

**19<sup>TH</sup> ANNUAL**  
**AVON LAKE TRACK & FIELD INVITATIONAL**  
**April 2, 2016**

**IMPORTANT INFORMATION PLEASE READ CAREFULLY!**

**COACHES PACKETS:** You may pick up your coaches packet at the caboose upon arrival.

**COACHES MEETING:** There will be a brief coaches meeting near the finish line to answer any questions at approximately 8:30 a.m. (**Please remember to provide me with a copy of your roster and a copy of the OHSAA Coaches Verification form at this meeting**).

**COACHING AREAS:** Coaches for the Pole Vault and Long Jump will be permitted to be at their respective events behind the flagged areas inside the track. **No other coaches or spectators will be allowed inside the fenced in competition area.** Shot Put and Discus areas are accessible along the north fence and north side of the Discus areas by the flags.

**JURY OF APPEALS:** There will be no jury of appeals. All decisions made by the referee shall be final.

**TRACK AND TRACK MARKINGS:** Maximum spike length for the running events and high jump pole vault and long jump will be ¼". Starting blocks will be furnished. Tennis ball halves, tongue depressors may be used as markers for the relays. Tape may be used at the High Jump or along side the Pole Vault and Long Jump runway. **NO CHALK WILL BE PERMITTED.**

**FIELD EVENTS:** All athletes will report to the event official for sign in prior to first call. Warm-up may begin at 8:30AM. Shot Put, Discus and Long Jump competitors will receive 4 attempts. The best effort will be used for scoring. Ties will be resolved utilizing the second best effort. All Discus and Shot Puts will become common implements for the duration of the event. Implements will not be certified.

**FIELD EVENTS STARTING HEIGHTS**

Boys High Jump: 5'3", 5'6", 5'8", 5'10", 6', 6'2" (as determined by competitors)

Girls High Jump: 4'3", 4'6", 4'8", 4'10", 5', 5'2" (as determined by competitors)

\*Boys Pole Vault: 9', 10', 10'6", 11', 11'6", 12', 12'6", 13' (as determined)

\*Girls Pole Vault: 7', 7'6", 8', 8'6", 9', 9'6", 10' (as determined by competitors)

(\*Please remember to provide a copy of the OHSAA Pole Vault Verification Form to the event official).

**Please note:** Athletes must be able to clear the opening height to compete.

**SCORING:** All events are scored 10, 8, 6, 5, 4, 3, 2, 1. All events will utilize FAT.

**AWARDS:** Medals shall be awarded for 1<sup>st</sup> through 6<sup>th</sup> place. Team plaques will be awarded for Boys and Girls Team Champions and Runners-Up. Individual awards shall be placed in a bag and coaches may begin to pick them up in the press box at the conclusion of the meet. **Please make sure you don't forget your athletes' awards!**

**-OVER-**

**RESULTS:** \*\*\*NEW\*\*\* LIVE results will be available\*\*\* at [www.timingcrew.com](http://www.timingcrew.com)  
Click on schedule/results for Avon Lake Invitational. As in the past the meet results will also be posted on both [www.baumspage.com](http://www.baumspage.com) and [www.neohstrack.com](http://www.neohstrack.com) .

**RESTROOM FACILITIES:** Restrooms will be available and are located at both north and east end of the home stands. **NO LOCKER ROOM** facilities will be available.

**ATHLETIC TRAINER:** Our athletic trainer will be stationed outside the fence near the finish line to administer first aid. Taping will be available; however, you must provide your own supplies.

**CONCESSIONS:** The Avon Lake High School After-Prom Committee will be running our concessions stand which is located West end of the HOME stands.

**HOSPITALITY ROOM:** Once again, our Boys & Girls Track & Field parents will be providing us an outstanding Hospitality Room. All coaches, officials, staff and volunteers (please no athletes) are welcome. The Hospitality Room will be located in our Auxiliary Gym just west of our baseball diamond and north of our HOME stands.

**T-SHIRTS:** T-shirts will be for sale at the west end of the HOME stands next to concessions.

**TEAM AREAS:** Teams may set up their camps in the **VISITOR'S** stands or in the grassy areas on the northwest and southwest sides of the stadium. **NO CAMPS WILL BE ALLOWED IN THE HOME STANDS.** These seats will be reserved for spectators. **Please clean up your team area before leaving.**

**BULL PEN (same as in 2014):** The bull pen will be located next to the storage shed (northeast corner of HOME stands). **Please advise your athletes that the only access to the bull pen will be through the gate in front of storage shed along the North side of the Shot Put area, across the back of the Shot Put area to the bull pen gate.**

Spectators will be permitted to view the Shot Put from outside the North fence and access to the Discus will be across the back of the Shot Put area only. **Absolutely no spectators will be permitted inside the competition area.**

**No athletes will be permitted on the infield!**

Please contact Nori Okuma, Athletic Director at 440.933.5164 or by email at [Nori.Okuma@avonlakecityschools.org](mailto:Nori.Okuma@avonlakecityschools.org) should you have any questions.

**I look forward to seeing you on April 2<sup>nd</sup>!**