

NEW

NOV

BOB KNOLL

INVITATIONAL

TRACK MEET

HE

MAY 9, 2015

WICHITA

BLACK RIVER
GILEAD CHRISTIAN
HURON
KEYSTONE
MONROEVILLE
NEW LONDON
NORWALK ST. PAUL
OPEN DOOR CHRISTIAN
PLYMOUTH
SOUTH CENTRAL
WESTERN RESERVE

NEW LONDON HIGH SCHOOL
BOB KNOLL INVITATIONAL TRACK MEET
MAY 9, 2015

Time Schedule

9:00 AM

Shot Put (Boys)	(Three throws: top seven to finals)
Discus (Girls)	(Three throws: top seven to finals)
Long Jump (Boys)	(Three jumps: top seven to finals, open pit 1 hr, then finals)
High Jump (Girls)	(4' start: 3" increments until 5', then 2" increments)
Pole Vault (Boys)	(9' start: 6 inch increments)

9:30 AM

Semifinals: (Top 8 times overall will advance to finals.)

Girls 100 meter High Hurdles

Boys 110 meter High Hurdles

Girls 100 meter Dash

Boys 100 meter Dash

Finals:

Girls 3200 meter Relay

Boys 3200 meter Relay

Semifinals: (Top 8 times overall will advance to finals.)

Girls 200 meter Dash

Boys 200 meter Dash

10:00 AM (or whenever facilities open)

Discus (Boys) (Three throws: top seven to finals)

Shot Put (Girls) (Three throws: top seven to finals)

Long Jump (Girls) (Three jumps: top seven to finals, open pit immediately after boys, then finals)

High Jump (Boys) (5' start: 3" increments until 6', then 2" increments)

Girls Pole Vault (6' start: 6 inch increments)

11:30 AM Running Finals (or ½ hour after completion of prelims)

Girls 100 meter Hurdles

Boys 110 meter High Hurdles

Girls 100 meter Dash

Boys 100 meter Dash

Girls 800 meter Relay

Boys 800 meter Relay

Girls 1600 meter Run

Boys 1600 meter Run

Girls 400 meter Relay

Boys 400 meter Relay

Girls 400 meter Dash

Boys 400 meter Dash

Girls 300 meter Hurdles

Boys 300 meter Hurdles

Girls 800 meter Run

Boys 800 meter Run

Girls 200 meter Dash

Boys 200 meter Dash

Girls 3200 meter Run

Boys 3200 meter Run

Girls 1600 meter Relay

Boys 1600 meter Relay

NEW LONDON HIGH SCHOOL
BOB KNOLL INVITATIONAL TRACK MEET
MAY 9, 2015

Awards

- Championship and runner-up plaques awarded in Boys and Girls divisions.
- Medals awarded to championship performer(s) in each event. Ribbons awarded for second through sixth.

Scoring

10-8-6-4-2-1

Rules and Regulations

The National Federation of State High School Associations rules and regulations will apply except for changes made by the OHSA.

Entry Fee

\$82.50 entry for each boys team and **\$82.50** for each girls team. Please submit entry fee along with your entries by **Friday (prior to the meet) by 12:00 PM**. Fax number – 419-929-9513.

Admission

Adults \$5.00 Students \$3.00

Coaches – Please advise your athletes and their families that admission will be charged at this meet.

Teams entered

Black River, Gilead Christian, Huron, Keystone, Monroeville, New London, Norwalk St. Paul, Open Door Christian, Plymouth, South Central, Western Reserve

Field Event Information

- Field events will check in at the event.
- Participants must request permission to check out for another event. At the conclusion of that event, the athlete must return promptly. Recovery periods should be done at the field event.
- High Jump will start at 4' for girls, increase at 3" increments until 5', then in 2" increments thereafter. For boys, we will start at 5', increase at 3" increments until 6', then 2" thereafter.
- Pole Vault will start at 6' for the high school girls and 9' for the high school boys, increasing at 6" increments.
- For throws and long jump, there will be three trials for each competitor, with the top seven called back for three more trials in finals. Finals will be held immediately after the contestants are announced. The best throw of the six will determine placing.

Miscellaneous

- **Entry for the meet will be done online at www.baumspage.com. Scratches can be made until 8:30 AM on Saturday using the enclosed scratch sheet. If possible, email scratches on Friday to klandis@newlondon.k12.oh.us.**
- No **spikes** or **implements** in the bleachers. No radios.
- **Please** have athletes enter the track at the bull pen (west end of the track) and exit at the finish line.
- The bullpen for almost all running events will be behind the start line of the 110m hurdles (the exceptions are the 200m dash and the 300m hurdles, which will meet near their respective starting lines). Athletes should check in no later than 2nd call for their event.
- Athletes not competing in the current or next race are **not** permitted in the infield unless they are competing in high jump or pole vault. Spectators are **not** permitted in the infield.
- Decisions of the officials will be final and without appeal, except possible action taken by Head Finish Judge, Referee or the Jury of Appeals.
- Maximum spike length is 1/8th inch, and spikes must be pyramid spikes.
- No markings on the track.
- We will have a **coaches meeting at 8:30** to answer any questions.
- **Set up team camps in the visitors' stands, in the grassy area near the restrooms, or under the bleachers Only.....NO team camps are to be in the home stands; Please stay off the football field.**

2015 Bob Knoll Track Invitational

New London H.S. – May 9, 2015 - 9:00 AM

Entry Window Opens: 8:00 AM, Monday, April 27

Entry Window Closes: **12:00 PM, Friday, May 8**

Scratches/Substitutions Due: **None Online!**

1. **Rosters must be submitted through Baum's Page Online Entry System before the entry deadline.**
 - a. Late entries will not be accepted! Or if accepted, may be subject to a Late Entry Penalty.
2. **Please note the following details on baumspage.com!**
 - a. **All User Accounts from last year were retained, but the associations with the schools and teams were deleted.**
 - b. After login, the coach will be able to add multiple teams/sports/genders to the same account!
3. Go to www.baumspage.com and use **Online Entries** or **Login** to access your account
 - a. Click the **Help** link and print **Online Entry Instructions for Track** if you need detailed instructions.
 - b. **If you did not have an account last year, use Apply** to create your account.
 - c. **If you had an account last year, you can login using that e-mail address and password.**
4. Use • **Coaches** • | **Select Teams** to select your **School**.
 - a. Click **Get available teams** and then **Make me the Coach**.
 - b. Note: after selecting your teams, you may need to refresh your screen or Logout and Login again!
5. Use • **Coaches** • | **Track** | **Modify Athletes** to enter your athletes on your alphabetic roster.
 - a. You may enter athletes one at a time by filling in name and grade, then **Add Athlete**.
 - b. Or you can **import your complete roster by pasting them** from an Excel file. Use one row per athlete: Number, First Name, Last Name, and Grade. Highlight and paste into textbox, then click **Import Athletes**.
6. Use • **Coaches** • | **Track** | **Submit Rosters** to enter athletes, relays, and marks.
 - a. **Include everybody that could possibly compete!** Submit a complete roster before entry deadline!
 - b. **To enter individual events:** Select the athlete from the list and enter a mark.
 - c. **To enter a relay:** Select the 4 anticipated relay team members and enter a time...
(1) List in expected order. Changes may be made before the team competes.
 - d. Click **Submit Roster** to save entries. Use **Get Printable Roster** to print a copy for you records. *Only the athletes listed are entered in the event!
7. The **Online Scratch/Substitution option** is included as part of the entry template. If used, it will only be accessible **after the entry window closes and prior to scratch deadline!**
 - a. Use • **Coaches** • | **Track** | **Submit Rosters** to access the entry template.
 - b. A **Scratch/Substitution** box will be available below each event
 - c. List your changes in the correction box | click **Add Scratch Info** | repeat for additional changes.
 - d. The **Scratch/Substitution window will close precisely at the time posted above!**
8. **If there are any problems with the Online Form, click the Contact Us link and submit a Help Request.**
 - a. Please allow up to 8 hours for a response! *Most responses will be in less than 4 hours.
 - b. In an emergency, call **Gary Baumgartner: 513-594-6154** or **Terry Young: 740-517-0195**.

**NEW LONDON HIGH SCHOOL
BOB KNOLL INVITATIONAL**

Past Team Champions

YEAR	BOYS CHAMPION	POINTS	GIRLS CHAMPION	POINTS
1991	New London	108	Medina Buckeye	136
1992	New London	178	Western Reserve	105
1993	New London	184	Western Reserve	162
1994	New London	203	Western Reserve	172
1995	New London	184	Western Reserve	146
1996	Loudonville	137	New London	147
1997	New London	140	Dixie Heights	93
1998	New London	129	Loudonville	117
1999	New London	94	Medina Buckeye	168
2000	New London	154	Norwalk St. Paul	127
2001	Medina Buckeye	121	Medina Buckeye	170
2002	Medina Buckeye	125	Medina Buckeye	138
2003	Medina Buckeye	152	Medina Buckeye	171
2004	Monroeville	108	Medina Buckeye	167
2005	New London	129	Western Reserve	140
2006	Medina Buckeye	128	Western Reserve	153
2007	Medina Buckeye	114	Western Reserve	109
2008	Monroeville	111.5	New London	111
2009	Western Reserve	134	New London	112
2010	Western Reserve	157	Western Reserve	115
2011	Western Reserve	136	Western Reserve	152
2012	New London	104	Western Reserve	147
2013	New London	111	Cloverleaf	117
2014	New London	149	Western Reserve	113.25

**NEW LONDON HIGH SCHOOL
BOB KNOLL INVITATIONAL
GIRLS MEET RECORDS**

SHOT PUT	Amanda Patrick	Western Reserve	2003	41'1"
DISCUS	Brannigan Fannin	Western Reserve	2005	141'6"
POLE VAULT	Rebecca Herte	Black River	2011	11'7"
LONG JUMP	Brittany Gates	Keystone	2013	17' 1"
HIGH JUMP	Andrea Roth	Monroeville	1992	5' 4"
	J. Charnigo	Medina Buckeye	2002	
	L. Roberts	Medina Buckeye	2005	
TRIPLE JUMP	Kaylie Gutschow	Cloverleaf	2013	28' 11.75"
3200 METER RELAY		Medina Buckeye	2001	9:57.2
	K. Berger, A. Knoll, J. Van Epp, K. Korpowski			
100 METER HURDLES				
	Meredith Boettner	Medina Buckeye	2006	15.8
100 METER DASH				
	Lauren West	South Central	2009	12.4
800 METER RELAY		Medina Buckeye	2003	1:48.7
	Semmelhaack, Kotesovec, J. Charnigo, Tarnowski			
1600 METER RUN				
	Amanda Miller	Western Reserve	2014	5:22.41
400 METER RELAY		Medina Buckeye	2003	50.8
	Wojtowicz, Semmelhaack, Tarnowski, J. Charnigo			
400 METER DASH				
	Stephanie Tinney	Western Reserve	2005	59.3
300 METER HURDLES				
	Stephanie Supan	Medina Buckeye	2001	46.7
800 METER RUN				
	Danielle Sidell	Western Reserve	2006	2:24.1
200 METER DASH				
	Ashten Robson	Western Reserve	2011	26.2
3200 METER RUN				
	Ashley Murray	Cloverleaf	2013	11:27.22
1600 METER RELAY		Western Reserve	2005	4:07.2
	Stephanie Tinney, Tiffany Patrick, Danielle Sidell, Colleen Nitchman			

**NEW LONDON HIGH SCHOOL
BOB KNOLL INVITATIONAL
BOYS MEET RECORD**

SHOT PUT	Mike Howard	South Central	1999	59' 1"
DISCUS	Chad Stein	Norwalk St. Paul	1997	171' 8"
LONG JUMP	Tim Wise	Monroeville	2002	21' 11"
HIGH JUMP	Ben Elliott	Plymouth	1993	6' 5 1/2"
POLE VAULT	Danny Schlitt	St. Peter's	2012	13' 4"
TRIPLE JUMP	Theron Martz	Western Reserve	2011	41'
3200 METER RELAY		Loudonville	1996	8:25.5
	John Vogt, Brandon Neubig, Todd O'Brien, J.C. Haynes			
110 METER HIGH HURDLES				
	Todd Smart	Plymouth	1992	14.8
	Jim Kraus	Medina Buckeye	1991	
100 METER DASH				
	Blake Buckhannon	Western Reserve	2011	10.9
800 METER RELAY		Monroeville	2007	1:32.7
	Bores, Marcus Brotzki, Heyman, Jake Schwab			
1600 METER RUN				
	Keith Landis	New London	1994	4:29.5
400 METER RELAY		Medina Buckeye	2006	44.4
	Chaz Jordan, Dustin Supan, David Swift, Tim Tarnowski			
400 METER DASH				
	Jake Schwab	Monroeville	2008	50.8
300 METER HURDLES				
	Todd Smart	Plymouth	1992	39.9
800 METER RUN				
	Chad Duchette	Western Reserve	1998	1:59.3
200 METER DASH				
	Chris Wilson	New London	1997	22.5
	Brian Calim	Loudonville	1999	
	David Swift	Medina Buckeye	2006	
3200 METER RUN				
	Jonathan Albaugh	New London	2011	9:54.2
1600 METER RELAY		Western Reserve	1998	3:32.1
	Dustin Dow, Scott Barnhart, Victor Ciarrone, Chad Duchette			