

Mt Gilead Indian Relays

Friday April 8, 2016

Schools: Cardington, Centerburg, Columbus East, Fredericktown, Marion Pleasant, Mount Gilead, Utica

Awards and Results: Trophies will be awarded to the boys and girls team champions and runners-up.

Medals will be awarded to first to third place teams in each event and may be picked up at the end of the meet with results in the press box.

Scoring, Etc: Lane assignments and flights will be drawn randomly. Scoring will be 10-8-6-4-2-1 (first 6 places). This is a relay event and the Uniform rule must be followed including field events. Scratches/changes can be made in the press box. If you know in advance please email Bob Henry at [bhenry@mgschools.org](mailto:bhenry@mgschools.org) or come to the press box as soon as you arrive.

Field Events: Three competitors in each event except the pole vault which will be two.

**Pole Vault:** Girls first followed by boys. Starting heights: Girls – 5’6” Boys 7’6”

**Long Jump:** Open pit for 1 hour and 20 minutes both boys and girls: 3 jumps

**High Jump:** Both at the same time different pits. Starting heights: Girls – 3’10”  
Boys – 4’10”

**Shot and Discus:** Girls shot and boys discus first with the other to follow 20 minutes after completion of the first. Four throws (2 and 2). All throws will be measured.

Concessions will be available and relay t-shirts will be on sale.

Any questions contact Lauren Rausch at [lrausch@mgschools.org](mailto:lrausch@mgschools.org) or Bob Henry at [bhenry@mgschools.org](mailto:bhenry@mgschools.org)