

39th ANNUAL LAKE HEALTH SYSTEMS RANGER RELAYS

Dear Coach;

The 2016 track season is about to begin. This letter is a reminder that the 39th Annual Lake Health Systems Ranger Relays are April 23rd. The meet will be contested on one day. We will use BaumsPage.com for entries and the posting of results. The site will open for entries Wednesday, April 6th at Noon and will close at 7:00 p.m. Thursday, April 21st. This letter and an order of events are also posted on Baumspage.com. There is no scratch window. **The entry window is open until 7:00 p.m. on April 21st, for any last minute changes. You may still make changes at the track, but we're trying to keep those to a minimum. Your help in this endeavor is greatly appreciated.**

Your roster of eligible athletes for this meet will be the roster you enter on-line. **If an athlete is not part of that roster, they will not be eligible to compete in this meet.** As always, you may enter two athletes per event and one relay team per event on the track. You may return the signed Sportsmanship/Apparel form to the referee.

We have eliminated the Shuttle Hurdle Relay, replacing it with the Distance Medley Relay (1200m-400m-800m-1600m). This change required an adjustment to the Order of Events. This is being done due to a lack of participating shuttle teams. **We will run the various prelims, but not start the 4 x 800 relay until Noon (12:00 PM).**

The long hurdles (300) and long dash (400) will be run in seeded sections against time. We will continue to take the heat winners and the next fastest times to the finals in the short hurdles and dashes. The long jump will be contested as an open pit. The pit will be open for competition from 10:30 a.m. to 12:30 p.m. for the boys' and from 1:15 p.m. to 3:15 p.m. for the girls'

In the throwing events, each team will be permitted to weigh-in one discus and one shot per athlete. That implement will be put in a common pool for the competition. Whether or not you weigh-in a discus and/or shot is entirely up to you. The common pool will consist of those implements weighed in prior to the event. Implements may be weighed in from 9:00 a.m. to 10:15 a.m. on Saturday. Once your implement goes into the pool it must stay there until that event is completed. **You're athletes are responsible for picking up their implement at the completion of the event.**

The area of competition will be defined as the area inside the fence, which surrounds the track, and the wire that encloses the discus and shot area. Also, we ask that you wear 1/8th inch spikes on the track and runways.

As always, we'll score eight places (10-8-6-5-4-3-2-1), there will be team trophies for first and second place, MVP plaques for the track and the field events. Our engraver has changed the way they provide services. This change has resulted in a change in the manner we do awards. All winners will receive a medal not a personalized plaque and places two through eight will get medals as always.

The meet runs as smoothly as it does because you, the coaches, have always been cooperative and worked with us in keeping management problems to a minimum. Your assistance in this endeavor is greatly appreciated. If you have any problems or questions about the meet, **don't hesitate to call or e-mail Dennis Reilly at North High or me at home, cherylp@ncweb.com.** Thank you very much for your assistance and cooperation. As always, we hope to provide your athletes with an opportunity to compete, at what has always been a great track meet. We'd like to wish you the best of luck in the 2016 track season and are looking forward to seeing you at the 39th Annual Ranger Relays.

Yours Truly,
Dennis Reilly
North High Athletic Director

Doug Pohto
Meet Consultant

Mens Teams

Eastlake North
Chagrin Falls
Mentor
Shaker Heights
Madison
Bedford
Riverside
Maple Heights
Geneva
Chardon
Brush
Harvey
Perry
Warrensville Hts.
Gilmour
Jefferson

Womens Teams

Eastlake North
Chagrin Falls
Mentor
Shaker Heights
Laurel
Bedford
Riverside
Maple Heights
Geneva
Chardon
Brush
Harvey
Perry
Beachwood
Gilmour
Jefferson