



Margaretta 23rd Polar Bear Relays

Margaretta High School, April 1, 2017

209 Lowell Street, Castalia, OH 44824
Phone: 419-684-5351 Fax: 419-684-7400

Meet manager: Richard Morgan, phone: 419-601-1976
email: rmorgan55@gmail.com

Welcome to the 23rd annual Margaretta Polar Bear Relays. Here are some things you might want to know.

Teams: There are 9 teams: Clyde, Gibsonburg, Lake, Lakota, Margaretta, Otsego, Port Clinton, Seneca East, and Willard.

Scratches: Please check the enclosed program. Make sure all your names, times, and distances are shown correctly. If there are any corrections, changes, scratches, or substitutions, please try to come to the press box before the coaches' meeting if possible. We will, however, accept changes at the coaches' meeting, at the field events, and throughout the meet if necessary. We will not reseed any events, unless it allows us to consolidate heats.

Field events All field events will be relays with up to 3 athletes on a team. In the long jump, shot put, and discus, each athlete *gets four attempts*. The team place will be determined by adding the best individual effort from each of the three competing athletes. If there is a tie, the first tie breaker will be the team with the best individual effort. If a tie remains in the vertical events, the next tie breaker will be total number of misses. If the tie still isn't broken, then it's a tie!

Seeding: All running events were seeded by submitted times, going from slow heat to fast heat. However, anyone can score from any heat

Facilities: We have an 8-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use 1/8 or 1/4 inch spikes. Tape or washable chalk is acceptable for marking the jumps, and tennis balls or washable chalk should be used for relays. Please supply your own batons. Margaretta will supply starting blocks.

Concessions: We will have our concession stand open, with T-shirts available.

Heights: Girls HJ 3'10", Boys HJ 4'8", Girls PV 5', and Boys PV 6'

Scoring: We will score 6 places, 10-8-6-4-2-1.

Awards: There will be team trophies for champion and runner-up for each gender. Individually, gold medals will be given for 1st place relays, and ribbons will be given for 2nd, 3rd, and 4th places.

Meeting: There will be a short coaches' meeting at 9:15 in the fieldhouse beside the track.

Information: For questions, please contact Richard Morgan, meet manager, or Gary Barrett, Margaretta AD.

Results: Results will be available in the press box, and will also be posted on baumspage.