

# Lake Erie League Championships

## Meet Information

**Date:** Thursday, May 14, 2015

**Times:** 2:00pm Facility opens to teams  
3:00pm Field Events  
3:30pm Coaches Meeting  
4:00pm Running Events

**Location:** Cleveland Heights High School  
13263 Cedar Rd.  
Cleveland Heights, OH 44118

**Admission:** \$6.00 adults  
\$4.00 children/seniors

**Entries:** The entry window will open on [baumspage.com](http://baumspage.com) at noon on Tuesday, May 5. All entries are due by 10:00am on Wednesday, May 13. There will be no scratch/substitutions window. Please make any changes to your entries by 10am on Wednesday. Each team may enter one relay team per event and 2 individuals per event.

**Scoring and Awards:** Eight places will be scored (10-8-6-5-4-3-2-1). 1<sup>st</sup> – 3<sup>rd</sup> place will receive will receive medals. Team plaques will be awarded for champions.

**Multi-heat Events:** Athletes will be organized in heats based on entry times. The fastest heat will be last.

**Pole Vault:** Starting height will be 6 feet for girls and 8 feet for boys. Boys will vault first. Girls will be able to warm up immediately following the boy's competition. There will be a 20 minute warm-up period before girl's pole vault is started. This 20 minute warm-up period will begin as soon as the final boy's competitor finishes.

**High Jump:** Starting height will be 4'4" for girls and 5'4" for boys. Girls will high jump first. Boys will be able to warm up immediately following the girl's competition. There will be a 20 minute warm-up period before boy's high jump is started. This 20 minute warm-up period will begin as soon as the final girl's competitor finishes.

**Long Jump:** Long jump will operate as an open pit for strictly 30 minutes (short time with a maximum of only 14 jumpers in this meet). During this time, each competitor may make up to 3 attempts. The farthest 9 jumpers will advance to the finals, in which they are given the opportunity to make 3 more attempts. Finals will immediately follow the qualification round. Boys will long jump first. Girls will be able to warm up immediately following the boy's competition. There will be a 20 minute warm-up period before girl's long jump is started.

**Shot Put:** Each competitor will be allowed 3 throws. The farthest 9 throwers will advance to the finals, in which they are given the opportunity to make 3 more throws. Finals will immediately follow the qualification round. Boys will throw shot put first. Once the boy's shot put and girl's discus have finished, the genders will switch events.

**Discus:** Each competitor will be allowed 3 throws. The farthest 9 throwers will advance to the finals, in which they are given the opportunity to make 3 more throws. Finals will immediately follow the qualification round. Girls will throw discus first. Once the boy's shot put and girl's discus have finished, the genders will switch events. \*\*The discus and shot put competitions will take place off site at Monticello Middle School. A bus will be present to transport all athletes, coaches, and event officials to the competition site. When all of the throwing events have finished, the bus will return the athletes to Heights High.\*\*

**Throwing Implements:** Each school must provide their own throwing implements.

Meet Director: Nick Continenza  
nickcontinenza@gmail.com 440-289-7314