

**John Ramsey Invitational
Elmwood High School**

- Date:** Friday, May 4th 2018 - - 4:30
- Teams:** Arcadia, Elmwood, Lakota, New Riegel, 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**
- Entry Forms:** Entries will be done on Baumspage.com. Entry deadline is Thursday May 3rd 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) – New Riegel (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.

Time Schedule

4:30PM Boys Shot, Girls Disc, Boys High Jump, Girls/Boys Long Jump Open Pit

Girls Pole Vault (Boys will be added as bar is moved up)

- Girls Shot, Boys Discus, Girls High Jump

4:45PM

- Girls 4 x 800 Relay
- Boys 4x800 Relay
- Girls 100 Hurdles
- Boys 110 Hurdles
- Girls 100
- Boys 100
- Girls 4x200
- Boys 4x200
- Girls 1600
- Boys 1600
- Girls 4 x 100
- Boys 4 x 100
- Girls 400
- Boys 400
- Girls 300 Hurdles
- Boys 300 Hurdles
- Girls 800
- Boys 800
- Girls 200
- Boys 200
- Girls and Boys 3200
- Girls Thrower Relay
- Boys Thrower Relay
- Girls 4 x 400
- Boys 4 x 400

Shot, Disc, Long Jump, Triple Jump

(4 attempts, no finals)

Starting Heights

Boys High Jump – 5-0

Girls High Jump – 4-4

Girls Pole Vault – 6-0

Relay Exchange Zones

4x200 – Zone 1 (Lakota, Wauseon)

4x100 – Zone 1 (Elmwood)

Zone 2 (New Riegel)

Zone 3 (Upper Sandusky)

Thrower Relay – Zone 1 (Seneca East)

Zone 2 (Van Buren)

Zone 3 (Arcadia)