

# Nordonia Track and Field

Dear Coach,

We are looking forward to having you and your team at the Knights Relays this year. I believe all of you have submitted your registration fee of \$200 (\$100 per team). If your school has not submitted your fee please make the checks payable to the: NORDONIA HIGH SCHOOL ATHLETIC DEPARTMENT and send it as soon as possible.

The date is **SATURDAY APRIL 9, 2016** at Nordonia Knight Stadium-8006 S. Bedford Dr. Macedonia Oh 44056. The starting time for field events is 9:00AM **with the exception of pole vault which will begin at 8:45 AM;** the 4x1600m relay will be run at 11:15 AM with all running events to follow.

Upon your arrival, please have your athletes dropped off at the Home/South entrance gate (**which is located next to the tennis courts**). After your bus has unloaded, please have the driver pull to the front of Nordonia High and park there.

Entry for the meet will be completed on [www.baumspage.com](http://www.baumspage.com). The entry window will open : March 26, 2016 @ 12:00 PM and close Thursday, April 8, 2016 at 8:00 PM. Heats will be seeded competitively based upon seed times. **PLEASE ENTER ACCURATE SEED TIMES TO ALLOW FOR THE BEST COMPETITION.** We are running the 100/110 hurdles and the 100M Dash as open events. In each of these open events you will be able to enter **ONE** athlete. All relay events will one entry per team. Fully Automated Timing will be used at the meet.

## **8:45 AM**

Pole Vault-Boys First then Girls-best trials will be added together for a team score in the field events

## **9:00 AM**

Field Events: (2 participants) Shot put, Discus, High Jump, Long Jump-best trials will be added together for a team score in the field events

## **11:15 AM**

Running events: (Girls first) 4x1600m relay, 100HH/110HH, 100M, m relay, 4x800m relay, 4x200m relay, Distance Medley (800, 400, 1200, 1600), Sprint Medley (100, 100, 200, 400), WEIGHTMANS 4x100m relay-(NOT SCORED), 4x400m relay.

Restrooms will be provided but locker rooms will not be available. Your athletes will not be permitted into the locker rooms. All Team Camps are to be set up outside the west exits of the stadium-near the home bleachers-teams may also use the visitor side bleachers for their camps.

The track is an all-weather surface,  $\frac{1}{4}$  **inch spikes only**. Admission: \$6.00 for adults, \$4.00 for students

Meet Manager-Scott Barwidi

[scott.barwidi@nordoniaschools.org](mailto:scott.barwidi@nordoniaschools.org)

Cell-440-227-8889

# Nordonia Track and Field

A 1<sup>st</sup> place team trophy will be presented for the boys and girls. A co-ed trophy will also be presented to the winner of the boys and girls with the highest combined score at the conclusion of the meet.

Individual awards/scoring:

1<sup>st</sup> place-Medal

2<sup>nd</sup> place-Medal

3<sup>rd</sup> place-Medal

Scoring for the team competition will be as follows-10 pts, 8 pts, 6 pts, 5 pts, 4 pts, 3 pts, 2pts, 1pt.

## Order of Events

1. 4x1600m relay
2. 100m Hurdles/110m hurdles
3. 100M Dash
4. 4x100m relay
5. 4x800m relay
6. 4x200m relay
7. Distance medley-800, 400, 1200, 1600
8. Sprint Medley 100, 100, 200, 400
9. Weight man's 4x100m relay **NOT SCORED**
10. 4x400m relay

**POLE VAULT**-(Boys then Girls) 8:45 AM Start

Starting height for Boys is 9', 10', 10'6", 11', 11'6", 12', 12'6", 13'0" then by 3" increments.

Starting height for Girls is 7', 8', 8'6", 9', 9'6", 10'0", 10'6", 11'0" then by 3" increments.

There will be a separate warm-up period for the girls.

**SHOT PUT** (Boys then girls) 9:00 AM Start (4 throws each)

**DISCUS** (Girls then Boys) 9:00 AM Start (4 throws each)

The Long Jump and High Jump for Girls/Boys will be run at the same time on different pits

**LONG JUMP**- BOYS-9:00 AM Start (4 jumps each)

**LONG JUMP** GIRLS- 9:00 AM start (4 jumps each)

**HIGH JUMP**- BOYS-9:00 AM start (5'3", 5'6", 5'8", 5'10", 6', 6'2", 6'3", 6'4" etc)

**HIGH JUMP**- GIRLS-9:00 AM Start (4'3", 4'6", 4'8", 4'10", 5', 5'2", 5'3", 5'4" etc.)

If you have any questions please email or call me at

Scott.barwidi@nordoniaschools.org

440 227 8889-cell

330 908 6032-School

Thanks,

Scott Barwidi

Head Track Coach

Meet Manager