

66th Berea Kiwanis Titans Relays: Friday, April 28th, 2023

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 Middle Medley for JV Distance Medley entries)**

-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 (9th or JV) for entry.**

Results will be posted @ baumspage.com

Event/Time Schedule

- 1:00 **Pole Vault:** Two (2) athletes per team, alphabetical order by school. (*Starting heights have changed.*)
One pit will be operating (girls, then boys)
Boys: **10-0**, 10-6, 11-0, 11-6, 12-0, 12-6, 13-0 & ...6" thereafter, unless challenging meet record
Girls: **7-0**, 7-6, 8-0, 8-6, 9-0, 9-6, 10-0, 10-6 & ...6" thereafter, unless challenging meet record
- 1:15 **High Jump:** **Three (3)** jumpers per team, alphabetical order by school
*We plan on using **two (2)** pits, as we have in the past, so they will both start @ 1:15.
Girls: 4-6, 4-9, 5-0, & 2" thereafter.
Boys: 5-6, 5-9, 6-0, & 2" thereafter.
- 1:00 **Discus** **Three (3)** throwers per team, alphabetical order by school.
All throwing events will be held @ the BW throws area @ the Berea Fairgrounds. There will only be one ring for throwing the discus. 4 throws per athlete.
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.
- 1:00 **Shot Put** **Three (3)** throwers per team. Alphabetical order by school.
All throwing events will be held @ the BW throws area @ the Berea Fairgrounds.
Marker will mark throws. 4 throws per athlete. Subsequent throws must be further than marker in order to be measured.
Flights will be announced & posted on the day of the meet.
- 1:30 **Long Jump** **Three (3)** jumpers per team. Open Pit: Boys & girls should have steps marked **by 1:30**. Boys & girls can jump simultaneously, separate pits. (4 jumps per athlete)
*Athletes 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
- 2:45 **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. (Sometimes the timing crew cannot set up by this time, which is why we need your assistance.)
- Girls 3200 M** Run one entry per school, green start line, one turn stagger.

Evening Session

- 5:00 **Opening Ceremonies** Presentation of the 2023 Dedication 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: 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)

100M Hurdles: One athlete per team

110M Hurdles: One athlete per team

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

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

100M Dash: One athlete per team **(new event to the meet)**

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

Head Coaches!

-Welcome to the 2023 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.

This is a wonderful facility, with an amazing, **NEW MONDO** track...making it the fastest track in Ohio. The MONDO surface is an extremely expensive surface, and BW rightfully seeks to take great care of the track. Absolutely **NO CHALK** will be permitted. Officials will be informed to not allow the use of chalk anywhere, so please bring tape (which should be removed when finished, tennis balls, or other temporary spotting items that won't damage the track and other Mondo surface areas. Thank you!

-BW asks that we stay off the field as much as possible. There are to be no team camps on the field or in the grassy area on the SW or SE ends, or in the stands on the Press Box side, between the finish line & the press box. *The **East** side stands are open to all. **Over the years, we've tried to be a very Coach & Athlete friendly meet.** We do ask that you have your athletes listen to the announcements and officials. **No spectators are permitted on the field at any time. Please keep fans & parents off the infield.*

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

- 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. **Please have your athletes**(non-racing) **stay away from the finish line during races.** 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 card sheets to the press box by 4:15 ***for changes only***. The relay card sheet can be printed & brought w/you, along w/the Uniform sign-off sheet & the PV certification forms. They are found on the Baumspage link. ***We do not have a scratch window period, so this is where your scratches/changes can be made & taken up to the pressbox.***
-If you make changes during the meet, please let the clerk in the bullpen know, and then let JoAnn in the press box know (if you'd like the correct names to be listed in the results). 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 , while 2-8th 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) **¼" pyramid spikes only** on the track; 1/8th for the POLE VAULT RUNWAY.
 - 10) Exchange zones may be marked with tennis balls only (no tape or chalk).
 - 11) Shot Put & Discus ***Weigh-ins for implements will be from 12:00 to 12:50, located at a table/tent by the throws area @ the Fairgrounds.***
 - 12) 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 1:30* 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.
 - 13) 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.
 - 14) There will be "hospitality food" for coaches & officials (only) after 4:30. The set-up/location will be at the North-West end of the stadium. Please listen for announcements regarding the hospitality set-up on the day of the meet.
 - 15) There will be team trophies for the winning girls & boys team, plus a combined score co-ed trophy to the school with the highest combined score.
 - 16) Please feel free to call me or text me @ **440-665-4034**, or email me at richardemack1@gmail.com .
 - 17) Please check back on the Baum's page site/link for updated information, especially regarding bus parking, spectator parking, directions to the Fairgrounds throwing area, & any changes that might occur.

We look forward to seeing you on a sunny April 28th...

Rick Mack, Meet Manager
richardemack1@gmail.com
440-665-4034

Please remember to print out & bring:

- PV Certification form(s)**
- Uniform Verification form(s)**
- Relay Card sheet for changes**