



Otsego Relays

At Otsego High School

Friday, March 31, 2023

18505 Tontogany Creek Rd, Bowling Green, OH 4340
Phone: 419-823-4381

Meet manager: Richard Morgan, phone: 419-601-1976
email: rmorgan55@gmail.com

Teams: Ayersville, Lakota, Notre Dame girls, Otsego, Pandora-Gilboa, Van Buren, Wauseon.

Scratches: **Please check the program. Make sure all your names, times, and distances are shown correctly.** If there are any corrections, changes, scratches, or substitutions, please try to come to the press box before the coaches' meeting if possible. We will, however, accept changes at the coaches' meeting, at the field events, and throughout the meet if necessary.

Field events All field events are relays with up to 3 athletes on a team. In the long jump, shot put, and discus, each athlete **gets three attempts**. The team place will be determined by adding the best individual effort from each of the three competing athletes. If there is a tie, the first tie breaker will be the team with the best individual effort. If a tie remains in the vertical events, the next tie breaker will be total number of misses. If the tie still isn't broken, then it's a tie!

Scoring: Since there are 7 teams, scoring will be 10-8-6-4-2-1 in all events.

Meeting: There will be a short coaches' meeting at 4:00. We'll announce reminders with the location.

Facilities: We have an 8-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use $\frac{1}{8}$ or $\frac{1}{4}$ inch spikes. Tape is acceptable for marking the jumps, and tennis balls or the like should be used for relays. Please supply your own batons.

Zones: We are asking that coaches help judge exchange zones during the relays. Please report to the exchange zone assigned. Flags will be provided.

800 m relay zone 1, 3: Otsego, Ayersville
400 m relay zone 1: Lakota, Notre Dame
400 m relay zone 2: Pandora Gilboa, Van Buren
400 m relay zone 3: Wauseon
800 m medley relay zone 1: Otsego, Ayersville
800 m medley relay zone 2: Lakota, Notre Dame
400 m Iron relay zone 1: Lakota, Otsego
400 m Iron relay zone 2: Pandora Gilboa, Van Buren
400 m Iron relay zone 3: Wauseon

Heights: We will use these starting heights: Girls HJ 3'8", Boys HJ 4'6", Girls PV 5', and Boys PV 5'6". Note: these are lower than normal, because it's early season, and many times in relay meets there are athletes new to those events. **These can be changed by coach/official agreement.**

Scoring: We will score 6 places. (10, 8, 6, 4, 2, 1) There will be two team trophies for each gender, as well as a champion trophy for the best combined scores. Individually, medals will be given for 1st through 3rd places.

Results: Live results will be available throughout the meet on baumspace, internet allowing.

Info: For questions or information, please contact:
Justin Slauterbeck, jslauterbeck@otsegoknights.org, 419-704-0100, Otsego AD
Richard Morgan, rmorgan55@gmail.com; 419-601-1976; Meet scorer

Schedule

Field events

All field events will be relays with up to 3 athletes on a team. The team place will be determined by adding the best individual effort from each of the three competing athletes. If there is a tie, the first tie breaker will be the team with the best individual effort. If a tie remains in the vertical events, the next tie breaker will be total number of misses. If the tie still isn't broken, then it's a tie!

Field Events (4:30 PM)

Pole Vault – Girls 1st, followed by boys

Long Jump – Open pit both genders together, scored separately (4 jumps, no final)

High Jump – Girls 1st, followed by boys

Shot Put – Boys 1st, followed by girls (4 throws, no final)

Discus – Girls 1st, followed by boys (4 throws, no final)

Running Events (6:00 PM)

4 x 1600M Girls

4 x 1600M Boys

4 x 100M Shuttle Hurdles Girls

4 x 110M Shuttle Hurdles Boys

4 x 200M Girls

4 x 200M Boys

4 x 800M Girls

4 x 800M Boys

4 x 100M Girls

4 x 100M Boys

Sprint Medley Girls (100, 100, 200, 400)

Sprint Medley Boys (100, 100, 200, 400)

Distance Medley Girls (800, 400, 1200, 1600)

Distance Medley Boys (800, 400, 1200, 1600)

Ironwoman 4 x 100M Girls (At least 3 runners need to be throwing shot put or discus in this meet)

Ironman 4 x 100M Boys (At least 3 runners need to be throwing shot put or discus in this meet)

Mixed 4x400 (2 boys, 2 girls) (order of relay – girl, girl, boy, boy)