

Eastwood High School

Tri Meet: Eastwood – Genoa – Maumee April 9, 2024

4900 Sugar Ridge Road, Pemberville, OH 43450 www.eastwoodschools.org

Meet scorer: Richard Morgan, phone: 419-601-1976 email: rmorgan55@gmail.com

You are scheduled to compete in a tri-meet at Eastwood High School on Tuesday, April 9. We would like to start field events at 4:30, with running events beginning at 5:00.

Entries: All entries will be done online at www.baumspage.com. The window will close **at 7:00 PM on**

Monday, April 8. Feel free to email me with any changes Monday night, and we will of course accept changes on Tuesday, even during the meet if necessary. The meet will be drawn Monday

evening, and the lane assignments will be put on baumspage.

Entries: Enter as many individuals as you want. Even though it's early season, do your best to estimate

performances when entering your athletes (*including field events*) so we have competitive heats and flights. *Guess if you have to*! Regardless of times, however, we will make sure all schools are represented in the hot heat of each event. All races from the 400m down will be run in multi-

ple heats, from fastest to slowest, with scoring possible from any heat.

Distance: Enter as many individuals as you want. For all races 800 m and up, all runners will be run in one

heat. In some of the distance races, we may run the boys and girls together, depending on the number of participants and the weather. However, all boys' and girls' coaches must agree to this.

Field Events: In the field events, enter as many individuals as you want. There will be 4 attempts, with flights

drawn from shortest to longest.

Relays: Enter up to 3 relays per event. If you need more, email and we'll try to figure out a way.

Requests: If there are any special requests, email them to me. For instance, you might want two of your

runners in the same heat. Or you may want one in the hot heat, even though his time may not merit it. Or whatever. For an invitational, I couldn't honor those kinds of things, but for dual

meets it makes sense.

Scoring: Since this is a tri meet, scoring will be 5-3-2-1 in all individual events, and 5-3 in relays.

Facilities: We have an 8-lane all-weather track, with all-weather surfaces on the jumping surfaces as well.

Please use \(\frac{1}{8}\) or \(\frac{1}{4}\) inch spikes. Tape is acceptable for marking the jumps, and tennis balls or the

like should be used for relays. Please supply your own batons.

Concessions: We will have our concession stand open.

Admission: Admission will be \$7 for adults and \$5 for students.

Meeting: Come to the press box upon arrival for any last-minute changes, including drops.

<u>Info:</u> For questions or information, please contact:

Scott Sorg, ssorg@eastwoodschools.org, 419-265-9517, Eastwood AD

Brian Sabo, bsabo@eastwoodschools.org, 419-250-7653, Eastwood boys' track coach

Richard Morgan, rmorgan55@gmail.com; 419-601-1976; Meet scorer

Good Luck,

Richard Morgan, Meet Scorer

Schedule

Field events

4:30 PM Girls and Boys Pole Vault

Girls High Jump (boys will follow)

Girls and Boys Long Jump (open pit, 4 attempts) Boys Shot put, 4 attempts (girls will follow) Girls Discus, 4 attempts (boys will follow)

Use your own implements. Weigh-ins will not be necessary.

Starting heights and other details of the field events will be determined on meet day by coaches' agreement, depending on number of entries, weather conditions, and other factors.

Running events

5:00 PM Girls 4x800 M Relay

Boys 4x800 M Relay Girls 100 M Hurdles Boys 110 M Hurdles Girls 100 M Dash Boys 100 M Dash Girls 4x200 M Relay Boys 4x200 M Relay Girls 1600 M Run Boys 1600 M Run Girls 4x100 M Relay Boys 4x100 M Relay Girls 400 M Dash Boys 400 M Dash Girls 300 M Hurdles Boys 300 M Hurdles Girls 800 M Run Boys 800 M Run Girls 200 M Dash Boys 200 M Dash Girls 3200M Run Boys 3200 M Run Girls 4x400 M Relay

Boys 4x400 M Relay

Please remember that all heat and lane assignments will be posted to baumspage some time Monday evening.