

Welcome to the 8th Annual Licking Heights Hornet Relays
Saturday, March 29, 2014

- Entries:** Entries www.baumspage.com.
- *Entry windows opens - 1:00 AM March 17, 2014*
 - *Entry Window Closes – 9:00 PM March 27, 2014*
 - Field Events - Three athletes per team (Pole Vault – Two Entries)
 - Running Events – 1A & 1B Teams Allowed
 - Team Roster – Baum’s page
- Entry Fee:** \$75.00 Per Team (Boys and Girls Separate)
- 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 Three Places
Ribbons – 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. Emailed to coaches (Please provide email address)
- Facility:** Our 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.
- Implements:** Will need to be checked in at the implement weigh-in table at least 45 minutes prior to the event.
- Infield Restrictions** NO ELECTRONIC DEVICES (i.e. – cell phones, ipods, headphones, etc)
- in the infield, throwing areas, jump areas, track, etc.

- 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 614-692-5996 (office), 614-323-6310 (cell), or 740-927-1599 (Home)

MEET TIME SCHEDULE

9:00 AM Coaches' meeting in front of the press box.

10:00 AM 4 x 1600 (Girls then Boys)

Field events: **Boys** shot put, high jump-followed by girls
(4 throws, no finals in discus and shot put).

Girl's discus throw, long jump, pole vault-followed by boys.

Starting Heights and Height Progressions TBD at the coaches meeting held prior to the start of the meet.

Long jump-open pit, one hour for girls, then boys (4 jumps, no finals).
Long jump runways and high jump areas are all-weather surfaces.
Spikes 1/4" or less allowed. Flat-soled shoes only in throwing events
(surfaces are concrete).

Our 8-lane track has an all-weather surface (1/4" spikes). No spikes shall be worn in the bleachers.

Please keep off football field and NO ELECTRONIC DEVICES (i.e. – cell phones, ipods, headphones, etc) - in the infield, throwing areas, jump areas, track, etc. (Teams not adhering to this face possible disqualification)

11:30 AM Running Events (Girls will run before boys in each event).

Shuttle Hurdles	100-100-100-100 (Girls)
(Lows)	110-110-110-110 (Boys)

Sprint Medley	100-100-200-400
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4 x 800	800-800-800-800
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4 x 100	100-100-100-100
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4 x 100(Throwers)	100-100-100-100 (Non Scoring)
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Distance Medley	800-400-1200-1600
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4 x 200	200-200-200-200
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Middle Medley	800-400-400-1600
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4 x 400	400-400-400-400
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Shot Put	(Three Entries Per Team)
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Disc	(Three Entries Per Team)
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LJ	(Three Entries Per Team)
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HJ	(Three Entries Per Team)
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PV	(Two Entries Per Team).
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Hornet Relays 2014

Relay Card

School _____

Coach _____

Boys _____

Girls _____

4 x 1600

Shuttle Hurdles

Sprint Medley

4 x 800

4 x 100

4 x 100(Throwers)

Middle Relay

4 X 200

Distance Medley

4 x 400



Ohio High School Athletic Association
4080 Roselea Place
Columbus, Ohio 43214
(p) 614.267.2502
(f) 614.267.1677
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



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
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**OHSAА 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 _____

OHSAА 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 OHSAА 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 OHSAА 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.