

**Welcome to the 9th Annual Licking Heights Hornet Relays**  
**Friday, April 24, 2015**

- Entries:** Entries [www.baumspage.com](http://www.baumspage.com).
- *Entry windows opens - 12:00 AM April 12, 2015*
  - *Entry Window Closes – 9:00 PM April 23, 2015*
  - *Field Events - Three athletes per team (Pole Vault – Two Entries)*
  - *Running Events – 1A team only*
  - *Team Roster – Baumspage*
- Entry Fee:** \$85.00 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 and uploaded to Baumspage after the meet.
- 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](mailto:LHBT@aol.com) or 614-323-6310 (cell), or 740-927-1599 (Home)

**Friday, April 24, 2015**

**(Meet Time Schedule)**

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

**4:30 PM**      **Field events:** Boys: Discus, High Jump, Pole Vault  
Girls: Shot, High Jump, Long Jump

Discus/Shot – 3 entries per team - 4 throws, no finals  
Long jump - 3 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 Progression</u>
Pole Vault	6'0"	8'0"	3"
High Jump	4'4"	5'4"	2"

**5:00 PM Running Event Finals** (Girls will run before boys in each event).

6400 Meter Relay	1 turn stagger, California Exchange
Shuttle Hurdles (Lows)	100-100-100-100 (Girls) 110-110-110-110 (Boys)
Sprint Medley	100-100-200-400 (First 3 legs in lanes, 4 <sup>th</sup> California)
4 x 800	800-800-800-800 (2 turn stagger, California Exchange)
4 x 100	100-100-100-100 (lanes all the way)
Distance Medley	800-400-1200-1600 (2 turn stagger, California Exchange)
4 x 200	200-200-200-200 (lanes all the way)
Middle Medley	800-400-400-1600 (2 turn stagger, California Exchange)
4 x 400	400-400-400-400 (3 turn stagger, California Exchange)
4 x 100(Throwers)	100-100-100-100 (Non Scoring)

*Once the meet begins, each event will follow immediately!*



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION  
4080 Roselea Place, Columbus, Ohio 43214  
(p) 614.267.2502  
(f) 614.267.1677  
Web site: [www.ohsaa.org](http://www.ohsaa.org)

**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.



Ohio High School Athletic Association  
4080 Roselea Place  
Columbus, Ohio 43214  
(p) 614.267.2502  
(f) 614.267.1677  
Web Site: [www.ohsaa.org](http://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