

New London Bob Knoll Invitational

Saturday, May 5, 2018

New London Recreation Park

9:00 a.m. **Field Events:** Girls' discus, high jump; boys' shot put, long jump and pole vault ... then switch.
***NEW THIS YEAR:** Long jump will be run in flights, NOT open pit.

11:30 a.m. **Running Events:** Girls will compete first in all running events, all races are final; athletes should check in with the clerk in the bullpen, unless otherwise noted

- 4x800m relay
- 100/110m hurdles
- 100m dash
- 4x200m relay
- 1600m run
- 4x100m relay
- 400m dash
- 300m hurdles - check in at the start of the race
- 800m run
- 200m dash - check in at the start of the race
- 3200m run
- 4x400m relay



Additional Information: *Please read and share with your athletes - there will not be a coaches' meeting.

Rules & Regulations: The National Federation of State High School Association's rules and regulations will apply except for changes made by the OHSAA. Please advise your athletes that officials will follow uniform rules.

Competing Teams: New London, Black River, Keystone, Margaretta, Monroeville, Open Door, Plymouth, South Central, St. Paul, St. Pete's, Western Reserve

Entry Fee: \$82.50 for **each** boys and girls teams will be charged to participating schools. This fee helps cover FAT timing. Entry fees are due prior to the day of the meet.

Entries: Coaches should use <http://www.baumspage.com/> to enter line-ups. Deadline is **Friday, May 4 at 1:30 p.m.** Scratches and substitutions may be made in the press box until 8:30 a.m. on the day of the meet. Any known adjustments can be made the night before by emailing Keith Landis at klandis@newlondon.k12.oh.us.

Officials: Decisions of the officials will be final and without appeal, except possible action taken by the head finish judge or referee. Please do not come to the press box for an appeal, instead seek an official at the finish line.

Lane Placement: Lane assignments will be determined by seeding based on coaches' entries. Due to the number of participating teams, several heats will be run in the sprint events. FAT timing will be used for all races.

Spikes: Please be mindful of spike length. Spikes may be inspected in the bullpen. Only ¼" or ⅛" pyramid spikes will be accepted.

Relay Marks: Please use only tennis balls for relay markings. Do not use chalk or tape.

Team Camps: Tents may be set up in the visitors' stands, in the grassy area near the restrooms, or under the home bleachers. Team camps may not be set up in the home bleachers or near the finish line.

Infield: **IMPORTANT:** Please stay off the football field at all times. All non-participants must stay clear of the infield and track throughout the meet, including the area around the finish line.

Coaches'

boxes will be provided for high jump and pole vault. This area is designated for one coach per school. All other spectators must remain outside the fence. Also, any video review must be limited to these areas for those events. Runners will be directed to exit the track beyond the finish line after their race - coaches may meet their athletes there, not on the infield.

Field Events: If an athlete must check out for another event, he/she must notify the field event official and return promptly. Recovery periods will be provided at the field event.

High Jump: opening height for girls is 4' and boys is 5'. The bar will be raised in 3" intervals until

the bar reaches 5' for girls and 6' for boys, then the bar will be raised in 2" intervals.

Pole Vault: opening height for girls is 6' and boys is 9'. The bar for girls will then be raised to 7' and then 6" intervals following. The bar for boys will be raised to 10' and then 6" intervals following.

Long Jump, Shot Put & Discus: athletes will be put into flights and given 3 attempts, top 9 athletes will advance to finals immediately following the last flight, for 3 more attempts.

Awards: Championship and Runner-up trophies will be awarded in each of the boys and girls teams. Medals will be awarded for champions in each event.

Scoring: Top eight performances in each event will score on the following scale: 10-8-6-5-4-3-2-1

Admission: Please advise your athletes' families that admission will be charged at the gate. \$5.00 for adults, \$3.00 for students.

Bleachers: Please do not wear spikes in the bleachers. For the safety of all spectators and participants, do not store throwing implements in the bleachers, but rather on the ground or on your bus when not in use. No radios/noisemakers are allowed in the bleachers or competition areas.

Concessions: A concession stand will be open at the track throughout the day. Meet t-shirts will be sold at the north end of the concession stand.

Contact

Information: Tom Howell, Athletic Director, thowell@newlondon.k12.oh.us
Misty Ebinger, Coach, mebinger@newlondon.k12.oh.us
Keith Landis, Coach, klandis@newlondon.k12.oh.us

Phone: (419) 929-1586, Fax: (419) 929-9513