

**10<sup>th</sup> Annual Doug Mowrey Memorial Track Invitational**  
At Van Buren High School  
**April 7<sup>th</sup>, 2017**

**Teams:** Arcadia, Arlington, Carey, Elmwood, McComb, North Baltimore, Vanlue, Van Buren

**4:00** – Coaches meeting will be at the start finish line. Coaches will receive a heat sheet and program to check that all assignments are correct. Programs will be available for \$1.00 for spectators.

**4:30** – Field Events: **4 attempts NO Finals!**

Boys (Shot Put, Long Jump) First

(Boys Long Jump and Girls Triple from 4:30-5:30)

Girls (Discus, High Jump, Triple Jump) First

(Girls Long Jump and Boys Triple from 5:45-6:45)

*Long jump will be on the runway with a wood board. Triple will be on the runway without a wooden takeoff board.*

Pole Vault –combined – starting at 6' and jumping to 7' then 6" increments after that for girls & boys.

Boys (Discus, High Jump, Triple Jump) Second

Girls (Shot Put, Long Jump,) Second

The boys will follow the girls in all running events.

**\*\*5:15** – Prelims for 100 m hurdles, 110 m hurdles, 100m dash, and 200 m dash,

-The 4 x 800 m finals will be run after the last boys 100 m preliminary heat and before the first girls 200 m preliminary heat. We will run all girls 4X800 teams together in one race and then all boys 4X800 teams together in a second race.

\*Finals will begin approx. 15 minutes after the prelims are over and will be on a rolling schedule. Top 8 times per event advance to finals. Qualifiers will be read over the PA and posted on "The Castle" where you entered the track.

\*Boys high jump starts at 5'2" Girls high jump 4'4".

\*Top 8 times in an event will be scored for team points. 10-8-6-5-4-3-2-1

\*With this meet being so early in the season all lane assignments will be random by the computer

\*If an athlete must leave a field event for a running event he/she **must check out after 2<sup>nd</sup> call** and has 5 minutes after the last heat of his/her race to report back. We have had problems in the past with athletes not returning right away and delaying the field events. **If after an announcement no athlete or coach returns to the field event that event may be closed for the night.**

\*If your long or triple jumper is in one of the first running events please inform the workers so your athlete can get all their jumps completed before their running event.

\*You may enter two people per event. Relays will be limited to one entry per team. Field events will be given four attempts, NO FINALS. Score top 8 places. **1/4 inch spikes** or less on the track. No tape on track.

\*We will be using Baum's page again this year. Go to [www.baumspage.com](http://www.baumspage.com). Doug Mowrey Inv. Entry Window is open on March 27 and **Closes April 6<sup>th</sup> at 5 PM** contact Brian Beining @ [bbeining@vbschools.net](mailto:bbeining@vbschools.net) with any questions.

\*Awards --Individual – Gold medal for first, Second and Third place ribbons. Team – Champion and Runner Up Trophy Results will be posted on Baum's Page approx. 20 minutes after the 4x400.

\*Please stay out of the infield and away from the finish line when setting up your camps. Once finals start, the infield will be off limits for all athletes not competing.

\*There will be a \$6.00 admission fee for adults and \$4.00 for students. Programs will be for sale also.

**\*Your \$100.00 entry fee can be mailed to Van Buren High School.**

\*If we have inclement weather forecasted (rain, cold) we will have finals only (no prelims) for the 100/110H, 100, 200. The 4X800 finals would start the meet at 5:00. I will notify you through Baums page on Wednesday if this is the case!

# 10th Annual Doug Mowrey Memorial Track Invitational

Van Buren High School

Friday April 7<sup>th</sup>, 2017

Entries must be submitted online using the Online Entry Form at [www.baumspage.com](http://www.baumspage.com).

Entry Window Opens: **Monday March 27th 2017**

Entry Window Closes: **Thursday April 6<sup>th</sup>, 2016 at 5:00 PM**

Scratches/Substitutions Due: **None Online!**

Please note the following:

1. **Rosters must be submitted through Baum's Page Online Entry System before the entry deadline.**
  - a. Late entries will not be accepted! Or if accepted, may be subject to a Late Entry Penalty.
2. **Please note the following changes on baumspage.com!**
  - a. **All User Accounts from 2010-2011 were retained, but the associations with the schools and teams were deleted.**
  - b. After login, the coach will be able to add multiple teams/sports/genders to the same account!
3. Go to [www.baumspage.com](http://www.baumspage.com) and use **Online Entries** or **Login** to access your account
  - a. Click the **Help** link and print **Online Entry Instructions for Track** if you need detailed instructions.
  - b. **If you did not have an account last year, use Apply** to create your account.
  - c. **If you had an account last year, you can login using that e-mail address and password.**
4. Use **My Sports | Select Teams** to select your **School**.
  - a. Click **Get available teams** and then **Make me the Coach**.
  - b. Note: after selecting your teams, you may need to refresh your screen or Logout and Login again!
5. Use **My Sports | Track | Modify Athletes** to enter your athletes on your alphabetic roster.
  - a. You may enter athletes one at a time by filling in name and grade, then **Add Athlete**.
  - b. Or you **can import your complete roster by pasting them** from an Excel file. Use one row per athlete: Number, First Name, Last Name, and Grade. Highlight and paste into textbox, then click **Import Athletes**.
6. Use **My Sports | Track | Submit Rosters** to enter athletes, relays, and marks.
  - a. **Include everybody that could possibly compete!** Submit a complete roster before entry deadline!
  - b. **To enter individual events:** Select the athlete from the list and enter a mark.
  - c. **To enter a relay:** Select the 4 anticipated relay team members and enter a time...  
(1) List in expected order. Changes may be made before the team competes.
  - d. Click **Submit Roster** to save entries. Use **Get Printable Roster** to print a copy for you records. -Only the athletes listed are entered in the event!
7. The **Online Scratch/Substitution Form** will only be accessible **after the entry window closes and prior to scratch deadline!** To access the **Scratch/Substitution Form**:
  - a. Select the event and click **Get Printable Roster**.
  - b. On the next screen, select **Scratch/Substitution Form** and list your changes in the correction box for the specific event.
  - c. **The Scratch/Substitution window will close precisely at the time posted above!**
8. **If there are any problems with the Online Form**, click the **Contact Us** link and submit a **Help Request**.
  - a. Please allow up to 8 hours for a response! -Most responses will be in less than 4 hours.
  - b. In an emergency, call **Gary Baumgartner: 513-594-6154** or **Terry Young: 740-517-0195**.