8th Annual
Riesbeck's Martins Ferry Relays
April 4th, 2017

Dear Track and Field Coaches and Athletic Director:

Your team has formally committed to compete at the 8th Annual Riesbeck's Martins Ferry Relays on April 4th, 2017 at the Fred Thomas Track Complex atop the hill next to Martins Ferry High School. Contact Greg Steele @ **greg.steele@omeresa.net**, **or 740-310-7401** for questions or other info.

Key Dates: Entries due on Baumspage.com – Monday, April 3rd by 10 p.m.

FACILITIES: The Fred Thomas Track Complex is an eight-lane, all-weather track surface directly behind Martins Ferry High School. The track includes an all-weather long jump, high jump and pole vault areas and two concrete throwing pads. Only $\frac{1}{4}$ inch spikes will be permitted on the surface.

SCHEDULE: Field events will begin at 4:00 p.m. and running events at 4:30 p.m.

MEET FORMAT: The Martins Ferry Relays are a true relay event. All field events are three contestants, added together to come away with a team total. This will be the case in the Shot Put, Discus, Long Jump, High Jump and Pole Vault. In the running events, you are permitted **two** entrants in open events, but only one relay per team. Also included in the meet are the Sprint Medley Relay (100-100-200-400) and the Distance Medley Relay (1200, 400, 800, 1600)

AWARDS: Top three in each event will be awarded medals. Plaques will be given to the top two teams and there will be a high-point award for both male and female competitors.

ENTRY FEES: This year's entry fee is $150 per school or $75 per team (boys or girls). Entry fees may be mailed to **Athletic Director Kim Appolloni at 5000 Ayers Limestone Road, Martins Ferry, OH 43935**

COACHES MEETING: A mandatory coaches meeting will begin at 3:40 p.m. at the finish line and will be covering starting heights of the pole vault and high jump and any other necessary information.

INFORMATION

1. Only spikes $\frac{1}{4}$ inch or lower may be used, including the pole vault, long jump and high jump areas.

2. All timing will be FAT with times recorded to the hundredths of a second.

3. The 100M Dash and 110HH/100HH will be run in trial heats with the six (6) fastest times advancing to the finals. All other races will be run as finals. All placing will be based on time.

4. Long Jump will consist of three jumps with each team's individual jump added together with teammates to determine final distance.

Example: Martins Ferry
Competitor 1: Best Jump 19-00
Competitor 2: Best Jump 18-02
Competitor 3: Best Jump 15-09
TEAM TOTAL: 52'11"

5. High Jump and Pole Vault will be run similar, as your athlete's top three heights will be added together for a team total.

6. Shot Put and Discus will take your three individual's three best throws added together for a team total. **Though we will use a minimum distance mark, every competitor will have at least one legal throw measured.**

7. Competitors in the Pole Vault will not be permitted in the area until an Official is present. Pole Vault Verification forms MUST be submitted and poles inspected prior to the event.

8. Starting blocks will be provided, but you are more than welcome to use one provided by your school.

9. Concessions will be available on site.

10. There is ample room for team camps, so we would like all athletes to stay out of the bleachers. . We suggest also bringing and lawn chair for parents as there are also several areas for good views from atop the hill.