

LARRY COGAN WARRIOR INVITATIONAL

FRIDAY, MAY 1ST 2015

Coaches,

The inaugural Larry Cogan Warrior Invitational welcomes you to the friendly confines of Carrollton. In this packet you will find a time schedule, guidelines and awards, as well as instructions on how to enter the meet through the Baumspage website.

Awards will be given to the top eight in each event, with medals going to the Top 3, and ribbons to the other scorers. Please be sure to use accurate times and distances, and understand that open lanes will be used if no times are entered. A MVP for the girls and boys will be awarded at the conclusion of the meet. The top 2 teams will receive trophies.

Scoring will be based on a 10-8-6-5-4-3-2-1 model. We will use the OHSAA postseason qualifying method of semifinal to finals – Top 2 in each heat and next four fastest times. We will allow three entries for each event – great time of the year to allow for competition for postseason spots and for unheralded kids the chance to go to an invite as well.

If you have any questions, feel free to contact me at the high school 330-627-2135 or my cell 330-488-4434.

Yours in Coaching,
Mike Aukerman

Community Field Athletic Complex 207 Scio Rd Sw Carrollton, OH 44615

LARRY COGAN WARRIOR INVITATIONAL

FRIDAY, MAY 1ST 2015

The entry window on baumspage.com is open. It closes at 6pm on Thursday, April 30th. Entries must be done via baumspage. We will have a Finish Lynk system with a camera and F.A.T. to provide fast, accurate results. **The TimingCrew is running the meet and will have instant results online!**
<http://timingcrew.com/results/2015/>

There will be a brief coaches meeting in the home press box at 4:00pm.
The field events will begin promptly at 4:30pm. First call will be made at 4:15pm.

The semifinal running events will begin at 5:00pm. Finals of the running events will begin at approximately 6:15pm. However, note that the the girls and boys 3200m relay will be run during the semifinal running events. This will be a rolling schedule as well.

The long jump will be contested in an open pit format. The girls and boys long jumpers will have from 4:30pm-6:00pm to get 3 jumps in during that time period. Finals of the long jump will follow. Best jumps will carry over.

We will use common implements in the shot put and discus. Each participant will get 3 throws in the shot put and discus, and there will be finals in these events to follow. Best throws will carry over.

Spikes are to be $\frac{3}{4}$ in length or less. We are requesting that there be no athletic tape or otherwise used on the track surface. If an athlete wants to mark steps etc., he/she will have to use chalk, sticks, etc. **NO ATHLETES WILL BE PERMITTED ON THE FOOTBALL PLAYING FIELD.** Areas will be marked off behind the end zones. Regular starting blocks will be provided. Teams will use their own batons.

Buses are to park in the parking lot by the POWER building on the top of the hill.

Teams may set up their tents on the visitor side bleachers, as well as behind or beside the home bleachers in the grass. Trophies will be awarded to the Team Champion, and the Runner-Up Team. Medals will be awarded for 1st 2nd and 3rd . Ribbons will be awarded to the 4th-8th place finishers of each event. A Most Valuable Performer will be awarded at the conclusion of the meet to a girls and boys participant.

There will be a concession stand selling food and drinks for athletes, parents, etc. There will be a hospitality room for workers, officials, and coaches. There will be Larry Cogan Warrior Invitational t-shirts sold before, during, and after the meet at the gate. These t-shirts will cost \$12.00. Results will be posted at the press box after each event and to baumspage following the meet.

LARRY COGAN WARRIOTZ INVITATIONAL

FRIDAY, MAY 1ST 2015

4:30PM Field Events (First Call at 4:15PM)

Boys Discus (Girls to follow) Top 9 Back for Finals

Girls Shot Put (Boys to follow) Top 9 Back for Finals

Girls High Jump (Boys to follow)

Open Pit Long Jump (Finals to follow) Top 9 back for Finals

5:00 PM Preliminaries

1. Girls 100 Meter Hurdles (33")

2. Boys 110 Meter Hurdles (39")

3. Girls 100 Meter Dash

4. Boys 100 Meter Dash

5. Girls 4 x 800M Relay (Finals)

6. Boys 4 x 800M Relay (Finals)

7. Girls 200 Meter Dash

8. Boys 200 Meter Dash

20 minute break after the finish of the 200

1. Girls 100 Meter Hurdles

2. Boys 110 Meter Hurdles

3. Girls 100 Meter Dash

4. Boys 100 Meter Dash

5. Girls 4 x 200M Relay (2 heats based on times)

6. Boys 4 x 200M Relay (2 heats based on times)

7. Girls 1600 Meter Run

8. Boys 1600 Meter Run

9. Girls 4 x 100M Relay (2 heats based on times)

10. Boys 4 x 100M Relay (2 heats based on times)

11. Girls 400 Meter Dash

12. Boys 400 Meter Dash

13. Girls 300 Meter Hurdles (30")

14. Boys 300 Meter Hurdles (36")

15. Girls 800 Meter Run

16. Boys 800 Meter Run

17. Girls 200 Meter Dash

18. Boys 200 Meter Dash

19. Girls 3200 Meter Run

20. Boys 3200 Meter Run

21. Girls 4 x 400 M Relay (2 heats based on time)

22. Boys 4 x 400 M Relay (2 heats based on time)

Final # of heats will be determined when entries are received. Bullpen Clerk has the right to combine heats if the # of participants drop to allow it. Awards (approximately 15 minutes after last race)

THIS IS A ROLLING TIME SCHEDULE