

March 28, 2023

Dear Coach:

Enclosed is the information and instructions for the 57th Annual Gold Medal Track and Field Meet to be held on **Friday, April 14, 2023** at Ottawa-Glandorf High School.

You may enter **two (2)** athletes and 1 relay team per event. Please enter your participants at [Baumspage.com](http://Baumspage.com), then click to OGHS Gold Medal Meet. We have a six-lane track and will be using electronic timing (Ottawa-Glandorf Timing System).

A tentative time schedule is enclosed. All athletes may wear 1/8" spikes. Competitors in the shot and discus will be allowed to use their own implements. In the shot, discus, and long jump all competitors will be given three attempts, with the top seven going into the finals.

If you have not yet submitted the entry fee, please have your check for **\$175.00** in to O-G by April 11.

If there are any questions, please call.

Sincerely,

Matt Burwell  
O-G Girls Track Coach

Brian Heebsh  
O-G Boys Track Coach

MB/BH/tm  
Enclosures

# OTTAWA-GLANDORF GOLD MEDAL MEET

## FRIDAY, APRIL 14, 2023

**Teams:** Bath, Bluffton, Elida, Liberty-Benton, Otsego, Ottawa-Glandorf, Van Buren, & Van Wert

**Entry Fee:** \$175.00 entry fee payable to OGHS Athletic Department by April 11.

**Entries:** You may enter **two (2)** athletes and 1 relay per event and you will enter your participants @ [Baumspage.com](http://Baumspage.com), then click to OGHS Gold Medal Meet. All events will be seeded. The entry window is March 30<sup>th</sup> and the **entry window closes at 6:00 pm, Thursday, April 13<sup>th</sup>**. **Submit accurate entries before the window closes.** Meet will be ran by the Ottawa-Glandorf Track Coaches. Please contact Tyler Closson at [clossot@ottawaglandorf.org](mailto:clossot@ottawaglandorf.org) with any entry questions.

**Track:** We have an all-weather metric track with six 42-inch lanes. The long jump, pole vault, and high jump areas are asphalt and the shot and discus pads are concrete. **Only 1/8" spikes** are permitted on the all-weather surfaces. **No tape**, prefer chalk or tennis balls

**Turf Field Rules: No Spikes, No Food, No Sunflower Seeds, No Gum, No Sport Drinks, on the Turf. Runners needing to warmup should do so on the Track or the football practice field behind the press box.**

**Points:** Six places will be scored as follows: 10-8-6-4-2-1.

**Awards:** Medals will be given to the 1st, 2nd, and 3rd place finishers. Ribbons will be given for 4th, 5th, and 6th places. All awards other than team awards can be picked at the finish line tent at the conclusion of the meet. Trophies will be awarded to the 1st and 2nd place teams in the boys and girls divisions. A plaque will be awarded to the boys/girls winning coach.

**Meals:** Sandwiches, snacks and beverages will be available at the concession stand. Coaches will receive a coupon for a sandwich and drink.

We are asking for each school to provide one coach to act as a relay exchange judge for the 4x100 or 4x200 relay. This will be for both the boys and girls events. Thanks for your help!

4 x 100m =	-1 <sup>st</sup> exchange – O-G (Lanes 1-3)	-Lima Bath (Lanes 4-6)
	-2 <sup>nd</sup> exchange – Bluffton (Lanes 1-3)	-Elida (Lanes 4-6)
	-3 <sup>rd</sup> exchange – Liberty Benton (Lanes 1-3)	-Van Wert/VB (Lanes 4-6)
4 x 200m =	-1 <sup>st</sup> and 3 <sup>rd</sup> exchange – O-G (Lanes 1-3)	-Van Wert (Lanes 4-6)
	-2 <sup>nd</sup> exchange - -Otsego (Lanes 1-3)	-Van Buren (Lanes 4-6)

# OTTAWA-GLANDORF GOLD MEDAL TRACK AND FIELD MEET, APRIL 14, 2023

4:30 pm

## FIELD EVENTS

Girls Pole Vault	Five Alive
Boys Shot Put	Top Seven to Finals
Girls Discus	Top Seven to Finals
Girls High Jump	Five Alive
Boys Long Jump	Two Flights Seeded - Top Seven to Finals

At Conclusion  
of above  
Events

Boys Pole Vault	Five Alive
Girls Shot Put	Top Seven to Finals
Boys Discus	Top Seven to Finals
Boys High Jump	Five Alive
Girls Long Jump	Two Flights Seeded - Top Seven to Finals

5:30 pm

## FINALS

Girls 3200 Meter Relay  
Boys 3200 Meter Relay

## RUNNING EVENT FINALS – HOT HEATS

Girls 100 Meter Intermediate Hurdles  
Boys 110 Meter High Hurdles  
Girls 100 Meter Dash  
Boys 100 Meter Dash  
Girls 800 Meter Relay  
Boys 800 Meter Relay  
Girls 1600 Meter Run  
Boys 1600 Meter Run  
Girls 400 Meter Relay  
Boys 400 Meter Relay  
Girls 400 Meter Dash  
Boys 400 Meter Dash  
Girls 300 Meter Low Hurdles  
Boys 300 Meter Intermediate Hurdles  
Girls 800 Meter Run  
Boys 800 Meter Run  
Girls 200 Meter Dash  
Boys 200 Meter Dash  
Girls 3200 Meter Run  
Boys 3200 Meter Run  
Girls 1600 Meter Relay  
Boys 1600 Meter Relay