



St. Francis de Sales High School
KNIGHT WARM-UP
Track and Field Invitational
Saturday, April 4, 2015

Fr. Ronald Olszewski, O.S.F.S., President
Mr. Carl Janke, Athletic Director
Mr. George Schaefer, Head Track Coach

Mr. Eric Smola, Principal
Mr. John Hall, Assistant Athletic Director
Jim Neary, Meet Manager

Fifth Annual — Girls & Boys — Limited to 8 Teams

The Schedule

10:00 am	Field Event Relays* (3 athletes per team per event)	11:00 am	Girls 4x800 M Relay***
	*Boys SP, Girls Discus, Boys PV, Girls HJ then Girls SP, Boys Discus, Girls PV, Boys HJ. SP and Discus - 4 attempts, no final. LJ - open pit until 12pm, 4 attempts, no final. HJ and PV - opening heights TBD.	11:20 am	G&B 100 M Dash Finals
		11:25 am	G&B 100/110 M Hurdles Finals
		11:35 am	Boys DMR (8-4-12-16)***
		11:50 am	Girls 4x100 M Relay (1 entry)
		11:55 am	Boys 4x100 M Relay (1 entry)
		12:05 pm	Girls 800 M Run (2 entries)
		12:10 pm	Boys 1600 M Run (2 entries)
		12:20 pm	G&B 300 M Hurdles Finals (1 entry)
10:00 am	G&B 100 M Dash Semis(2 entries)**	12:35 pm	G&B 200 M Dash Finals
10:15 am	G&B 100/110 M Hurdles Semis(2entries)**	12:40 pm	Girls 1600 M Run (2 entries)
10:35 am	G&B 200 M Dash Semis(2 entries)**	12:50 pm	Boys 3200 M Run (2 entries)
	** 8 fastest times advance to finals	1:05 pm	Girls 4x400 M Relay (1 entry)
		1:15 pm	Boys 4x400 M Relay (1 entry)
		1:35 pm	Awards Presentation

*** "B" team can be entered but only one team per school will be able to score

Scoring . . . 6 Places (10, 8, 6, 4, 2, 1)

Awards . . . Plaque for team champion and team runner up; Ribbons for top 6 places in each event

Seeding . . . Based on entry marks using OHSAA Standard HS Seeding

Entry Fee ... \$75 Team (Girls or Boys) / \$150 School (Girls and Boys)

KNIGHT WARM-UP – Reminders for coaches and participants ...

General

- ALL ENTRIES MUST BE MADE “ONLINE” using www.baumspage.com/track
- Entry DEADLINE: 5:00 p.m., Friday, April 3rd. Two entries per track event (notable exception 300M Hurdles); one entry per relay event (with the exceptions of the Girls 4x800M and the Boys DMR, where a “B” team can be entered); three entries per field event. Field events are scored as relays, and at least two competitors must mark in order to place. Field event relay ties will go to the team with the highest individual performance.
- NO SCHOOL BUSES in front of the school; Park busses in the Ottawa Park Ice Rink Lot.
- NO TEAM CAMPS in the grandstand. Approved areas will be explained upon check-in.
- Restrooms are behind the grandstand. There will be no locker or shower facilities available.
- The Hospitality room for coaches and officials is behind the grandstand. Please, no fans or competitors!
- Coaches meeting at 9:30 a.m. at the “Garage.” Listen carefully for calls on the Public Address System.
- Athletes, coaches and fans are to stay out of the school building at all times (unless directed otherwise – by public address announcer – in the event of a weather emergency).
- Trainer will be available at the infield tent.
- Please use the trashcans. Every team should clean up its “camp” of debris.
- No Radios, “boom boxes”, Frisbees, footballs, etc. anywhere.
- Everyone should be responsible for his or her valuables. Do not leave them unattended.

Meet Specific

- An individual may compete in a maximum of four events including relays.
- Competitors must be in school-issued uniform when they enter a competition area. Uniforms may be removed only in unrestricted areas. Any SHIRT worn under the uniform must be a single solid color (no logos or printing). Schools issued shorts must be worn over any tights, armor-all or body suit. Shoes are not considered part of the uniform.
- At St. Francis de Sales HS, restricted areas include the (1) infield; (2) the entire fenced track area; (3) the Discus and Shot Put competition areas. Also, please do not raise your voice (yell) in the finish line area.
- Competitors should keep their singlets tucked into their shorts when in the competition areas. OLY ¼” SPIKES!
- Competitors should warm-up outside the fenced track area. No “warm-ups” on the track between events or in lanes that aren’t in use.
- Stay clear of the finish area. Do not ask officials for results or times. (Official times will be announced and posted.) Report suspected errors immediately to the Head Referee, Mr. Bill Sanford.
- If you feel that a rule has been misapplied or misinterpreted you may appeal/protest. Any appeal/protest must be filed in writing. If you have any questions or issues please see the Head Referee, Mr. Bill Sanford, or come to the Press Box. Forms and rule books are available in the press box. (Please note, judgment decisions may not be appealed and will not be considered.)

Relay Teams

- Prepare a Relay card for every relay team you will run ...they will be in your race packet when you arrive.
- Know how each race is run. Know the exchanges zones. Half tennis balls only—no chalk or tape on track or runways. Know the infraction rules (Rules 5-10 through 5-13).
- Members of each relay team must be designated prior to competing in the event.
- All relay members must report individually with the lead-off member presenting the card to the clerk of course.
- You may run a “B” Team (a second team) in the Girls 4 x 800M Relay and in the Boys Distance Medley Relay (DMR). If a school enters two teams in these races, only one can score – the one with the better performance.

Sprint Events

- Starting blocks will be furnished. Team mates can function as block holders if needed.
- 2 entries per team, best 8 times from the semi-final heats advance to the finals.

Distance Events

- Lapped runners will run the normal course and will be permitted to finish their race. All runners should be careful not to interfere with any other runner.

Field Events (General)

- THE “TIME LIMIT” WHEN COMPETITORS ARE EXCUSED TO COMPETE IN ANOTHER EVENT IS LIMITED TO 10 MINUTES AFTER THE COMPLETION OF THAT EVENT.
- Field events are scored as relays of three competitors per events and at least two competitors must have a mark for the team to score. Field event relay ties will be broken; the higher place will be awarded to the team with the best individual performance.

Discus and Shot Put

- NO weighing or inspecting of implements for shot and discus for this meet; however, an official can always deem an implement as unsuitable for a good reason – i.e., wrong weight, indentations on a discus rim, flat spots on a shot put, etc.
- Competition begins at 10:00 a.m. with Boys Shot and Girls Discus – then reverse. Listen for calls (announcements).
- Competitors do not need to report before Disc/Shot competition begins; however, individuals need to report before the beginning of the flight to which they’re assigned.
- Each competitor will have four trials. There will be no call-back for “finals.”

Long Jump

- ONLY TAPE OR “TENNIS BALLS’ ON THE APPROACHES PLEASE. NO CHALK. (Please remove tape at the end of competition.)
- We will use the open pit procedure. Competitors can warm-up until 9:45 a.m. The pit will be open from 10:00 to 12:00.
- Competitors do not need to report before the LJ pit opens; they can report at any time before the pit closes at 12:00 p.m. However, there will be no opportunity for warm-ups after 9:45 a.m.
- Each competitor will have four trials. There will be no call-back for “finals.”

High Jump and Pole-Vault

- Competition begins at 10:00 a.m. with Boys PV and Girls HJ – then reverses. Listen for calls (announcements)
- Starting Heights and increments will be determined based on entries and will be posted to Baumspage by 8 a.m. the day of competition
- ONLY TAPE OR “TENNIS BALLS” ON THE APPROACHES PLEASE. NO CHALK. (Please remove tape at the end of competition.)
- 3 or 5-alive will be used, depending on conditions and the judgment of the officials.