

Washington CH HS Invitational April 18th, 2014

Teams

1. Washington CH
2. Greenfield McClain
3. Circleville
4. Hillsboro
5. Chillicothe
6. Yellow Springs
7. East Clinton
8. Greenview
9. London
10. Vinton County
11. Unioto
12. Washington CH B

Coaches welcome to our annual Washington CH HS Invite

Entry Fee: \$150.00 both boys and girls

ENTRY SHEET This year we will be entering via the internet. Please go to <http://www.baumspage.com/track/index.php> and follow directions*. You must Click on the Washington CH High school Invitational. It will be on the Rightside under the High school meets. Have your lineups in by 9:00 pm Thursday April 17th, 2014. You may make changes any time up until then.

ADMISSION Adults: \$5.00 Students: \$3.00

RULES National Federation, OHSSA rules will be enforced

SCRATCHES AND SUBSTITUTIONS **There will be a scratch and substitution window open until Friday April 18th at 11:00am.** We will allow substitutions the day of the meet.

TIME SCHEDULE AND EVENTS There will not be a specified time schedule for events. Please have your athletes listen to calls from the PA announcer and be prepared to compete.

Coach's meeting at 4:15 pm.

Field Events begin at 4:30 pm.

Running Finals begin at 5:00pm.

Coaches

Coaches you will receive to Field passes in your packet. Your coaches must have them on in order to coach at the field events inside the track. We will also have coaches boxes they must stay inside. Please tell your parents they are not allowed on the infield at anytime. Coaches that do not have passes will be asked to leave the field event area. At the end of the meet you must turn in your pass to receive your award packet.

PRELIM SCHEDULE:

None

FINALS SCHEDULE

All events will run as finals. Events with two(three when necessary) heats will be run as fast heat then slow heat.

4:30 Field events

Boys shot

Girls discus

Boys long jump open pit 1 hour ends at 5:30pm

Girls High Jump Opening Ht 4'2. Boys opening 5'2

Girls Pole Vault Opening HT 6. Boys opening height 7

4:45 boys and girls steeple chase

5:00

4x800

100/110 hurdles

100

4x200

1600

4x100

400

300 hurdles

800

200

3200

4x400

FIELD EVENTS

If your athlete must check out from a field event, they must wait till 2nd call, after completing there event they

have 10 minutes to come and check back in or we will move on at the event without them!

Discus: Women then men: 4 throws – no finals
Shot put: Men then women : 4 throws – no finals
High Jump: Women then men:
Starting height men: 5'2
Starting height women: 4'2
Long Jump: Men then women: 4 jumps – no finals
(we will run open pit)
Pole Vault: Women then men:
Starting height men 6
Starting height women: 7

Awards Note

***When the meet ends report to the pressbox to pick up your awards packet. You will not receive your awards packet until you turn in your coaching passes.**

TEAM AWARDS

Champion and runner-up trophies for both men's and women's teams.

High Point Award for both men and Women

INDIVIDUAL AWARDS

Medals for 1st,
Ribbons for 2nd thru 8th place

SCORING

10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Questions Contact

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