



Strongsville Middle School Elite Meet April 13, 2018

Meet Information:

Dear Coaches/ADs,

Thank you for accepting our invitation to the Strongsville Middle School Elite Meet which will be held on Friday, April 13, 2018. We would like to wish you and your teams the best of luck this season. This letter has pre-meet information. The information included is basic information and instruction for entering individuals, field events, and relay team participants.

Entries must be submitted online using the online entry form at www.baumspages.com.

Entry Window Opens: April 5th, 2018

Entry Window Closes: April 12th, 2018

Scratch/Substitutions: Prior to Coaches Meeting on the field by Event Tent

The start of the events is as follows:

Field Events - 4:00pm

Running Events - 4:30pm

You may enter up to **TWO** competitors in the each of the running and field events. You may enter **ONE** relay teams for each relay event.

Entry Forms: Submit entries online at www.baumspage.com before 5:00PM on April 12, 2018. All scratches/substitutions must be made in the coaches meeting. After that **SCRATCHES ONLY!**

Scoring: 10-8-6-4-3-2-1

Relays: Each team needs to bring their own batons. Relay teams are expected to have the baton during event check-in

Locker Rooms: Locker room facilities will not be available.

Tents: No tents will be permitted on the field or the stands.

Arrival: Buses should drop athletes off at the main entrance to the stadium. Buses should park at the Staples in Strongsville. Make a left out of the school and Staples in less than ¼ mile on the right hand side.

Seeding: Each heat will have one runner from each school. The second heat will be the fast heat.

Field Events

High Jump:

The high jump will be run as follows:

- Boys' starting height for competition will be 4'6". We will go up in 2" increments until we get to 5'2" then we will go up in 1" increments.
- Girls' starting height for competition will be 4'. We will go up in 2" increments until we get to 4'4" then we will go up in 1" increments.
- In the case of a tie, we will follow OHSAA Track and Field rules regarding misses and/or jump-offs, if necessary, to determine the winner.

Long Jump:

- Each competitor will get 3 attempts. ALL attempts will be measured to the nearest ¼" and recorded accurately.
- In the case of a tie, the 2nd-longest jump of each athlete will determine the winner.

Shot & Discus:

- Each competitor will get 3 throws, one throw at a time, working through the order 3 times. ALL attempts will be measured to the nearest ¼" and recorded accurately.
- In the case of a tie, the 2nd-longest throw of each athlete will determine the winner.

Equipment: Implements will not be provided, starting boxes, will be provided, only 1/2 cut tennis balls may be used for marking the track, chalk may be used on the runways and in the high jump, 1/4" or smaller spikes only.

Timing: Fully Automatic Timing

Important Notes: In inclement weather you will need to return to your bus

Awards: T-Shirts

Admission: \$4 per adult, \$2 per student. Seniors Free

Concessions: There will be a concession stand open.

Entry fee will be \$125 per boys team; \$125 per girls team or \$250 total for both teams.
Checks should be made payable to "Strongsville City Schools". Contracts for this meet are on the
Arbiter.

For questions contact:

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