

12th Annual Doug Mowrey Memorial Track Invitational
At Van Buren High School
April 5th, 2019

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,) First

Girls (Discus, High Jump) First

Boys and Girls Open Pit Long Jump and Triple Jump. Jumpers competing in the 4x800, hurdles, 100, and 4x200 will be allowed to 'cut' in front of other jumpers to get their 4 attempts in before their races.

*Long jump is 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) Second

Girls (Shot Put) Second

The boys will follow the girls in all running events.

****5:00 – No Prelims, finals will start with the 4x800 @ 5pm.**

*Boys high jump starts at 5' Girls high jump 4'.

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

*Top 8 times in an event will be scored for team points no matter which heat they run in. 10-8-6-5-4-3-2-1

*If an athlete must leave a field event for a running event he/she **may only check out after 2nd 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 or in the case of HJ and PV the athlete will be skipped at that height but allowed to attempt at the higher height.**

*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. **1/4 inch spikes** or less on the track.

*We will be using Baum's page again this year. Go to www.baumspage.com. Doug Mowrey Inv. Entry Window is open on March 18 and **Closes April 4th at 5 PM** contact Brian Beining @ 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.

***Entry Fee is \$200 per school and can be mailed to Van Buren High School.**

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Van Buren High School

Friday April 5th, 2019

Entries must be submitted online using the Online Entry Form at www.baumspage.com.

Entry Window Opens: **Monday March 18th 2019**

Entry Window Closes: **Thursday April 4th, 2018 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 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 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**.