

**Larry Cogan Warrior Invitational
Friday, April 28th 2017**

Coaches,

The 3rd annual 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. The entry fee is \$150 total for both the girls and boys teams.

Awards will be given to the top eight in each event, with medals going to the winners, 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 Running MVP and a Field 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 advance the top 8 times to finals - as we have a finishlynx system. We will allow three entries for each individual 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. Only one relay entry for each respective relay event.

If you have any questions, feel free to contact me at the high school 330-627-2134 or my cell 330-488-4434.

Yours in Coaching,

Mike Aukerman

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

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Friday, April 28th 2017**

Participating Teams

Canton Central Catholic

Canton South

Carrollton

East Canton

Edison

Fairless

Indian Creek

Lisbon

Louisville

Malvern

St. Thomas Aquinas

Salem

Sandy Valley

Tuscarawas Central Catholic

There were many state champion individuals and teams, state runner-ups, and All-Ohio athletes at the meet the last few years. County and school records have been broken. It is a great night to gear up for the postseason and have some great performances under the lights. Our facility is top-notch with a turf field to warm up on, and all field events visible from the home stands. A large concession stand with large indoor heated restrooms. We try to put on a great events for you and your kids! They deserve it and this sport is especially all about the kids. I ask for your help in keeping kids out of areas that are exclusive to certain events. I want a relaxed and fun atmosphere for all but need to be cognizant of safety and meet maintenance as well.

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The entry window will be on baumspage.com It closes at 6pm on Thursday, April 27th. Entries must be done via baumspage. We will have a Finishlynx system with a camera and F.A.T. to provide fast, accurate results. \$150 Entry fee to be paid to Mark Spears, Carrollton Athletic Director.

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.

Long jump will be contested in 2 flights. 4 jumps, no finals due to the # of jumpers. Boys 430-6. Girls 615-745. Boys & Girls Triple Jump to follow after girls long jump finals (4 jumps open pit, no finals) 8-9pm. Takeoff boards will be painted at 18, 24, 32 feet. **THE TRIPLE JUMP EVENT WILL NOT BE SCORED due to lack of interest last year.**

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 $\frac{1}{4}$ 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 zone line. 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. Each head coach will vote in the press box at the conclusion of the meet. Feel free to take any food home that is left.

Admission is \$7 for adults and \$4 for children. No charge for ages 3 and under. 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 in the press box.

There will be Larry Cogan Warrior Invitational t-shirts sold before, during, and after the meet at the gate. These t-shirts will cost \$15.00. Results will be posted at the press box after each event and to baumspage following the meet.

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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 *Wheeled athlete shot after the boy's
Girls High Jump (Boys to follow)
Boys Long Jump (Girls to follow) 2 flights - 4 jumps, no finals due to the large # of jumpers
Boys & Girls Triple Jump to follow after girls long jump finals (4 jumps open pit, no finals- 90 mins)

5:00 PM Preliminaries **Approx times** (just to use as a benchmark for warmup times)

Girls 100 Meter Dash	approx 5:15
Boys 100 Meter Dash	approx 5:25
Wheeled athlete 100 meter	approx 5:35
Girls 4 x 800M Relay (Finals)	approx 5:45
Boys 4 x 800M Relay (Finals)	approx 6:05
Girls 200 Meter Dash	approx 6:20
Boys 200 Meter Dash	approx 6:30
Girls 100 Meter Hurdles	
Boys 110 Meter Hurdles	

20 minute break after the finish of the High Hurdles prelims

Girls 100 Meter Hurdles	approx 6:50
Boys 110 Meter Hurdles	
Girls 100 Meter Dash	approx 7:00
Boys 100 Meter Dash	
Girls 4 x 200M Relay	approx 7:05
Boys 4 x 200M Relay	
Girls 1600 Meter Run	approx 7:20
Boys 1600 Meter Run	
Girls 4 x 100M Relay	approx 7:45
Boys 4 x 100M Relay	
Wheelchair 400 meters	approx 7:55
Girls 400 Meter Dash	approx 8:00
Boys 400 Meter Dash	
Girls 300 Meter Hurdles	approx 8:20
Boys 300 Meter Hurdles	
Wheelchair 800 meters	approx 8:45
Girls 800 Meter Run	approx 8:55
Boys 800 Meter Run	
Girls 200 Meter Dash	approx 9:05
Boys 200 Meter Dash	
Girls 3200 Meter Run	approx 9:10
Boys 3200 Meter Run	
Girls 4 x 400 M Relay	approx 9:35
Boys 4 x 400 M Relay	

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) in the press box.

THIS IS A ROLLING TIME SCHEDULE

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It is so easy to be 

.....
AVERAGE.
.....

It takes a little **Something**

 ★ to be ★ 
SPECIAL


Why be around average?
.....

—Urban Meyer