



FREMONT ROSS DISTRICT TRACK MEET

Chad Berndt – Meet Manager
1100 North St.
Fremont, OH 43420

April 17, 2014

Coaches:

On behalf of the athletic department at Fremont Ross High School I would like to welcome you and your athletes to our facility for the 2014 Division III District Track and Field Championship.

Below you will find all the necessary information to help your team and their families plan for this event. We look forward to serving as your host and would ask that you please contact the athletic office (419) 332-6462 should you have any questions or concerns leading up to the District meet.

As you being preparing for this event I would ask each of you to please remember:

In submitting your entry forms and numerical listing, you must enter the names online through Baumspage. We need the correct spelling in order to provide accurate information for this meet as well as the Regional meet. You must also list the numbers of each participant on both the numerical listing and the event sheets. According to the OHSA A person who competes wearing a number other than the number assigned on the numerical listing shall be disqualified – this practice will be enforced. (Instructions can be

Please make your entries as accurate as possible in order to minimize substitutions. An online scratch/substitution form accessible via Baumspage will be accepted until 12:00 pm on the first day of your competition. If you have questions please call.

All entries must be entered online by Monday, May 19, 2014 by 7:00 pm. Entries will not be accepted after this time. Please see the instructions in the enclosed letter on how to send your entries online.

Once again, I would ask that you please contact my office should you have any additional questions or concerns regarding this letter or the event itself.

Yours in Sports,

Chad Berndt
Meet Manager



FREMONT ROSS DISTRICT TRACK MEET

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Running Events

Wednesday, May 21
 G Dist 1 & Dist 2

Thursday, May 22
 Boys District

Saturday, May 24
 Boys & Girls Finals

5:00 pm Start time

5:00 pm Start Time

12:30 Start Time

4x8 G1 Final
 4x8 G2 Final
 100m H G1 Semi
 100m H G2 Semi
 100m G1 Semi
 100m G2 Semi
 4x2 G1 Semi
 4x2 G2 Semi
 1600m G1 Semi*
 1600m G2 Semi*
 4x1 G1 Semi**
 4x1 G2 Semi**
 400m G1 Semi
 400m G2 Semi
 300m H G1 Semi
 300m H G2 Semi
 800m G1 Semi*
 800m G2 Semi*
 200m G1 Semi
 200m G2 Semi
 4x4 G1 Semi***
 4x4 G2 Semi***

4x8 Final
 110m H Semi
 100m Semi
 4x2 Semi
 1600m Semi*
 4x1 Semi**
 400m Semi
 300m H Semi
 800m Semi
 200m Semi
 3200m Semi*
 4x4 Semi***

100m H G1, G2
 110m H Boys
 100m G1, G2, Boys
 4x2 G1, G2, Boys
 1600m G1, G2, Boys
 4x1 G1, G2, Boys
 400m G1, G2, Boys
 300m H G1, G2, Boys
 800m G1, G2, Boys
 200m G1, G2, Boys
 3200m G1, G2, Boys
 4x4 G1, G2, Boys

The first four (4) athletes or teams in each event qualify for Regionals at Tiffin.

*The following races will only be run as a semifinal IF there are enough participants to warrant one. Schools will be contracted after the registration window closes via baumspage.

**The first semifinal heat of the 4x100 relay may begin no earlier than 15 minutes after the beginning of the first semifinal heat of the 4x200 relay.

***The first heat of the 4x400 relay may begin no earlier than 20 minutes after the beginning of the first semifinal heat of the 200m dash.

Field Events

Wednesday, May 21
 G Dist 1 & Dist 2

Thursday, May 22
 Boys District

Saturday, May 24
 Boys and Girls Finals

4:00 pm Start Time

4:00 pm Start Time

11:00 Start

Shot G1 & G2
 Disc G2
 HJ G1 & G2
 LJ G2
 PV G1

Shot
 Disc Boys
 HJ
 LJ Boys
 PV Boys

Shot Boys
 Disc G1
 HJ Boys
 LJ G1
 PV G2