

New London High School Relays

Saturday, April 11, 2020

New London Recreation Park

10:00 a.m.	<p>Field Events:</p> <ul style="list-style-type: none">➤ Girls First→ discuss, high jump➤ Boys First→ shot put, long jump and pole vault <p>Long Jump: boys warm-up 9:45-10:00, first flight at 10:00, 15 min warm up between flights; girls first flight starts 15 min after boys complete competition</p> <p>Pole Vault: boys warm-up 9:30-10:00, start competition at 10:00; girls follow boys</p>
1:00 p.m. OR 15 min. after the end of last field event whichever comes first	<p>Running Events: Girls will compete first in all running events; all relay teams should check in with the clerk in the bullpen at the west end of the track.</p> <ul style="list-style-type: none">● 4x1600m relay● 4x100m shuttle hurdles● 4x100m relay● Distance medley: 800-400-1200-1600● 4x200m relay● 4x800m relay● Sprint medley: 100-100-200-400● 4x400m relay 

Additional Information

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

Entry Fee: \$75 **each** for boys and girls teams will be charged to participating schools. 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, April 10 at 11 AM.** Scratches and substitutions may be made in the press box until 9:30 a.m. on the day of the meet. Any known adjustments can be made the night before by emailing Tyler Cawrse at tcawrse@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.

Lane Placement: Lane assignments will be determined by seeding based on coaches' entries. Depending on the number of participating teams, two heats may be run in the sprint races. If this is the case, there will be a "slow heat" and "fast heat" in these events.

Spikes: Spikes may be inspected in the bullpen. Only $\frac{1}{8}$ " or $\frac{1}{4}$ " pyramid spikes will be permitted.

- 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. **No team camps in the home bleachers or near the finish line.**
- Coaches' Boxes/Infield:** Please stay off the football field at all times. All non-participants must stay clear of the infield and track throughout the meet. Coaches' boxes will be provided for high jump and pole vault. This area is 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.
- 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. Three participants will compete in each field event. Each competitor's best efforts will be combined to determine event placement.
- 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 raised in 2" intervals.
- Pole Vault:** boys opening height is 9' and girls 6'. Bar for boys will be raised to 10' and then 6" intervals following. The bar for girls will go similarly to 7' and then 6" intervals following.
- Long Jump, Shot Put & Discus:** competitors will be in flights based on seeding. Each competitor will get 3 attempts, no finals. Please follow the time schedule provided on the main page.
- Awards:** Championship and Runner-up trophies will be awarded in each of the boys and girls divisions. Medals will be awarded for champions only in each event.
- Scoring:** Top eight teams 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, please 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
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