

# New London High School Relays

Saturday, April 8, 2023

New London Recreation Park

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10:00 a.m.

## Field Events:

- Girls First→ discus, high jump
- Boys First→ shot put, long jump and pole vault

**Long Jump:** boys warm-up 9:50-10:00, first flight at 10:00, 10 min warm up between flights; girls first flight starts 10 min after boys complete competition

**Pole Vault:** boys warm-up 9:30-10:00, start competition at 10:00; girls follow boys

**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.

11:30 a.m.

4x1600m relay

12:30 p.m.

4x100m shuttle hurdles

4x100m relay

Distance medley: 800-400-1200-1600

4x200m relay

4x800m relay

Sprint medley: 100-100-200-400

4x400m relay



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## Additional Information

### Rules & Regulations:

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

### Teams:

Brookside, Milan Edison, Hillsdale, New London, Seneca East, Wellington, Western Reserve, Monroeville (boys throwers only)

### Entries:

Coaches should use <http://www.baumspage.com/> to enter line-ups. Deadline is **Friday, April 7 at 12:00 PM**. 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](mailto: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.

<b>Lane Placement:</b>	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.
<b>Spikes:</b>	Spikes may be inspected in the bullpen. Only $\frac{1}{8}$ " or $\frac{1}{4}$ " pyramid spikes will be permitted.
<b>Relay Marks:</b>	Please use only tennis balls for relay markings. Do not use chalk or tape.
<b>Team Camps:</b>	Tents may be set up in the visitors' stands, the grassy area near the restrooms, or under the home bleachers. Camps may not be set up in the home bleachers or near the finish line.
<b>Coaches' Boxes/Infield:</b>	Please stay off the football field at all times. All non-participants must stay clear of the infield and track throughout the meet. One coach per school will be permitted near the high jump and pole vault areas. All other spectators must remain outside the fence. Also, any video review must be limited to these areas for those events.
<b>Field Events: (3 entries per event)</b>	<p>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.</p> <p><b>High Jump:</b> 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.</p> <p><b>Pole Vault:</b> opening height can start as low as 5' (girls) or 6' (boys) and will be determined after entries are submitted. The bar will be raised in 6" intervals.</p> <p><b>Long Jump, Shot Put &amp; Discus:</b> competitors will be in flights based on seeding. Each competitor will get 4 attempts, no finals. Please follow the time schedule provided.</p>
<b>Awards:</b>	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.
<b>Scoring:</b>	Top six teams in each event will score on the following scale: 10-8-6-4-2-1
<b>Admission:</b>	Please advise families that admission will be charged at the gate. \$6.00 per person.
<b>Bleachers:</b>	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.
<b>Concessions:</b>	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.

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**Contact Information:** Susan Albaugh, Athletic Director, [salbaugh@newlondon.k12.oh.us](mailto:salbaugh@newlondon.k12.oh.us)  
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