



Gibsonburg Invitational

Gibsonburg High School, Friday April 21, 2023

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Meet manager: Richard Morgan, phone: 419-601-1976
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Welcome to the 15th annual Gibsonburg Track Invitational. The meet will be held at Gibsonburg High School on April 21, 2023. A time schedule is attached. **Entry fee is \$200, payable to Gibsonburg Athletic Department.**

Teams: There will be 15 teams: Danbury, Elmwood, Gibsonburg, Lake, Lakota, Maumee Valley CD, North Baltimore, Northwood, Ottawa Hills, Rossford, SJCC, Swanton, Toledo Christian, Van Buren, and Woodmore.

Entries: Entries will be done online at www.baumspage.com. The window is already open, and it will close **at 11:00 AM Thursday, April 20**. If you have any changes after the deadline, please email them to me if possible. We will accept changes Friday before the meet, but please try to keep them to a minimum. Lane assignments will be posted on baumspage sometime Thursday evening.

Sprints: ***This year, there will be no Semis in the sprints.*** Instead, we will run them in heats, from slowest to fastest, similar to the 300 M Hurdles and the 400M Dash. So in the 100M Dash, 100/110M Hurdles, the 200 M Dash, the 300 M Hurdles and 400 M Dash, athletes will be placed into multiple heats, run from slower to faster, based on submitted times. However, anyone can score from any heat.

Relays: The 4 X 100 M Relay, the 4 X 200 M Relay, and the 4 X 400 M Relay will be seeded into slow and fast heats, based on submitted times. However, any team can score from either heat. The 4 X 800 M Relay will be run in one heat.

Field Events: Each athlete will get 4 efforts, with no finals. Flights will be seeded so the best entries are in the final flight.

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. **Use of chalk or tape is prohibited on the long jump runway. Markers will be provided if needed.**

Concessions: We will have our concession stand open, with T-Shirts available.

Scoring: We will score 8 places, 10-8-6-5-4-3-2-1.

Awards: There will be team trophies for champion and runner-up for each gender. Individually, plaques will be given for 1st and 2nd places, with medals for 3rd through 6th.

Meeting: There will be a short coaches' meeting at 4:15 in the garage. There will also be a hospitality room with snacks and drinks for all the coaches in the garage.

Info: For questions or information, please contact:
Brian Jackson, bjackson@gibsonburgschools.org, 419-34-1162, Gibsonburg AD
Richard Morgan, rmorgan55@gmail.com, 419-601-1976, meet manager

Good Luck,

Richard Morgan, Meet Manager

Schedule

Coaches' meeting

4:15 PM The meeting will be held in the garage by the pole vault. There will also be a hospitality room with snacks and drinks for all the coaches in the garage as well.

Field events

4:30 PM Girls Pole Vault
Boys High Jump
Girls Long Jump (4 attempts, no finals)
Girls Shot put (4 attempts, no finals)
Boys Discus (4 attempts, no finals)

Remaining field events will be run upon completion of the others.

Use your own implements. We will weigh them in the garage near the pole vault area.

Running events

5:15 PM Girls 4 X 800 M Relay
Boys 4 X 800 M Relay
Girls 100 M Hurdles (2 to 4 heats)
Boys 110 M Hurdles (2 to 4 heats)
Girls 100 M Dash (2 to 4 heats)
Boys 100 M Dash (2 to 4 heats)
Girls 4 X 200 M Relay (1 or 2 heats)
Boys 4 X 200 M Relay (1 or 2 heats)
Girls 1600 M Run
Boys 1600 M Run
Girls 4 X 100 M Relay (1 or 2 heats)
Boys 4 X 100 M Relay (1 or 2 heats)
Girls 400 M Dash (2 to 4 heats)
Boys 400 M Dash (2 to 4 heats)
Girls 300 M Hurdles (2 to 4 heats)
Boys 300 M Hurdles (2 to 4 heats)
Girls 800 M Run (1 or 2 heats)
Boys 800 M Run (1 or 2 heats)
Girls 200 M Dash (2 to 4 heats)
Boys 200 M Dash (2 to 4 heats)
Girls 3200 M Run
Boys 3200 M Run
Girls 4 X 400 M Relay (1 or 2 heats)
Boys 4 X 400 M Relay (1 or 2 heats)

Please remember that all heat and lane assignments will be posted to baumspage some time Thursday evening. Please check this for starting heights and other information.