

## Cleveland Heights Ned Weingart Relays Meet Information

**Date:** Saturday, April 21, 2012

\*Starting in 2013, the Ned Weingart Relays will be held on the 4<sup>th</sup> Sat. in April. April 27, 2013.

**Times:** 8:00am Facility opens to teams

9:00am Coaches Meeting

9:30am Field Events

10:00am Running Events

**Location:** Cleveland Heights High School

13263 Cedar Rd.

Cleveland Heights, OH 44118

**Admission:** \$6.00 adults

\$3.00 children/seniors

**Entries:** All entries are due on baumspace by 12:00 noon on Friday, April 20. There will be no scratch/substitutions window. Please make any changes to your entries by noon on Friday. Each team may enter one relay team per event and 2 individuals per event.

**Scoring and Awards:** Field event performances will be added between team members and scored as a team effort. Eight places will be scored (10-8-6-5-4-3-2-1). 1<sup>st</sup>- 3<sup>rd</sup> will receive medals. 4<sup>th</sup>-8<sup>th</sup> will receive ribbons. Team trophies will be awarded for champion and runner-up. Awards will be given for most outstanding male and female athletes.

**Pole Vault:** Depending on the number of entries, boys and girls may be run together. Starting heights will be determined based on entries. The highest height of each team member will be added for the relay team score.

**High Jump:** Women will high jump first. Men will be able to warm up immediately following the women's competition. There will be a 20 minute warm-up period before men's high jump is started. This 20 minute warm-up period will begin as soon as the final women's competitor finishes. Starting heights will be determined based on entries. The highest height of each team member will be added for the relay team score.

**Long Jump:** Long jump will operate as an open pit for strictly 60 minutes. During this time, each competitor may make up to 4 attempts. Men will long jump first. Women will be able to warm up immediately following the men's competition. There will be a 20 minute warm-up period before women's long jump is started. This 20 minute warm-up period will be from 10:30-10:50, at which time the women's competition will begin. Best distance from each team member is added for the relay team score.

**Shot Put:** Shot put will operate in flights, which will be determined by entries. Each competitor will be allowed 4 throws. Men will throw shot put first. Once the men's shot put and women's discus have finished, the genders will switch events. Best distance from each team member is added for the relay team score.

**Discus:** Discus will operate in flights, which will be determined by entries. Each competitor will be allowed 4 throws. Women will throw discus first. Once the men's shot put and women's discus have finished, the genders will switch events. Best distance from each team member is added for the relay team score.

**Throwing Implements:** Each school must provide their own throwing implements.

**Finals Qualification:** The 2 events that will have a prelim and a final are the 100m and 100m/110m hurdles. Qualifiers to the finals will consist of the winner of each heat and the next fastest times, totaling 8 finalists. Without knowing the exact number of athlete entries, we won't know how many heats of each event there will be until the entry window closes on baumspage at noon of Friday.

Meet Director: Nick Continenza  
nickcontinenza@gmail.com 440-289-7314