

**Eastwood Relays**  
**Eastwood High School**

**Changes for this year.**

- 1. We are going to try a mixed 4x400m relay at the end of the meet. (Girl, Girl, Boy, Boy) Points are split with both genders.**
  
- 2. We moved the order of events and started running at 5:00. This will hopefully allow the meet to be over much sooner than last year.**
  
- 3. We will start with the DMR (8-4-12-16).  
We figured not as many field eventers would be in this event.**
  
- 4. We are going to attempt to use all four rings (2 shot / 2 disc) at the same time. Not all teams will throw out of the same ring. We are wanting to make sure we can still do 4 throws and get the events in before dark.**
  
- 5. I will probably have room for a B team in some relays (1-2). If you think you will have a possibility let me know. For example there will be 2 heats of 4x200.**
  
- 6. Jesse Squire will be interviewing the winner again under tent and Medals will be awarded quickly when we have confirmation.**
  
- 7. We will have food for all coaches under the pressbox.**
  
- 8. We've always wanted to create the greatest experience possible for the athletes. We will attempt to do baskets again, athlete recognition, etc.**
  
- 9. We will reevaluate events for each year. It seems like alot of 400s.**

**Eastwood Relays**  
**Eastwood High School**

**Date:** Friday, April 21, 2023 - - **4:15** (15 min. earlier) 4:00 – Seated Shot Put

**Teams:** Eastwood, Anthony Wayne, Bowling Green, Cardinal Stritch, Clay, Findlay, Liberty Benton, Napoleon, Northview, Perkins, Rogers, Southview, Start, Whitmer

**Times: 4:00 Seated Shot Put**

**4:15 –Girls & Boys Disc (We are working on throwing 2 shot rings and 2 disc rings at one time.), Girls LJ, Boys & Girls HJ and PV (Two Pits),**

**Weigh Ins:** We will NOT weigh implements, we will use the honor system.

**Coaches Meeting:** No Meeting – We will announce anything missed or I will talk to you personally.

**Entry Forms:** Entries will be done on **Baumspage**. Entries open now, **close on April 20<sup>th</sup> at 8 p.m.** All lane assignments will be seeded according to entered times!

**Awards:** **Combined Program Banner (Men's and Womens) Champion and Runner-up.**

Champion & Runner-up Medals to the whole team. (No Trophy)

Medals will be awarded for 1<sup>st</sup>-**5<sup>th</sup>** (Gold, Silver, & Bronze 3<sup>rd</sup>-5<sup>th</sup>, no other color).

**They will get them after their race near the finish line. Barring no disqualifications.**

**Interviews:** We will try again to have event winners be interviewed after getting their medals by Jesse Squire near the award stand. We will try to live stream, just not sure where.

**Facilities:** The track is an eight lane all weather surface as well as all runways and jumps. The shot/discus are concrete. Camps should be outside the track fence away from the finish line area.  
**Maximum spike length is ¼ inch exposed spike!**

**Events:** Most events are relays - three athletes per relay field event and four per running event. Hammer, 1600, 300 hurdles and 100 are one competitor. **We will NO longer have triple jump.**  
**With one runway it is difficult to get all long jumpers done.**  
**Four attempts** in shot, disc, long jump, and hammer.

**Scoring:** 10, 8, 6, 5, 4, 3, 2, 1 (8 places)

**Field Events:** You will supply your own implements. (Subject to possible changes)

**HJ** starting heights B - 5'0 then 5-4 then 2" til 6-2 then 1", G - 4'2 then 2" til 5-0 then 1"

**PV - Boys** Start at 8'6" to 9'6" to 10'6", 6" thereafter (could change with weather)

**PV - Girls** Start at 6' to 7', 8', 6" thereafter

**Results:** Results are on Baumspage

Any questions, contact Brian Sabo at my cell: 419-250-7653. Email: bsabo@eastwoodschoools.org

# 2023 EASTWOOD RELAYS ORDER OF EVENTS

## 4:00 Seated Shot put 4:15 p.m. Field Events

Girls & Boys High Jump (two pits) Bars will be measured

Boys & Girls Discus (There are two rings) **all girls using two rings**

Boys & Girls Shot Put (Two Rings after Disc) **all boys using two rings**

Girls Long Jump - open pit for 1:15 hour (Boys to follow – 1:15 hour)

Boys and Girls Pole Vault (two pits)

Hammer Throw will take place in the big cage when the 1st group is done with their 2<sup>nd</sup> throwing event.

## 5:00 p.m. Seated 800m dash 5:00 p.m. Running Events

### **5:00 p.m. Seated 800m dash**

Girls 1st , Boys Distance Medley (800,400,1200,1600) One heat each

Girls 1st , Boys 4 X 100 M Relay (2 heats each, hot heat 2nd)

Girls 1st , Boys 1600 M Sprint Medley Relay (200,200,400,800) (2 heats each, hot heat 2nd)

### **Seated 100m dash**

Girls 1st , Boys Open 100m Dash (2 heats each, hot heat 2nd)

Girls 4 X 100 M Shuttle Hurdles 30 inch hurdles

Boys 4 X 110 M Shuttle Hurdles 33 inch hurdles

Girls 1st, Boys 4 X 800 M Relay - One heat each

Girls 1st , Boys 800 M Sprint Medley Relay (100,100,200,400) (2 heats each, hot heat 2nd)

Girls 1st , Boys Open 300m Hurdles (2 heats each, hot heat 2nd)

Girls 1st , Boys 4 X 200 M Relay (2 heats each, hot heat 2nd)

Girls 1st , Boys Open 1600m Run. One heat each

Girls 1st , Boys 4 X 400 M Relay (2 heats each, hot heat 2nd)

**\*\* New \*\* Mixed (2 boys, 2 Girls 4 X 400 M Relay \*\***

**Order: 1st-girl, 2nd-girl, 3rd-boy, 4th-boy) 2 heats if needed**

Coaches,

We will be running two high jump and pole vault pits. Both events begin at 4:15. Please encourage your athletes to stay at the field events. It would be great if we use the 1 ¼ hours we have before the running events begin to complete a majority of the field events.

Also, could you encourage your athletes not to walk in the stands with their spikes. We have noticed many pin marks in the aluminum bleachers. Tell your athletes about the Eastwood Relay T-Shirts. They will be only \$10.

We have found that assigning teams to exchange zones lessen the burdens on everyone. Here are your assignments. Flags will be in each zone.

### **Exchange Zone Judges**

#### **Race Zone**

4x100 1) Bowling Green – Clay -  
2) Southview- Whitmer  
3) Eastwood - Liberty Benton

1600 SM 1) Findlay - Napoleon -

800 SM 1) Anthony Wayne - Cardinal Stritch -  
2) Northview - Rogers

4x200 1) Eastwood, Perkins - Start

Shuttles - Starter, Clerks, Eastwood Coaches

Hopefully the kids will get a warm April day to compete.

Any Questions - High School Fax 419-833-6014, Home 419-833-9650, Cell 419-250-7653  
bsabo@eastwoodschoools.org

Sincerely,

Brian Sabo  
Eastwood Boys Head Coach