

Southeastern Ohio Athletic League Championship Meet

Meet Details

Date: May 16th, 2015

Time: Varsity Meet 10:00am

Location: Jackson Middle School

Baumspage Entry Deadline: Thursday, May 14th 8:00pm

Baumspage Scratch/Add Deadline: Friday, May 15th 8:00pm

Emergency Scratches: If an athlete becomes unable to compete after the May 15th 8:00 pm deadline due to illness or injury and is not going to compete in any of his/her scheduled events, you may scratch that athlete and add a replacement at 9:00 am. Only athletes being completely removed from all events during the day's competition will be able to be replaced. All other athletes will be scratched without an add.

Coaches Meeting: A coaches meeting will be held at 9:15 am. Breakfast foods will be provided prior to the Varsity Meet in the Track Equipment room

Scoring: 6-4-3-2-1 Relay Scoring: 6-4-2

Prelims: 100 M Dash, 100/110 Hurdles, and 200 M Dash. Two heats of 4 athletes. Top runner from each heat and next four fastest times to the finals. All other events will be seeded based on entry times. Fast heats will be run second with fields of 4 and 4 in the 400 M Dash and 300 Hurdles.

Timing: FAT Timing will be provided.

Starting Field Event Order: Boys Shot Put/ Girls Discus, Boys Long Jump/ Girls High Jump

Throws/Long Jump Finals: 2-1 Throws , then 1-1-1 Throws in the Finals. Top 6 throwers/ jumpers will go to the finals.

Implement Weigh-in: Throwing Implements will be weighed in at 9:00 am

Starting Heights: 2" below the lowest entry submitted in the HJ, 6" below the lowest entry in Pole Vault. High Jump: 1" increase after 6 feet for boys and 5 feet for girls

Bullpen: We will bullpen at the start of the 110 Hurdles except for the 200M and 300M Hurdles.

Hip Numbers: Hip numbers will be issued behind the 110 meter start line.

Awards: One All-League plaque will be given to an event winner. If you win multiple events only one All-League plaque is awarded to each athlete. Ribbons are being sponsored by Carman's Used Cars and Trucks and will be awarded to each athlete for 2nd-3rd place.

Event T-Shirts: SEOAL Meet T-Shirts will be sold for \$15. Shirt will be available in each schools colors.

Tents/ Team Camps: Team Camps can be set up to the right of the entry gate and equipment building in the grass field. No team camps in the bleachers.

Results: Results will announced immediately following the event. All results will be posted on baumspage after the meet.

Trainer: A trainer will be on site during the event.

Relay Cards: Relay cards will not be used for this meet, please make sure relay participants are accurate with the scoring staff.

Bus Parking- Busses will be parked in the bus drop off/pick up lane at the side and in front of the Middle School. Busses can pull into the track parking lot to unload and drivers will be directed across the street to park beside the Middle School

SEOAL MEET SCHEDULE

9:00 am All emergency scratches completed at the start/finish line

9:15 am Coaches Meeting- Start/finish line

10:00 am Boys – Shot Put, Long Jump
Girls – Discus, High Jump

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Girls - Shot Put, Long Jump

10:30 am Prelims

Girls 100m Dash
Boys 100m Dash
Girls 4 x 800m Run
Girls 100m Hurdles
Boys 110 High Hurdles
Boys 4 x 800m Run
Girls 200m Dash
Boys 200m Dash

20 Minute Break-

- A timer will be set for 20 minutes after the last heat of the 200m Dash
- We will begin a rolling schedule after the break. The announcer will make calls.

Finals

Girls 100m High Hurdles
Boys 110m High Hurdles
Girls 100m Dash
Boys 100m Dash
Girls 4 x 200m Relay
Boys 4 x 200m Relay
Girls 1600m Run
Boys 1600m Run
Girls 4 x 100m Relay
Boys 4 x 100m Relay
Girls 400m Run
Boys 400m Run
Girls 300m Intermediate Hurdles
Boys 300m Intermediate Hurdles
Girls 800m Run
Boys 800m Run
Girls 200m Dash
Boys 200m Dash
Girls 3200m Run
Boys 3200m Run
Girls 4 x 400m Relay
Boys 4 x 400m Relay