



Avon High School

Erich Frombach
Director of Athletics

Member of
The West Shore Conference

Avon Reynolds Relays April 30, 2011 General Information

Avon High School Athletic Director: Erich Frombach
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E-Mail: frombache@avonlocalschools.org

Avon Track & Field Head Coaches: Scott Lanham & Sam Ulery
Avon Track & Field Assistant Coaches: Judd Lutz, Nicole Snitel, Richard Garvelink, Matt Nortz

1. Coaches scratch meeting at 8:15 a.m. in the middle school gym (please be prompt).
2. Warm-up on the backstretch when appropriate.
3. Stay in the stands (no spikes please!) and off the football field.
4. 1/8 spikes ONLY (or 1/4 in recessed shoes) on track and runways.
5. **STARTING BLOCKS WILL NOT BE PROVIDED.**
6. Please use tape or tennis balls to mark the track or runways.
7. Shot and discus pads are concrete. Common implement for the shot and discus will be used.
8. Pole Vault, High Jump, and Long Jump runways are rubberized.
9. Lanes will be drawn in advance. Information can be picked up in the press box upon arrival.
10. **Shuttles: 30" for girls and 36" for boys**
11. Long Jump will be run open pit.

Eagle Pride



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Meet Schedule

FIELD EVENTS

8:00 - 9:00 a.m. (Implements MUST be weighed in prior to competition)

9:00 a.m. Girls Pole Vault followed by Boys Pole Vault
Girls Long Jump (Open Pit, must be completed by 10:30)

9:30 a.m. Boys Discus followed by Girls Discus
Girls Shot Put followed by Boys Shot Put
Boys High Jump followed by Girls High Jump

RUNNING EVENTS (All participants MUST report to the Bullpen Area, North End of Track)

9:15 a.m. Girls, then Boys 4 x 1600 (1 heat)

10:05 a.m. J.V. Girls, then Boys, 4 X 100 Meter Relay (non scoring event)
J.V. Girls, then Boys Open 800 Meter Run (non scoring event)
J.V. Girls, then Boys 4 X 400 Meter Relay (non scoring event)

10:30 a.m. Boys Long Jump (Open Pit, must be completed by Noon)

10:40 a.m. National Anthem

10:45a.m. Girls, then Boys Shuttle Hurdles (5 heats Maximum)
Girls, then Boys 4 x 100 Relay (Girls 3 heats, Boys 2 heats)
Girls, then Boys Distance Medley (1 heat of 1200, 400, 800, 1600)
Girls, then Boys 100 M Dash (Girls 3 heats, Boys 2 heats; 1 Individual per team)
Girls, then Boys 4 X 400 Meter Relay (Girls 3 heats, Boys 2 heats)

20 Minute Break

Girls 100 M Hurdles, Boys 110 M Hurdles (Girls 3 heats, Boys 2 heats); 1 Individual per team)
Girls, then Boys Mile Open (1 Heat Girls, 1 Heat Boys; 1 Individual per team)
Girls, then Boys Sprint Medley (Girls 3 heats, Boys 2 heats) of 100, 100, 200, 400)
Girls, then Boys 4 X 800 Meter Relay (2 heat maximum)
Girls, then Boys 4 X 200 Meter Relay (Girls 3 heats, Boys 2 heats)

Presentation of Team Trophies

***Distribution of Individual Awards**

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Avon Reynolds Relay

Site: Avon Middle School
3075 Stoney Ridge Road
Avon, Ohio 44011

ENTRY FEE: \$300.00 (team fee). Make checks payable to: Avon High School Athletic Department.

IMPORTANT DATES:

Monday, April 25, 2011 All unpaid entrance fees \$300.00 (Mail to Avon High School)

This year's 2011 Baum's Page deadlines:

- **Entry window opens: 8:00 AM, Saturday, April 17**
- **Entry window closes: 8:00 PM, Thursday, April 28**
- **Scratch/Substitutions due: None**

Saturday, April 30, 2011 Avon Relays scratch meeting 8:15 a.m. (Middle School Gym)

AWARDS: First, second, and third place team trophies. Medals to first, second, and third individuals; ribbons to fourth, fifth, and sixth. Individual awards will be placed in team bags for coaches to pickup at the end of the meet in the press box.

RESULTS: Results will be updated on Baum's Page no later than Sunday May 1st

TEAMS (14 Boys, 15 Girls) Aurora, Avon, Avon Lake, Elyria, Elyria Catholic, Gilmour, Magnificat, Medina Highland, Lorain, North Olmsted, Rocky River, St. Joseph Academy, Trinity, Wadsworth (boys), Wellington, Westlake

SCORING: All events: 10-8-6-4-2-1

ADMISSION: Adults \$5.00 Students \$4.00 Senior Citizens \$4.00

TEAM AREAS: All will set up camp behind the visitor's bleachers on the east side of the stadium.

MEALS: (LUNCH)

ATHLETES: Refreshment stand will be open.

COACHES, WORKERS & OFFICIALS: Hospitality Room will be available.

TEE SHIRTS: Avon Reynolds Relays t-shirts will be on sale.

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PACKET: Pick up in the middle school gym upon arrival. Relay cards will be provided must be turned in at check in for each event.

RELAY FIELD EVENTS: Two (2) competitors in each event.

GIRLS HIGH JUMP: 4'3", 4'6", 4'8", 4'10", 5', with 1 inch intervals thereafter.

BOYS HIGH JUMP: 5'3", 5' 6", 5'8", 5'10", 6', with 1 inch intervals thereafter.

GIRL'S DISCUS & SHOT: 4 Throws. All Finals.

BOY'S DISCUS & SHOT: 4 Throws. All Finals.

BOY'S LONG JUMP: 4 Jumps. All Finals. Open Pit. (MUST be completed by Noon)

GIRL'S LONG JUMP: 4 Jumps. All Finals. Open Pit. (MUST be completed by 10:30)

BOYS POLE VAULT: 9', 9'6", 10', 10'6", 11', 11' 6", 12', 12'6", 13', with 2 inch intervals thereafter.

GIRLS' POLE VAULT: 7', 7'6", 8', 8'6", 9'

The ten-minute rule will be encouraged.



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