



2016 Bulldog Relays MEET INFORMATION



Welcome to the 42nd annual Bulldog Relays to be held on Friday May 6, 2016. We hope that your experience will be a positive one for your team!

- 1) Field Events are three person relays and will begin at 4:00.
Running events will begin at 4:30. One entry for each open running event.
- 2) The triple jump will be scored as an individual event. Teams are permitted two entries.
The take-off boards for the triple jump are located 24', 28', and 32' from the pit.
- 3) Any scratches/lineup changes can be done with the clerk or at the field event site.
- 4) We ask that you have your athletes report by the second call. This will help keep the meet running as quickly as possible.
- 5) Do not use tape or chalk on the track. Tongue depressors and tennis ball halves are permitted. Do not camp on the football field. .
- 6) **AWARDS:**
Individual award plaques will be given for 1st place.
Individual ribbons will be awarded for 2nd through 6th place.
Team trophies will be given for the boys and girls champion, boys and girls runner-up, and a combined boys-girls champion.
- 7) Scoring will be 10, 8, 6, 4, 2, 1 JV will be 6, 5, 4, 3, 2, 1
- 8) The 2016 teams are Fairview, Firelands, North Olmsted, North Royalton, Olmsted Falls, Saint Joseph's Academy, and Westlake.
- 9) The long jump will be an open pit format. Please encourage your athletes to get their attempts in as soon as possible. Once the window closes, no further jumps will be permitted.
- 10) Entries will be done online through Baums Page. The entry window will open on Monday April 25 and close at 9:00 AM on Thursday May 5. Changes and/or scratches can be done at the meet. If you have any questions contact John Novotny at (440) 427-6190 (work) or (440) 523-1703 (cell). E-mail is jnovotny@ofcs.net.

FIELD EVENT INFORMATION

All field events begin at 4:00.

POLE VAULT:	GIRLS FIRST THEN BOYS	Starting Heights:	Girls: 6' Boys: 8'
SHOT PUT:	GIRLS FIRST THEN BOYS	Flights: Four Throws	
DISCUS:	BOYS FIRST THEN GIRLS	Flights: Four Throws	
LONG JUMP:	BOYS GIRLS	Open Pit (one hour). Four Jumps. Open Pit (one hour). Four Jumps.	
HIGH JUMP:	GIRLS FIRST THEN BOYS	Starting Heights:	Girls 4' Boys 5'
TRIPLE JUMP:	BOYS AND GIRLS TOGETHER – OPEN PIT FORMAT AFTER COMPLETION OF THE GIRLS LONG JUMP. <i>Two athletes per school. Four jumps per athlete. The event will be scored as an open event and not as a relay.</i>		

ORDER OF RUNNING EVENTS

The first running event will begin at 4:30 and a rolling time schedule will be in effect.

ORDER OF EVENTS

1. Girls 4 x 1600 Relay
 2. Boys 4 x 1600 Relay
- Welcome / Announcement of Olmsted Falls Seniors / National Anthem
3. Girls OPEN 100 Meter High Hurdles - 1 per School
 4. Boys OPEN 110 Meter High Hurdles - 1 per School
 5. Girls OPEN 100 Meter Dash – 1 per school
 6. Boys OPEN 100 Meter Dash – 1 per school
 7. Girls Distance Medley - 800, 400, 1200, 1600
 8. Boys Distance Medley - 800, 400, 1200, 1600
 9. Girls JV Sprint Medley - 100, 100, 200, 400
 10. Boys JV Sprint Medley - 100, 100, 200, 400
 11. Girls Varsity Sprint Medley Relay - 100, 100, 200, 400
 12. Boys Varsity Sprint Medley Relay - 100, 100, 200, 400
 13. Girls 4 x 800
 14. Boys 4 x 800
 15. Girls 4 x 100
 16. Boys 4 x 100
 17. Girls Shuttle Hurdles
 18. Boys Shuttle Hurdles
 19. Girls 4 x 200
 20. Boys 4 x 200
 21. Girls OPEN 1600 - 1 per school
 22. Boys OPEN 1600 - 1 per school
 23. Girls 4 x 400
 24. Boys 4 x 400
 25. Throwers 4 x 100 - non-scored event.