

Chardon

Track & Field

Achilles Hilltopper Invitational **Ninth Annual Meet** **Saturday, April 7, 2012** **9:00 a.m.**

Please note the following information:

- All entries are due by Friday, April 6th before 6 pm. Only two entries per team in the 1600 & 3200.
- There will be a coaches' meeting at 8:30 a.m. in the high school cafeteria. You may only scratch and replace at that time. No events will be reseeded unless scratches permit a reduction in the number of heats.
- Please be sure that your school has paid its entry fee - \$250 (boys & girls)/ \$125 (one team) prior to April 7.

Checks should be made payable to: Chardon Local Schools

PARTICIPATING TEAMS:

Avon
Berkshire
Chardon
Eastlake North
Geneva
Harvey
Lake Catholic
Mayfield
Perry
West Geauga
Woodridge



Order of Events

9:00 A.M.

FIELD EVENTS

Boys' Shot
Boys' Long Jump
Girls' High Jump*
Girls' Discus
Girls' Pole Vault

All throws and the long jump will be contested as best of 4 attempts.

The long jumps will be run open pit. The long jump pits will close at 10:30 (B) and 12:00 (G).

The high jump* will use the 5 alive rotation. It will start at 5' (B) & 4' (G) with 2" increments to 6' (B) & 5' (G), after which 1" increments will be used.

The starting heights for pole vault will be determined at the coaches' meeting.

* Athletes may check out for running events when 2nd call for the event is made and must report back to the event within 10 minutes of the completion of the running event or forfeit their remaining attempts.

10:00 A.M.

Girls' 4000m Distance Medley Relay (1200/400/800/1600)
Boys' 4000m Distance Medley Relay (1200/400/800/1600)

10:30 A.M.

RUNNING EVENTS SEMI-FINALS

Girls' 100m Hurdles
Boys' 110m Hurdles
Girls' 100m Dash
Boys' 100m Dash
Break
Girls' 200m Dash
Boys' 200m Dash

The winner from each heat, plus the next # fastest times to fill all 8 lanes will advance to the finals. In the event of a tie to advance to the finals, a run-off will be contested no earlier than 10 minutes from the conclusion of the semi-final.

Order of Events

Running Events Finals

Finals will begin 20 minutes after the conclusion of the 200m dash semifinal.
The girls' events will go first, then the boys.

3200m Relay
100m /110m Hurdles
100m Dash
800m Relay
1600 Run
400m Relay
*400m Dash
*300m Hurdles
*800m Run
200m Dash
3200m Run
1600m Relay

*Events with multiple heats, fastest heat last...

Awards

Team Champion & Team Runner-Up trophies will be awarded to the top 2 boys' teams & the top 2 girls' teams.

Medals to top 3 finishers in each event, and ribbons to places 4-8.

Please pick up your awards before you leave. They will be assembled and packaged for you as the meet proceeds

Event winners will also receive a custom shirt courtesy of Achilles Running Shop. They may pick these up after the event results are posted.

Rules and Regulations

- Entry fee should be paid as soon as possible, but no later than April 9, 2011. Please make check payable to Chardon Local Schools.

- **All entries will be done on-line at www.baumspage.com no later than THURSDAY, April 5 by 9:00 pm.** Coaches will be asked to provide seed times at this website. Please do your best to estimate the times the athletes will run on the day of this competition.

Please take the time to update your entries before this time so that we can minimize the number of changes Saturday morning.

- All scratches & substitutions, subject to 4-event restriction, will take place at the coaches' meeting at 8:30 a.m. There will be no substitutions permitted after the meeting. You will list your entire roster on-line at the website. At the coaches' meeting on the day of the meet you will fill out relay cards. Only the alternates that you list on your cards may be used in the relay events.
- Each team may enter up to 3 athletes into each non-relay event except the 1600 and 3200 where only two entries are permitted.
- Entries for semi-finals will be assigned with fastest times distributed equally among the heats. The 300m hurdles, 400m, & 800m will be assigned with slowest entry times in the first heat to the fastest entry times in the last heat. **Note: These heats will not be reseeded based on scratches unless the number of heats can be reduced. We will use scratch & replace only.**
- Please see ORDER OF EVENTS for heights of the high jump bar and pole vault bar. Meet officials may adjust these heights according to entries and weather.
- Shot and discus are thrown from concrete pads. Jumping surfaces are the same as the track.
- Track is a 5/8" urethane surface. Only 1/4" spikes or less will be permitted.
- Shot, discus, and long jump competition will consist of 4 attempts (Shot & discus will be 2 attempts & 2 attempts...). Team members are responsible for returning their team's implements. Implements at the shot and discus will be pooled and must remain through the entire event. All implements should be marked and must remain in the pool until the completion of the event. Please make sure your team's implements are clearly marked.
- Team scoring will be 8 places: 10-8-6-5-4-3-2-1

Rules and Regulations

- Tickets for this event will be \$5 (Adults) and \$3 (Students).
- Final results will be posted at www.baumspage.com by Sunday, 4/8.
- Concessions & T-shirts will be available throughout the day.
- All busses should drop their teams off and park in the student parking lot next to Maple Elementary School. This parking lot is across the street from the high school next to the swimming pool.

THE CHARDON ATHLETIC DEPT. WOULD LIKE TO THANK YOU FOR PARTICIPATING IN OUR INVITATIONAL. WE SINCERELY HOPE THAT YOU AND YOUR TEAM ENJOY THE MEET.