



Ottawa Hills 52nd Green Bear Relays

Ottawa Hills High School, May 5, 2023

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Welcome to the 52nd annual Ottawa Hills Green Bear Relays. The meet will be held at Ottawa Hills High School on May 5, 2023. A time schedule is attached.

Teams: At this time we have 11 teams: Cardinal Stritch, Emmanuel Christian, Evergreen, Gibsonburg, Hopewell-Loudon, Maumee Valley CD, North Baltimore, Northwood, Rossford, Summerfield, and Ottawa Hills.

Entries: Entries will be done online at www.baumspage.com. The window closes **at 11:00 AM Thursday, May 4**. If you have changes after the deadline, email them to me at the email above. We will also accept changes Friday at the meet, but please try to keep them to a minimum. Lane assignments will be posted on baumspage Thursday evening.

Individual: There will be three individual events: 3200 M Run, 300 M Hurdles, and 100 M Dash. Each school can enter 2 athletes in each event. While the 3200 M Run will be run in one heat for each gender, the 300 M Hurdles and the 100 M Dash will be seeded into multiple heats, with the last heat the fastest, based on submitted times.

Relays: The boys and girls distance medley relay and 4 X 800 M relay will each be run in one heat. All other relays will be seeded, based on submitted times, from slow to fast heats. Since many of you have not run some of these events this season, ***please estimate the finish times as well as you can*** for these events, so the seeding can be done fairly.

Facilities: We have a 6-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 or washable chalk is acceptable for marking the jumps, and tennis balls or washable chalk should be used for relays. Please supply your own batons. OH will supply starting blocks.

Concessions: We will have our concession stand open.

Admission: Admission will be \$5.00 for everyone.

Scoring: We will score 6 places.

Awards: There will be team trophies for champion and runner-up in each division. Individually, medals will be given for 1st and 2nd places, with ribbons for 3rd through 6th.

Meeting: There will be a short coaches' meeting at 3:40 in room 140 in the high school. There will also be snacks and drinks available through the night in that room for the coaches and officials as well.

Info: For questions or information, please contact:
Tammy Talmage, ttalmage@ohschools.org, (419) 536-8429, Ottawa Hills AD
Richard Morgan, rmorgan55@gmail.com, 419-601-1976, meet manager

Good Luck,

Richard Morgan, Meet Manager

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 (4:00 PM)

Girls Pole Vault	The pole vault will be run "5 alive."
Boys High Jump	The high jump will be run "5 alive."
Girls Long Jump	The long jump will be open pit girls followed by open pit boys
Boys Shot put	The shot put will be separated into flights, keeping teammates in the same flight.
Girls Discus	The discus will be separated into flights, keeping teammates in the same flight.

Remaining field events will be run upon completion of the others. Please use your own implements. No weights will be required.

Individual Running Events (4:15 PM)

Girls 3200 M Run
Boys 3200 M Run
Girls 300 M Hurdles
Boys 300 M Hurdles
Girls 100 M Dash
Boys 100 M Dash

(30 minute break)

Relay Events (approximately 6:00 PM)

Girls events will be first, followed by boys

Girls 400M Shuttle Hurdles (30 inches)
Boys 440 M Shuttle Hurdles (33 inches)
1600 M Medley Relay (200, 200, 400, 800) (2-turn stagger)
4 X 100 M Relay
Distance Medley Relay (800, 400, 1200, 1600) (2 turn stagger)
4 X 200 M Relay
800 M Sprint Medley Relay (100, 100, 200, 400) (2 turn stagger)
4 X 800 M Relay
4 X 400 M Relay

Please remember that all heat and lane assignments will be posted to baums-
page some time Thursday evening. Please check this for starting heights and
other information.