

56th ONTARIO RELAYS

Thursday, April 11, 2024



TEAMS: *Black River, Clear Fork, Crestview, Galion, Harding, Ontario, River Valley, Shelby*

SCORING: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1

AWARDS: Championship trophy; Runner-up trophy; Medals for first three places in each event; Ribbons for 4th through 8th places. Awards will be placed in a packet for coaches to pick up at the end of the meet.

FORMAT: All events are **FINALS!** You are allowed **one** entry per track event and **three** per field event. All **field-events** will be run as relays by combining the best throws/jumps of the three competitors. There will be **four** attempts in the shot, discus, and long jump.

FACILITY: 8-lane All-weather metric track. 1/4 inch spikes or less are permitted. Tennis balls should be used for markings. No tape or other markings will be allowed. **Anyone caught spiking the track for markings will be disqualified from the meet.**

STARTING BLOCKS: Provided

LOCKER ROOMS: Not available. Please advise your athletes to come dressed and ready to compete.

ADMISSION (CASH Accepted at the Gate): \$7.00 Adults & \$5.00 Students/Seniors

Online Option: <https://www.ontarioschools.org/HometownTicketing.aspx>

FOOD SERVICE: The HOME SIDE concession stand will be open throughout the relays.

BUS PARKING: Enter by the Soccer Field (North End of Campus) & Park behind the High School

RESULTS: Available at the Press Box after the meet and on Baum's Page.

ENTRIES: Must be submitted online through www.baumspage.com.

Submit a complete roster by **Wednesday, April 10 @ 10:00 PM**

For details, see online entry instructions.

**One Entry per Individual Event; all field events are three-person relays;
and four-person running relays.**

ENTRY FEE: \$200.00 per school. Make checks payable to: Ontario Athletic Department

QUESTIONS: Email Charlie Ridenour, Entry/Timing Manager (ridenour.charlie@olsohio.org) or Contact Jeff Fisher, Ontario AD (cell: 419.569.0791 or email fisher.jeff@olsohio.org)

EVENT ORDER

3:45 PM	COACHES MEETING (Please bring pole vault verification sheet)	
4:00 PM	FIELD EVENTS (3-person relay)	
Boys Pole Vault:	Starts at 8'0", then 9'0", then raised by 6" intervals until 12'0" and then raised by 3" intervals.	
Girls Pole Vault:	Will follow the boys pole vault. Starts at 6'0", then 7'0", then raised by 6" intervals until 8'0" and then raised by 3" intervals.	
Long Jump:	Boys (Open Pit Until 5:00 p.m.); Girls follow boys (Open Pit 5:30 Until 6:30 p.m.)	
Girls High Jump:	Starts at 4'0" and will be raised by 3" intervals until 5'0" and then raised by 1" intervals.	
Boys High Jump:	Will follow girls high jump. Starts at 5'0" and will be raised by 3" intervals until 6'0" and then raised by 1" intervals.	
Shot Put and Discus:	Boys Shot and Girls Discus - Then Switch. Boys: 1st flight: Black River, Clear Fork, Crestview, 2nd flight: Galion, Marion Harding, River Valley 3rd flight: Shelby, Ontario. Girls: 1st flight Shelby, Ontario, 2nd flight: Black River, Clear Fork, Crestview, 3rd flight: Galion, Marion Harding, River Valley.	
4:30	Girls 3200 Relay Girls 3200 Run Girls Shuttle Hurdles	Boys 3200 Relay Boys 3200 Run Boys Shuttle Hurdles
5:45	ONTARIO SENIOR NIGHT INTRODUCTIONS	
6:00	Girls Distance Medley (8-4-12-16) Boys Distance Medley (8-4-12-16) Girls 110 Hurdles Boys 100 Hurdles Girls 100 Boys 100 Girls 800 Relay Boys 800 Relay Girls 1600 Run Boys 1600 Run Girls 400 Relay Boys 400 Relay Girls 400 Run Boys 400 Run Girls 300 Hurdles Boys 300 Hurdles Girls 800 Run Boys 800 Run Girls 200 Boys 200 Girls Sprint Medley (1-1-2-4) Boys Sprint Medley (1-1-2-4) Girls 1600 Relay Boys 1600 Relay	

****After the 1600 Relay, we will run the WEIGHTMAN'S RELAY. This race will not be scored in the meet.**

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
4080 Roselea Place, Columbus, Ohio 43214
(p) 614.267.2502
(f) 614.267.1677
Website: www.ohsaa.org



**OHSAA TRACK AND FIELD COACH'S VERIFICATION OF SPORTING CONDUCT/LEGAL
EQUIPMENT AND UNIFORMS
FOR USE IN REGULAR SEASON COMPETITION**

SCHOOL NAME _____

DIVISION _____ BOYS _____ GIRLS _____

HEAD COACH'S NAME _____

OHSAA standards require contest officials to enforce all NFHS rules relating to sporting conduct, ethical behavior and legal uniforms and equipment. Acts that intend to demean opposing competitors, team members, spectators and officials are not in keeping with the ideals of interscholastic athletics and will not be tolerated. Let this competition reflect mutual respect!

NFHS track and field and cross-country rules require the referee to meet with the head coach and captains to explain the expectations of good sporting conduct throughout this competition. In addition, the head coach is responsible for verifying to the referee/starter that all competitors are properly equipped (legal uniforms, legal equipment and no jewelry) in compliance with NFHS rules.

In all OHSAA tournament competition and in any multi-team or invitational competition that would make it difficult for the referee to meet personally with all coaches and captains, all coaches shall agree to the following:

Coach's Verification

I certify to the tournament referee that all contestants under my supervision are legally equipped, attired in legal uniforms and free of all jewelry in accordance with NFHS rules. I further certify that all student-athletes and other team personnel have been advised of their responsibilities relative to good sporting conduct during this competition. In addition, I understand and accept responsibility for adhering to the OHSAA participation limitation of four events per individual athlete per tournament contest.

Coach's Signature _____

Date: _____

Please return this form to the area designated by the meet officials or games committee.

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POLE VAULT CERTIFICATION

DIRECTIONS: Please complete all blanks and sign. This form shall be handed to the pole vault official with the vaulters report. Presenting an improperly completed form or if no form is presented will result in the vaulter(s) being excluded from competition.

PLEASE PRINT. Include first and last name.

COMPETITOR	NUMBER	VAULTER'S WEIGHT	POLE RATING(S)

COACH'S SIGNATURE

2024 ONTARIO RELAYS

Ontario High School * Thursday, April 11, 2024 (4:00 PM)

Entries must be submitted online using the Online Entry Form at www.baumspage.com.

Entry Window Is OPEN

Entry Window Closes: **Wednesday, April 10, 2024 @ 10:00 PM**

Scratches/Substitutions Due: **None – Submit Accurate Entries Before Window Closes.**

Please note the following:

1. You will need to have an account to submit entries online through **baumspage.com!**
 - Some users may need to “temporarily” disable firewalls or Internet security settings.
2. The system is secure and only you and meet officials will have access to your data!
3. Athletes may be entered/edited anytime after the account is active but event entries can only be edited/submitted while the registration window is open!
 - The Entry and Scratch windows will close precisely at the time posted above!
 - Late entries may not be accepted or may be subject to a late entry fee!
4. The most current marks are stored and may be submitted for other meets that use **baumspage.com!**

To register online:

1. Go to www.baumspage.com, click the link to Track, then the link to Online Entry System Login or select this meet and click on the Online Entry Form.
 - a) Detailed instructions are available on the **Help Page** under **Printable Instructions for Track**.
2. If you have an account:
 - a) Click on Login and enter your UserID/e-mail address and Password!
 - b) If you don't know your **UserID** or **Password**, click the **Help** link and select the appropriate solution.
3. If you do not have an account:
 - a) Click **Apply** and submit an **Application**.
 - b) Use a valid e-mail address and any password that you can remember!
4. **Submit an “intended” roster early!** Return later to make corrections and final changes.
 - a) Use **Add/Modify Athletes** to enter your athlete's names, grades, and competitor number (OHSAA high schools only) into the database. *The list will be alphabetized automatically.
 - i) Enter your complete roster. Include anyone who could conceivably compete!
 - ii) Use **Submit Event Rosters** to enter athletes, relays, and marks.
 - a) **To enter individual events:** Select the athlete from the list and enter a mark.
 - b) **To enter a relay:** Enter a mark and select the 4 anticipated relay team members.
(1) List in expected order. Changes may be made before the team competes!
 - b) **Always** click **Save/Submit and Print Rosters** when you finish to submit the roster!
 - i) Click the **Printable Roster and Confirmation Form** to print a copy for your records.
 - ii) What you see on the **Confirmation Form** is what will be submitted for the meet!
 - c) Return anytime before deadline to make changes!
5. The Online Scratch/Substitution Form will only be accessible after the entry window closes and prior to Scratch deadline! To access the Scratch/Substitution Form:
 - a) Login and select Submit Event Rosters while the Scratch Window is open.
 - i) Select the event and click **View Printable Roster**.
 - ii) On the next screen, select **Scratch/Substitution Form** and list your changes in the correction box for the specific event. If the meet manager requests, enter a mark.
 - b) The Scratch/Substitution window will close precisely at the time posted above!

If there are any problems with the Online Form click the Help link and submit a Help Request!

- **Please allow up to 24 hours for a response.** *Most responses will be in less than 8 hours.
- Send e-mail to help@baumspage.com or call Gary Baumgartner at 513-424-6201 if you need immediate help!