

Gibsonburg Invitational

Gibsonburg High School April 19, 2024

740 South Main St., Gibsonburg, OH 43431 Phone: 419-637-2873 Fax: 419-637-2046

Meet manager: Richard Morgan email: rmorgan55@gmail.com

Welcome to the 16th annual Gibsonburg Invitational. Here are some things you might want to know.

- <u>*Teams:*</u> There are 15 teams: Danbury, Elmwood, Gibsonburg, Lake, Lakota, Maumee Valley CD, North Baltimore, Northwood, Ottawa Hills, Rossford, SJCC, Swanton, Toledo Christian, Van Buren, and Woodmore.
- <u>Scratches:</u> Please check the program. Make sure all your names, times, and distances are shown correctly. If there are any corrections, changes, scratches, or substitutions, please come to the press box before the coaches' meeting if possible. We will, however, accept changes throughout the meet if injury requires it.
- *Meeting:* There will be a short coaches' meeting at 4:15 in the garage by the pole vault pit.
- *Sprints*: There are no prelims. All events 400m and below were seeded into multiple final heats, from slowest to fastest. However, anyone can score from any heat.
- *Field Events:* Each contestant will get 4 attempts. Flights will be seeded so the best entries are in the final flight. Please use your own implements. Make sure you have them weighed in the garage by the pole vault.
- **<u>Relays:</u>** As there will be no relay cards, please report changes in runners to the press box, just like any other event. Please use your own batons.
- <u>Zones:</u> We are asking that coaches help judge exchange zones during the relays. Please report to the exchange zone assigned. Flags will be provided.
 400 m relay zone 1: Ottawa Hills, Elmwood, Toledo Christian,
 400 m relay zone 2: MVCD, Swanton, Woodmore
 - 400 m relay zone 3: North Baltimore, Northwood, SJCC
 - 800 m relay zone: Rossford, Gibsonburg, Lake, Danbury, Lakota
- *Heights:* We will use these starting heights: Girls HJ 4'4", Boys HJ 5'2", Girls PV 6', Boys PV 9'
- *Scoring:* We will score 8 places.
- <u>Awards:</u> There will be team trophies for champion and runner-up for each gender. Individually, plaques will be given for 1^{st} through 3^{rd} places, with medals for 4^{th} through 6^{th} .
- **Goodies:** There is a hospitality room for all coaches in the garage by the pole vault. Feel free to grab something to eat and drink.
- *Markings:* Tape or chalk (provided) is acceptable to mark the high jump. Please use your own tennis balls to mark relay zones. Use of chalk, or tape, is prohibited on the long jump runway. Markers will be provided if needed.
- *<u>Results:</u>* Results will be posted on baumspage throughout the meet.



Gibsonburg Invitational Schedule

Gibsonburg High School April 21, 2023

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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 Reels Boys 4 X 800 M Relay Girls 100 M Hurdles Boys 110 M Hurdles Girls 100 M Dash Boys 100 M Dash Girls 4 X 200 M Relay Boys 4 X 200 M Relay Girls 1600 M Run Boys 1600 M Run Girls 4 X 100 M Relay Boys 4 X 100 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 3200 M Run Boys 3200 M Run Girls 1600 M Relay Boys 1600 M Relay