

Ranger Relays - 2014 - 4/26/2014
Sponsored by Lake Health Systems
EastlakeNorth H.S., Eastlake, Ohio
Session Report

Session: 1 Running Events
Day 1 - Saturday 4/26/2014 - Starts at 09:30 AM

	Event	Round
9:30 AM	#6 Girls Distance Medley	Finals
	#2 Girls 100 Meter Hurdles	Prelims
	#3 Boys 110 Meter Hurdles	Prelims
	#4 Girls 100 Meter Dash	Prelims
	#5 Boys 100 Meter Dash	Prelims
	#1 Boys Distance Medley	Finals
	#7 Girls 200 Meter Dash	Prelims
	#8 Boys 200 Meter Dash	Prelims
12:00 PM	#9 Girls 4x800 Meter Relay	Finals
	#10 Boys 4x800 Meter Relay	Finals
	#2 Girls 100 Meter Hurdles	Finals
	#3 Boys 110 Meter Hurdles	Finals
	#4 Girls 100 Meter Dash	Finals
	#5 Boys 100 Meter Dash	Finals
	#11 Girls 4x200 Meter Relay	Finals
	#12 Boys 4x200 Meter Relay	Finals
	#13 Girls 1600 Meter Run	Finals
	#14 Boys 1600 Meter Run	Finals
	#15 Girls 4x100 Meter Relay	Finals
	#16 Boys 4x100 Meter Relay	Finals
	#17 Girls 400 Meter Dash	Finals
	#18 Boys 400 Meter Dash	Finals
	#19 Girls 300 Meter Hurdles	Finals
	#20 Boys 300 Meter Hurdles	Finals
	#21 Girls 800 Meter Run	Finals
	#22 Boys 800 Meter Run	Finals
	#7 Girls 200 Meter Dash	Finals
	#8 Boys 200 Meter Dash	Finals
	#23 Girls 3200 Meter Run	Finals
	#24 Boys 3200 Meter Run	Finals
	#25 Girls 4x400 Meter Relay	Finals
	#26 Boys 4x400 Meter Relay	Finals

Trophies will be awarded to the team champions and team runners-up. There will be MVP plaques for each gender for the field events and on the track. We will score eight places with the following point values: 10-8-6-5-4-3-2-1. The games committee reserves the right to alter the sections of the 4 x 400 meter relay to accommodate any team involved, should the meet championship come down to final event.

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Session: 2 Field Events
Day 1 - Saturday 4/26/2014 - Starts at 10:30 AM

	Event	Round
10:30 AM	#27 Girls High Jump Relay	Finals
	#33 Girls Discus Throw Relay	Finals
	#30 Boys Pole Vault Relay	Finals
	#32 Boys Long Jump Relay	Finals
	#36 Boys Shot Put Relay	Finals
1:00 PM	#28 Boys High Jump Relay	Finals
	#34 Boys Discus Throw Relay	Finals
	#35 Girls Shot Put Relay	Finals
	#31 Girls Long Jump Relay	Finals
	#29 Girls Pole Vault Relay	Finals

REMINDERS CONCERNING ALL EVENTS

1. Be as accurate as possible with your athletes' times and distances. Your substitutions should be minimal with entries closing on April 24th.
2. You **may** enter two competitors in each event and one relay team per event on the track.
3. Qualifiers from the 100, 200, and high hurdle prelims, will be the winners and the next fastest times advancing to the finals. The long hurdles (300) and long dash (400) will be run in seeded sections against time as finals.
4. The 800, 1600, shuttles, 4 x 100, 4 x 200 and 4 x 400 relays will be run in seeded sections against time. The fastest section will be the second one.
5. The high jump will be run as follows:
Men: Start at 5'3", up 3" at a time to 6', one inch from there.
Women: Start at 4'3", up 3" at a time to 5', one inch from there.
6. The pole vault will be run as follows:
Men: Start at 8'6", up 6" at a time to 13' and 3" from there.
Women: Start at 6' 6", up 6" at a time to 8' 6" and 3" from there.
7. In the shot put, discus, and long jump each competitor will be given 4 attempts. Since these events are scored as two person relays, there will be no finals.
8. Each team **may** weigh in one discus and shot per athlete. Those implements will be placed in the pool of implements and stay at the venue until the event is completed.