

**Berea Kiwanis Titans Relays: Friday, April 28, 2017**

**Registration Information:**

**Running Events** – All heats are slow to fast; girls running first in all events.

- Distance Medley- 1200-400-800-1600 (college order); White start line, 2 turn stagger

-JV Distance Medley- 800-400-400-800 (non-scored, ribbons given)\*\***Use Distance Medley 3200 for entry.**

-Sprint Medley- 100-100-200-400; White start line, 2 turn stagger, yellow-yellow-blue

-JV Sprint Medley- (same as varsity, non-scored, ribbons given) \*\***Use Sprint Medley (9<sup>th</sup> or JV) for entry.**

**Results will be posted @ [baumspage.com](http://baumspage.com) (not mailed)**

**Event/Time Schedule**

- 1:00 **Pole Vault:** Three (3) entries per team, alphabetical order by school.  
Two (2) pits will be operating (boys/girls).  
Boys: 9-0, 10-0, 11-0, 11-6, 12-0, 12-6, 13-0, 1306, 14-0, & 3" thereafter  
Girls: 6-0, 7-0, 8-0, 8-8, 9-0, 9-6, & 3"
- 1:30 **High Jump:** Alphabetical order by school  
\*We plan on using two(2) pits, as we did in 2015, so they will both start @ 1:30. If something occurred & we could only have one pit, it would then be girls, followed by boys & start @ 1:00.  
Girls: 4-6, 4-9, 5-0, & 2" thereafter.  
Boys: 5-6, 5-9, 6-0, & 2" thereafter.
- 2:00 **Discus** Alphabetical order by school. \*We plan on using two(2) throwing areas as we did in 2015, so both start at 2:00. If we have to go back to one area, girls would go first, followed by boys.  
10 minutes between flights, 15 minutes between girls & boys.  
4 throws each. Marker will mark throws. Subsequent throws must be further than marker in order to be measured.  
Flights will be announced & posted on the day of the meet.
- Shot Put** Alphabetical order,. \*We plan on using two(2) throwing areas as we did in 2015, so both start at 2:00. If we had to go back to one area, boys followed by girls.  
10 minutes between flights, 15 minutes between boys & girls.
- Long Jump** Open Pit: Boys have steps marked by 2:00. Boys & girls can jump simultaneously in separate pits.  
\*Girls competing in the high jump will be given the opportunity to get their steps down prior to their first jump, but must inform the officials at the site.  
Jumping will conclude by 5:00 pm, unless delayed by weather.  
Tie-breaker: best individual jump
- 3:00 **4 x 1600 Relay** One heat, girls first. In the past we have had greater success timing this event with your help. We are asking you or an assistant to be @ the starting line for this race to count laps & time your team. We will try our best to keep track of teams, but your help is greatly appreciated.
- Boys 3200 M** Run one entry per school, green start line, one turn stagger.
- 5:00 **Opening Ceremonies** Presentation of the 2017 Dedications Award  
National Anthem
- 5:15 **Running Events** – All heats are slow to fast; girls running first in all events.

Distance Medley- 1200-400-800-1600 (note change to college order); White start line, 2 turn stagger

JV Distance Medley- 800-400-400-800 (non-scored, ribbons given)

Sprint Medley- 100-100-200-400; White start line, 2 turn stagger, yellow-yellow-blue

JV Sprint Medley- (same as varsity, non-scored, ribbons given)

Shuttle Hurdles- Lanes 1-8, 4 teams per heat, girls 30"-yellow marks, boys 36"-blue marks)

4 x 100 M Relay-White start line; yellow-yellow-yellow

4 x 800 M Relay-White start line; 2 turn stagger

4 x 200 M Relay- Red start line; red-red-yellow

**Girls** 3200 M Run-One entry per school; Green start, one turn stagger

4 x 400 M Relay-Blue start line, 3 turn stagger, blue-California, California

### Head Coaches!

Welcome to the 2017 Kiwanis Titan Relays. . Please make sure to share your feedback/suggestions with me.

We will be hosting this event @ Baldwin Wallace University's Finnie Stadium, and, as always, we are guests of BW & must adhere to some pretty basic requests:

-BW asks that we stay off the field as much as possible. There are to be no team camps on the field, nor in the grassy area on the SW or SE ends, nor in the stands on the Press Box side, between the finish line & the press box. The East side stands are open to all.

Additionally, in order to operate the meet as smoothly as possible, we ask that you follow these guidelines:

No spectators are permitted on the field at any time.

- 1) Athletes warming up should stay near the bullpen area (**north end of the stadium**). Please tell your athletes to report on time (early is best!).
- 2) Upon completion of their event, athletes should gather their warm-ups, etc. & proceed back to their team camp.
- 3) We ask that athletes not loiter on the field nor interfere with the proceedings. Be cognizant of what is going on around you; do not cross the track during events, and no running alongside teammates. That can get your team disqualified. Enthusiasm & support are good, but temper it with common sense & composure.
- 4) You will make all **changes in field events** at the **event area**. It will help the officials/judge if changes are made at least 15 minutes prior to the start of the event (not just your flight, but the event starting time). Please let the judge know if you do not have a team entered today. **Please have your Pole Vault Certification card filled out & turned in to the official working the pole vault before the event begins.**
- 5) Please turn in relay cards/sheets to the press box by 4:15. I have attached a copy of the relay sheet to this email, so you may bring it completed to the meet, rather than frantically trying to fill it out when you arrive. ***We do not have a scratch window period, so this is where your scratches/changes can be made.***  
If you make changes during the meet, please let the clerk in the bullpen know, and present him with a relay change card with the updated information. As mentioned before, please help (or have an assistant help) with the 4 x 1600 M relay.
- 6) We will use the standard, 8 place scoring system (10-8-6-5-4-3-2-1). JV events will not be counted in the team scores, but ribbons will be awarded based on finishing place. \*
- 7) Event winners will receive a Berea Kiwanis Titans Relays T-shirt . 2<sup>nd</sup> & 3<sup>rd</sup> place finishers will receive a medal, while 4-8<sup>th</sup> placers will receive ribbons.

- 8) **Winners of multiple T-shirts must take the same size each time. We set aside a finite amount of T-shirts for award winners, based on the sizes of the typical athletes in each event. Smaller athletes requesting 2XLs after having received a small shirt earlier throw off the ratios & create sizing issues for those larger athletes. Winners' shirts are for the winning athletes, not their friends.**

- 9) At the conclusion of the meet, multiple MVP awards will be given (Girls/Boys) Sprint MVP, Distance MVP, & Field MVP. We ask the coaches to cast ballots for these awards and assist us in choosing the most deserving recipients.
- 10) ¼" pyramid spikes only on the track; 1/8<sup>th</sup> for the POLE VAULT RUNWAY.
- 11) Exchange zones may be marked with tennis balls only (no tape or chalk).
- 12) Shot Put & Discus: All implements will be common pool. If you want to use an implement it must be added to the pool @ the start of the event and remain in the pool until the event is completed. ***Weigh-ins for implements will be from 12:45 to 1:45, located at the doors up the ramp at the North end of Finnie Stadium.***
- 13) Long jump will be OPEN PIT again this year. We will run a boys pit & a girls pit at the same time. Jumpers should get their steps marked prior to the 2:00\* start of the event. Jumpers will be permitted to take all four jumps in succession if they are competing in another field event. Athletes must inform the event official if they are competing in another field event prior to the start of competition.
- 14) In the high jump, the bar will be held for 5 minutes only. The same is true for the pole vault, with the bar being raised to the next height after the 5 minute hold & cannot be lowered.
- 15) There will be a hospitality room for coaches & officials only after 5:00 on the second floor of the press box.
- 16) Team Trophies for the winning girls & boys team, plus a combined score co-ed trophy to the top team.
- 17) Please feel free to call me or text me @ **440-665-4034**, or email me @ [rmack@berea.k12.oh.us](mailto:rmack@berea.k12.oh.us) or [richardemack1@gmail.com](mailto:richardemack1@gmail.com). Also, there is a Twitter account for the Titan Relays: ***Titans Relays@ TitanRelaysBMHS*** that you can follow for up-to-the-minutes information. Feel free to dm me at that site as well.

We look forward to seeing you on a sunny April 29th...**Rick Mack, Meet Manager**