



# Ottawa Hills 53<sup>rd</sup> Green Bear Invitational

Ottawa Hills High School, May 3, 2024

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*Welcome to the 52<sup>nd</sup> annual Ottawa Hills Green Bear Relays. Here are some things you might want to know.*

**Teams:** There are 12 teams: : Bowsher, Cardinal Stritch, Evergreen, Gibsonburg, Hopewell-Loudon, Maumee, Maumee Valley CD, North Baltimore, Northwood, Ottawa Hills, Rossford, and Woodward. St. Francis has just 2 entries, in the 3200m run.

**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 there are injuries. We will not reseed any events, unless it allows us to consolidate heats.

**Field Events:** Each contestant will get 4 attempts. Flights will be seeded so the best entries are in the final flight. Please use your own implements. Make sure you have them weighed in at the shed under the home stands.

**Seeding:** All running events were seeded by submitted times, going from slow heat to fast heat. However, anyone can score from any heat.

**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.

**Facilities:** We have a 6-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use 1/8 or 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.

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

400 m relay zone 1: Bowsher, Gibsonburg

400 m relay zone 2: Northwood, Stritch

400 m relay zone 3: Ottawa Hills, Rossford

800 m relay zone: Evergreen, Hopewell-Loudon, Maumee

**Heights:** We will use these starting heights: Girls HJ 4'2", Boys HJ 5'4", Girls PV 6', and Boys PV 9'. **These can be changed by coach/official agreement.**

**Camps:** All team camps must be set up outside the track fence. Please instruct your athletes that they are to stay off the infield and should only be in the infield to compete or warm up. Also remind parents they are not permitted in the infield as well, unless they are working as an event official.

**Concessions:** We will have our concession stand open.

**Admission:** Admission will be \$5.00 for everyone.

**Scoring:** We will score 6 places. (10, 8, 6, 4, 2, 1) There will be team trophies for champion and runner-up in each division. Individually, medals will be given for 1<sup>st</sup> and 2<sup>nd</sup> places, with ribbons for 3<sup>rd</sup> through 6<sup>th</sup>.

**Results:** Live results will be available throughout the meet on baumspace.

## Schedule

### Coaches' meeting

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

### Field events

4:00 PM Girls Pole Vault  
Boys High Jump  
Girls Long Jump (4 attempts, no finals)  
Girls Shot put (4 attempts, no finals)  
Boys Discus (4 attempts, no finals)

Remaining field events will be run upon completion of the others.

Use your own implements. *We will weigh them in at the shed under the home grandstands.*

### Running events

4:45 PM Girls 4 X 800 M Relay  
Boys 4 X 800 M Relay  
Girls 100 M Hurdles  
Boys 110 M Hurdles  
Girls 100 M Dash  
Boys 100 M Dash  
Girls 4 X 200 M Relay  
Boys 4 X 200 M Relay  
Girls 1600 M Run  
Boys 1600 M Run  
Girls 4 X 100 M Relay  
Boys 4 X 100 M Relay  
Girls 400 M Dash  
Boys 400 M Dash  
Girls 300 M Hurdles  
Boys 300 M Hurdles  
Girls 800 M Run  
Boys 800 M Run  
Girls 200 M Dash  
Boys 200 M Dash  
Girls 3200 M Run  
Boys 3200 M Run  
Girls 4 X 400 M Relay  
Boys 4 X 400 M Relay