

41st ANNUAL LAKE HEALTH SYSTEMS RANGER RELAYS

Dear Coach;

The 2018 track season is here. This letter is a reminder that the 41st Annual Lake Health Systems Ranger Relays are April 21st. 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 Monday, April 2nd at Noon and will close at 8:00 p.m. Thursday, April 19th. This letter and an order of events are also posted on Baumspage.com. There is no scratch window. **You can do or manage your entries until 8:00 p.m. on April 19th. 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.

The inclusion of the Dist. Medley (1200-400-800-1600) has 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 one discus and one shot per athlete. That implement will be put in a common pool for the competition. The common pool will consist of any implements in the pool. 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 implements 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/flags that enclose 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. Places first through third will receive a medal and places four through eight will get ribbons.

The meet runs smoothly because 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.** Thank you very much for your assistance and cooperation. Entry fee for spectators will be \$5 and senior citizens

will be free. We'd like to wish you the best of luck in the 2018 track season, weather permitting, and are looking forward to seeing you at the 41st Annual Ranger Relays.

Yours Truly,
Dennis Reilly
North High Athletic Director

Mens Teams

Eastlake North
Chagrin Falls
Mentor
Shaker Heights
Lorain
Bedford
Riverside
Euclid
Villa Angela-St. Joseph
Brush
Hawken

Womens Teams

Eastlake North
Chagrin Falls
Mentor
Shaker Heights
Lorain
Bedford
Riverside
Euclid
Villa Angela-St. Joseph
Brush
Hawken
St. Joseph Academy