



Bay High School

29230 Wolf Rd
Phone: (440) 617-7430
Principal: Jason Martin
Athletic Director: Matt Spellman

Dear Athletic Directors & Coaches,

We are pleased that you will be attending the First Annual Bay Rocket Invitational. The event will be held at Bay Memorial Stadium on Friday, April 8, 2016. The meet will begin at 4:30 pm with the field events and 5:00 pm with running events. The entry fee for the meet will be \$150 per team (\$300 per school). It should be paid prior to the day of the meet. Please make checks out to Bay Athletic Department.

Entries will be made on Baumspage under Bay Rockets Invitational. You can begin entering your team as of today. The window closes on Wednesday, April 6 at 8 pm. There is a substitution and scratch window until Friday, April 8 at 9am on Baumspage. You will be allowed 2 entries per event. You may enter only 1 relay team. NO CHANGES WILL BE MADE AT THE MEET.

The schools participating are Avon, Avon Lake, Bay, Elyria Catholic, Keystone, Lutheran West, North Olmsted, and Westlake. Please instruct your buses to drop off the teams in front of Bay Memorial Stadium. Once they drop off the athletes, they can circle back around in the parking lot and line up parallel to the sidewalk running from Bay High School to the stadium. Please do not arrive before 3:15pm. Packets will be available in the pavilion as you enter the stadium.

Thank you and we look forward to hosting this meet!

Matt Spellman
Athletic Director

Coaches Meeting will be at 4:00pm in the Press Box



Winners of each event will receive a T-shirt and a 1st place ribbon, while 2nd - 8th places will receive ribbons. Please retrieve your Champion shirts and ribbons at the end of the meet in the press box. Trophies will be awarded to the 1st and 2nd place teams for Boys' and Girls' teams at the conclusion of the meet.

Points of Interest:

1. All participants are required to wear $\frac{1}{4}$ " or $\frac{1}{8}$ " spikes or flats.
2. Participants should wear school issued uniforms.
3. Shot put, discus, and long jump will have 3 attempts and 3 final attempts. Top 9 will move to the finals.
4. Scoring will be as follows: 10-8-6-5-4-3-2-1.
5. High jump & long jump are located at the south end of the track, while pole vault is on the north end of the track. Shot put is located in the south end of the stadium while discus will be contested just outside the main gate and east of the pond. Please see the map.
6. 4 x 100 meter Relay exchange zones are yellow.
7. 4 x 200 meter Relay exchange zones are red.
8. 4 x 400 meter Relay exchange zone is red, then blue;
4 x 800 meter Relay exchange zones are blue.
9. Hurdle marks for 100/110 are yellow/blue and red for the 300 Hurdles.
10. Please make marks for exchange zones and field events with tennis balls. NO chalk or tape will be permitted on the track or runways.
11. Those advancing to the finals will be the top individual runner in each heat and then the next 6 fastest times.

Admission will be \$7 for adults and \$5 for students. A concession stand will be open with a variety of items.

Please call the Bay Athletic Department at (440) 617-7406 with any questions.



Bay Rocket Invitational Events Schedule

Field Events starting at 4:30 pm

Boys Discus (Girls to follow)
Girls Shot Put (Boys to follow)
Boys High Jump (Girls to follow)
Girls Long Jump (Boys to follow)
Girls Pole Vault (Boys to follow)

Starting Heights will be 4' and 5'

Starting Heights will be 6' and 9'

Running Prelims starting at 5:00 pm

100/110 Hurdles
100 M Dash
4 x 800 meter Relay (FINALS)
200 M Dash

Finals will begin at 6:00 pm

Girls 100 Meter Hurdles
Boys 110 Meter Hurdles
Girls 100 M Dash
Boys 100 M Dash
Girls 4 x 200 meter Relay
Boys 4 x 200 meter Relay
Girls 1600 meter Run
Boys 1600 meter Run
Girls 4 x 100 meter Relay
Boys 4 x 100 meter Relay
Girls 400 meter Dash
Boys 400 meter Dash
Girls 300 meter Hurdles
Boys 300 meter Hurdles
Girls 800 meter Run
Boys 800 meter Run
Girls 200 meter Dash
Boys 200 meter Dash
Girls 3200 meter Run
Boys 3200 meter Run
Girls 4 x 400 meter Relay
Boys 4 x 400 meter Relay

