

Welcome to the 11th Annual Licking Heights Hornet Invitational Friday, April 10, 2015

Entries: Baumspage (www.baumspage.com)

Event Start : 4:00:00 PM
Registration Begins: 3/29/2015 8:00:00 AM
Registration Ends: 4/9/2015 10:00:00 PM
On-Line Scratch Only
(Note: No day of meet substitutions only deletions. Only Athletes listed on your electronically submitted roster can be used) 4/9/2015 10:00:00 PM
Field Events: Two athletes per event
Running Events: Two athlete per event
Relay Events: One relays per school

Email: LHBT@aol.com

Phone: 614-323-6310 (Tim O'Cain)

Timing: Hy-Tek

Scoring: Team scores will be kept. (10-8-6-5-4-3-2-1)

Awards: **Team Trophies** - Top Two Teams
Metals - Top two Places
Ribbons – Three, Four, Five, Six

Seeding: Heats and Flights will be seeded based on the entry information submitted by the coaches prior to the meet.

Results: Posted as available on the Press Box windows and on Baumspage after the meet

Facility: Our 8 lane track and all jumping surfaces are all weather material and require spikes of ¼” or less. Our shot and discus circles are brushed metal and concrete and no spikes are to be worn. Absolutely no spikes are allowed in the bleachers.

Contestants must come ready to compete. Locker rooms will not be available. We recommend that athletes secure their valuables during the meet. Neither Licking Heights High School nor the City of Pataskala will assume responsibility for any lost or stolen property.

Coaches are asked to stay outside the fenced area of the track during the meet. Please let the officials handle the meet.

Please keep off football field. (Teams not adhering to this face possible disqualification)

Implements: Will need to be checked in at the implement weigh-in table at least 45 minutes prior to the event.

- Parking:** Drivers should enter the stadium area using the east drive to unload. After unloading, cars should park in lots located in front of the school. Buses should park in the far west lot.
- Admission:** Coaches, managers, and bus drivers will be admitted free. Participants will be admitted if they are dressed in uniform. Anyone without a uniform and not serving as a coach, manager, bus driver, or designated event worker must pay the admission price of \$5.00 for adults or \$3.00 for students (K-12). Pre-school children or younger and Golden Buckeye Card eligible senior citizens will be admitted free.
- Concessions** Food and drinks will be available for purchase in the concessions area.
- Please note: No food will be allowed in the track area, only at your team camp.*
- Team Camps:** Team camps can be set up in any of the grass areas located around the stadium or on the hard surface under the home stands.
- Questions:** Please contact Tim O’Cain: LHBT@aol.com or, 614-323-6310, or 740-927-1599. Zach Grubb, 740-704-4752, or 740-927-9046.

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MEET TIME SCHEDULE

4:00 PM **Coaches' meeting in front of the press box.**

4:15 PM **Field events:** Boys: Discus, High Jump, Pole Vault
Girls: Shot, High Jump, Long Jump

Discus/Shot – 2 entries per team - 4 throws, no finals
Long jump - 2 entries per team - 4 jumps, no finals
Pole Vault – 2 Entries per team

<u>Starting Heights</u>	<u>Girls</u>	<u>Boys</u>	<u>Height Progressions</u>
Pole Vault	6'0"	8'0"	TBD
High Jump	4'4"	5'4"	2" Intervals

4:30 PM **Running Event Prelims** (Girls will run before boys in each event).
Top 1 in each heat then the next fastest times to finals
100m Hurdles
110m High Hurdles
100m Dash
1600m Run (Group 1)
200m Dash

6:00 PM **Running Event Finals** (Girls will run before boys in each event).
4 x 800m Relay (2 turn stagger, California Exchange)
100m Hurdles
110m High Hurdles
100m Dash
4 x 200 Relay (lanes all the way)
1600m Run (Group 2)
4 x 100m Relay (lanes all the way)
4 x 100m Relay (Thrower) Non-Scoring
400m Dash
300m Hurdles
800m Run
200m Dash
3200m Run
4 x 400m Relay (3 turn stagger, California Exchange)

Once the meet begins, each event will follow immediately!

Hornet Invitational 2015

Relay Card

School _____

Coach _____

Boys _____

Girls _____

4 x 800

4 X 200

4 x 100

4 x 100(Throwers)

4 x 400



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
4080 Roselea Place, Columbus, Ohio 43214
(p) 614.267.2502
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Web site: www.ohsaa.org

OHSA TRACK AND FIELD COACH'S VERIFICATION OF SPORTING CONDUCT/LEGAL EQUIPMENT AND UNIFORMS FOR USE IN REGULAR SEASON COMPETITION

SCHOOL NAME _____

DIVISION _____ BOYS _____ GIRLS _____

HEAD COACH'S NAME _____

OHSA standards require contest officials to enforce all NFHS rules relating to sporting conduct, ethical behavior and legal uniforms and equipment. Acts that intend to demean opposing competitors, team members, spectators and officials are not in keeping with the ideals of interscholastic athletics and will not be tolerated. Let this competition reflect mutual respect!

NFHS track and field and cross-country rules require the referee to meet with the head coach and captains to explain the expectations of good sporting conduct throughout this competition. In addition, the head coach is responsible for verifying to the referee/starter that all competitors are properly equipped (legal uniforms, legal equipment and no jewelry) in compliance with NFHS rules.

In all OHSA tournament competition and in any multi-team or invitational competition that would make it difficult for the referee to meet personally with all coaches and captains, all coaches shall agree to the following:

Coach's Verification

I certify to the tournament referee that all contestants under my supervision are legally equipped, attired in legal uniforms and free of all jewelry in accordance with NFHS rules. I further certify that all student-athletes and other team personnel have been advised of their responsibilities relative to good sporting conduct during this competition. In addition, I understand and accept responsibility for adhering to the OHSA participation limitation of four events per individual athlete per tournament contest.

Coach's Signature _____ Date: _____

Please return this form to area designated by the meet officials or games committee.



Ohio High School Athletic Association
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Columbus, Ohio 43214
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Web Site: www.ohsaa.org

SAMPLE POLE VAULT CERTIFICATION FORM

Directions: Please complete all blanks and sign. This form shall be handed to the head pole vault official when the vaulter(s) report. Presenting an improperly completed form or if no form is presented will result in the vaulter(s) being excluded from competition. PLEASE PRINT. Include first and last name.

SCHOOL _____ DATE: _____

COMPETITOR	NUMBER	VAULTER'S WEIGHT	POLE RATING(S)

COACH'S SIGNATURE