights, 15 minutes between girls & boys.
4 throws each. Marker will mark throws. Subsequent throws must be further than marker in order to be measured.
Flights will be announced & posted on the day of the meet.
- Shot Put** Alphabetical order, boys followed by girls.
10 minutes between flights, 15 minutes between boys & girls.
- Long Jump** Open Pit: Have steps marked by 2:00. Boys & girls will jump simultaneously in separate pits.
Jumping will conclude by 5:00 pm, unless delayed by weather.
Tie-breaker: best individual jump
- 3:00 **4 x 1600 Relay** One heat, girls first. In the past we have had greater success timing this event with your help. We are asking you or an assistant to be @ the starting line for this race to count laps & time your team. We will try our best to keep track of teams, but your help is greatly appreciated.
- 800 M Wheelchair** This year will feature three (3) wheelchair events. The 800 will occur here.
Boys 3200 M Run one entry per school, green start line, one turn stagger.
- 5:00 **Opening Ceremonies** Presentation of the 2015 Dedications Award
National Anthem, performed by members of the Girls Track Team
- 5:15 **Running Events** – All heats are slow to fast; girls running first in all events.
100 M Wheelchair Race
Distance Medley- 1200-400-800-1600 (note change to college order); White start line, 2 turn stagger
JV Distance Medley- 800-400-400-800 (6 point scoring, ribbons given)

Sprint Medley- 100-100-200-400; White start line, 2 turn stagger, yellow-yellow-blue
JV Sprint Medley- (same as varsity, 6 point scoring, ribbons given)
Shuttle Hurdles- Lanes 1-8, 4 teams per heat, girls 30"-yellow marks, boys 36"-blue marks)
4 x 100 M Relay-White start line; yellow-yellow-yellow
4 x 800 M Relay-White start line; 2 turn stagger
4 x 200 M Relay- Red start line; red-red-yellow
Girls 3200 M Run-One entry per school; Green start, one turn stagger
400 M Wheelchair Race
4 x 400 M Relay-Blue start line, 3 turn stagger, blue-California, California

Head Coaches!

Welcome to the 2015 Kiwanis Titan Relays. This year we have made some minor changes that we hope will improve the meet. Please make sure to share your feedback/suggestions with me.

We will be hosting this event @ Baldwin Wallace University's Finnie Stadium, and, as always, we are guests of BW & must adhere to some pretty basic requests:

-BW asks that we stay off the field as much as possible. There are to be no team camps on the field, nor in the grassy area on the SW or SE ends, nor in the stands on the Press Box side, between the finish line & the press box. The East side stands are open to all.

Additionally, in order to operate the meet as smoothly as possible, we ask that you follow these guidelines:

*identifies a change from previous years

- 1) No spectators are permitted on the field at any time.
- 2) Athletes warming up should stay near the bullpen area (**north end of the stadium**). Please tell your athletes to report on time (early is best!).
- 3) Upon completion of their event, athletes should gather their warm-ups, etc. & proceed back to their team camp.
- 4) We ask that athletes not loiter on the field nor interfere with the proceedings. Be cognizant of what is going on around you; do not cross the track during events, and no running alongside teammates. That can get your team disqualified. Enthusiasm & support are good, but temper it with common sense & composure.
- 5) You will make all **changes in field events** at the **event area**. It will help the officials/judge if changes are made at least 15 minutes prior to the start of the event (not just your flight, but the event starting time). Please let the judge know if you do not have a team entered today.
- 6) Please turn in relay cards/sheets to the press box by 4:30. I have attached a copy of the relay sheet to this email, so you may bring it completed to the meet, rather than frantically trying to fill it out when you arrive. If you make changes during the meet, please let the clerk in the bullpen know, and present him with a relay change card with the updated information.
- 7) As mentioned before, please help (or have an assistant help) with the 4 x 1600 M relay.
- 8) This year, we are changing the scoring system. We will use the standard, 8 place scoring system (10-8-6-5-4-3-2-1). JV events will be scored 6 places(6-5-4-3-2-1) ,& ribbons (only) will be awarded based on finishing place.*
- 9) Event winners will receive a Berea Kiwanis Titans Relays T-shirt & ribbon. 2nd & 3rd place finishers will receive a medal & ribbon, while 4-8th placers will receive ribbons.*
- 10) At the conclusion of the meet, multiple MVP awards will be given (Girls/Boys) Sprint MVP, Distance MVP, & Field MVP. We ask the coaches to cast ballots for these awards and assist us in choosing the most deserving recipients.*
- 11) ¼" pyramid spikes only on the track; 1/8th for the POLE VAULT RUNWAY.
- 12) Exchange zones may be marked with tennis balls only (no tape or chalk).
- 13) Shot Put & Discus: All implements will be common pool. If you want to use an implement it must be added to the pool @ the start of the event and remain in the pool until the event is completed.

- 14) Long jump will be OPEN PIT again this year. We will run a boys pit & a girls pit at the same time. Jumpers should get their steps marked prior to the 2:00* start of the event. Jumpers will be permitted to take all four jumps in succession if they are competing in another field event. Athletes must inform the event official if they are competing in another field event prior to the start of competition.
- 15) In the high jump, the bar will be held for 5 minutes only.*
- 16) There will be a hospitality room for coaches & officials only after 5:00 on the second floor of the press box.
- 17) Team Trophies for the winning girls & boys team, plus a combined score co-ed trophy to the top team.
- 18) Please feel free to call me or text me @ 440-665-4034, or email me @ rmack@bera.k12.oh.us. *

We look forward to seeing you on a sunny May 1st...**Rick Mack, Meet Manager** *