John Ramsey Invitational
Elmwood High School

Date: Friday, May 5th 2017 - - 4:30

Teams: Arcadia, Elmwood, Lakota, Ridgedale, Seneca East, Upper Sandusky, Van Buren, Wauseon

Times: **4:30 - Boys HJ, Boys Shot, Girls Disc, Girls/Boys LJ Open Pit.**
-Girls Vault (Boys will be added in as bar goes up)

4:45 – Running Events (traditional format with addition of Thrower 4x100 before the 4x400.

- Girls Shot, Boys Disc, Girls HJ
- Triple Jump will be open pit after boys and girls long jump has concluded.

Entry Forms: Entries will be done on Baumspage.com. Entry deadline is Thursday May 4th at 11:00pm.

Awards: Champion and Runner-up trophy. Medals will be awarded for 1st ,2nd, and 3rd. Ribbons for 4th, 5th, and 6th. They will be handed out to the coaches at the conclusion of the meet in the press box.

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

Scoring: 10, 8, 6, 5, 4, 3, 2, 1

Team Camps: The best place to make your camps will be under the home bleachers. The fences will be open to allow access to those areas. This will get you out of the wind and rain.

Field Events: You will supply your own implements.
Starting heights for jumps will be set by entries to score 8 places.

Jury Of Appeals: The jury will consist of the starter, assistant starter and the head coaches from Elmwood.

Markings: **No chalk** anywhere on the track or runways. Use tennis balls for on the track events. For high jump, tape is acceptable. Please remove before leaving the facility. Markings along the runways are permitted.

Relay Exchanges: 4x200 (Zone 1&3) – Lakota, Wauseon
4 x 100 (Zone 1) – Elmwood (Zone 2) – Ridgedale (Zone 3) – Upper Sandusky
Thrower Relay – (Zone 1) – Seneca East (Zone 2) – Van Buren (Zone 3) - Arcadia

Results: Results will be on baumspage after the 4x400 relay has been finished.

If you have any questions, please feel free to call Eric Poffenbaugh. The high school number is 419-655-2583 and my cell is 567-224-2708.