

55TH ANNUAL **MOUNT GILEAD TRACK AND FIELD** **INVITATIONAL**

Saturday, May 6, 2023

AFRICENTRIC (BOYS)

ELGIN

LONDON

MOUNT GILEAD

TREE OF LIFE

CARDINGTON-LINCOLN

FELLOWSHIP OF CHRISTIAN ATHLETES

MANSFIELD CHRISTIAN

NORTHMOR

WESTERVILLE NORTH

COLUMBUS SCHOOL FOR GIRLS

HEATH (BOYS)

MARION PLEASANT

ST. PETER'S

Coach Info

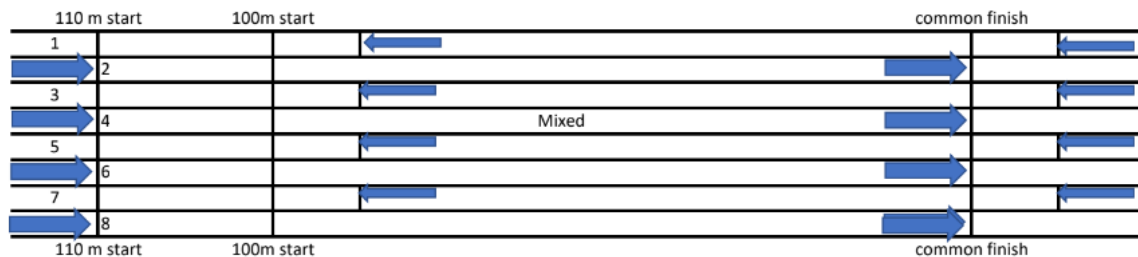
PLACES / AWARDS:

1. Scores will be based on the placing of 1st – 8th per individual and relay event. Points awarded will be 10-8-6-5-4-3-2-1.
2. If there is a tie, we will split the points and flip a coin to see who gets the higher medal or ribbon.
3. ****IF THE WEATHER IS NICE**** We are going to try to pass out 1st-3rd medals at an awards tent near the t-shirt tent! Athletes will initial their name when picking up their award. We hope this encourages athletes to wear their medals around the rest of the meet and to be proud of their accomplishments!
4. Additional awards can be picked up by coaches at the conclusion of the meet in the first level of the press box.
5. At the conclusion of the meet
 - a. Boys and Girls Champion and Runner-Up trophies will be presented.
 - b. Most Valuable Throw Athlete, Most Valuable Jump Athlete, Most Valuable Sprint Athlete, and Most Valuable Distance Athlete, for each gender. Please vote during the 3200m in the first level of the press box.

GENERAL REMINDERS:

1. 1/4" spikes only. Chalk/tape can be used on the jumping events. Tennis balls for relays.
2. Shot and discus weigh-in will be from 9:00-9:30 in the weight room.

3. We will have a short coaches meeting in the first level of the press box at 9:30am. This will be the last call for scratches and substitutions.
4. Athletes in running events must report to the bullpen for check-in.
5. T-shirts will be sold for \$15.00. Please let your team know they are available.
6. The concession stand will be open.
7. There will be a coaches hospitality room in the top level of the press box for breakfast and lunch.
8. Admission is \$5 adults/\$5 students (cash only).
9. Bus drop off info: Please drop off athletes at the gate to the stadium. Buses will circle back to park at the pool parking lot by our Board of Education office to allow for spectator parking.
10. All entries will be completed through your Baumspage account by 12:00pm on Thursday, May 4th. Please be accurate in the performances your athletes have done, not the time or distance you think they will do.
11. All running races will be run as a final (no preliminary rounds this year)
12. The 800 and 1600 will be run in sections by times turned in.
13. The mixed gender shuttle hurdles will look as follows:
 - a. 1st/3rd leg = girls (100m hurdles marks)
 - b. 2nd/4th leg = boys (110m hurdle marks)



14. Long jump, shot put, and discus will be 3 and 3. All athletes will get 3 attempts in prelims. The top 9 athletes will be brought back for finals with 3 more attempts. With championship season approaching, we are hopeful this set-up will help athletes be ready for a postseason meet approach.
15. All throws will be measured in the shot put and discus.
16. Long jump will have a goal of an 80 minute open pit. We will shorten/lengthen that time to ensure all athletes get their 3 preliminary jumps.
17. High jump starting heights:
 - a. Girls: 4' 2" then up 2"
 - b. Boys: 5' 0" then up 2"
18. Pole vault starting heights:
 - a. Girls: 6' 0" then up 6"
 - b. Boys: 8' 0" then up 6"
19. Relay markings are:
 - a. 4x1 All exchanges are yellow to yellow
 - b. 4x2 1st & 2nd exchange are red to red, 3rd exchange is yellow to yellow
 - c. 4x4 1st exchange are blue to blue, 2nd & 3rd exchange are green to green
 - d. 4x8 All exchanges are green to green

If you have any questions or problems contact Lauren Huelsman at 419-947-6065, ext. 1139 (work) or 419-560-0219 (cell, text or call) or by email luelsman@mgschools.org