

WASHINGTON COURT HOUSE ATHLETICS

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Athletic Complex

400 South Elm Street

WASHINGTON COURT HOUSE, OHIO 43160

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Coaches / ADs,

We are happy to have you attend the Washington High School Blue Lion Track Invitational at the Washington High School Track and Field Complex. Please forward this information sheet to your Head Boys and Girls Track Coaches. We have Fully Automated Timing this year all results will be posted to Baumspage..

TEAMS - Washington CH, Greenfield McClain, Hillsboro, Logan Elm, Circleville, , Minford, Grove City Christian, Cedarville, WCH B

TEAM ENTRY FEE - \$200 per school. Please make payment before or day of the event. Questions about payment, please contact tina.wilson@wchcs.org 740-636-4221 ext 4420.

STUDENT ATHLETE 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 left side under High School meets. Have your lineups in by 9:00 pm Thursday , April 13th, 2023. You may make changes any time up until then.

ADMISSION - All admission - \$5.00

RULES - National Federation, OHSAA rules will be enforced

SCRATCHES AND SUBSTITUTIONS - You may make changes until April 14th at 4pm. We will allow substitutions the day of the meet for injuries and sickness only at the finish line.

TIME SCHEDULE/ 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 - 4:15 PM, Field Events begin - 4:30 PM, Special Running event (Steeplechase) 4:45 PM, Running Finals begin - 5:15 PM.

COACHES - Coaches you will receive 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 any time. 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.

FINALS SCHEDULE - *NO Prelim Running events* - All events will run as finals. Events with two (three when necessary) heats will be run as slow heat then fast heat.

FIELD EVENTS - If your athlete must check out from a field event, they must wait till 2nd call, after completing their event they have 10 minutes to come and check back in or we will move on at the event without them.

Discus - 1. Boys 2. Girls - 4 throws – no finals

Shot put - 1. Girls 2. Boys - 4 throws – no finals

High Jump - 1. Girls 2. Boys

Starting height men - 5'0

Starting height women - 4'2

Long Jump - 1. Boys 2. Girls

4 jumps – no finals (we will run open pit) for 1 hour 4:30-5:30 and 5:45-6:45

Pole Vault - 1. Girls 2. Boys

Starting height men - 8'0

Starting height women - 6'0

Running Events

2000m Steeplechase **Start 4:45pm**

3200 M Relay

100/110 M Hurdles

100 M Dash

800 M Relay

1600 M Run

400 M Relay

400 M Dash

300 M Hurdles

800 M Run

200 M Dash

3200 M Run

1600 M Relay

AWARDS NOTE - When the meet ends report to the press box 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 - 3rd Ribbons for 4th - 8th place

SCORING - 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Questions, please contact:

Louis Reid

Varsity Coach

WCH Athletics Meet Manager

Work (740) 606-4221

Home (740) 606-5393