

Date: Saturday, April 23, 2016

\*The Ned Weingart Relays will be held on the 4<sup>th</sup> Sat. in April every year\*

Times: 7:30 am Facility opens to teams

8:00 am Coaches Meeting

8:30 am Field Events

9:00 am Running Events

Location: Cleveland Heights High School 13263 Cedar Rd.

Cleveland Heights, OH 44118

Admission: \$6.00 adults

\$3.00 children/seniors

Entries: The entry window will open on [baumspage.com](http://baumspage.com) at 7am on Friday, April 1st. All entries are due on Thursday, April 21. There will be a scratch/substitutions window, until Noon Friday April 22nd. Each team may enter one relay team per event and 2 individuals per event.

Scoring and Awards: 1st place through 4th place will receive a plaque. 5th through 8th place will receive medals. Team trophies will be awarded to the top three teams.

Finals Qualification: The 2 events that will have a prelim and a final are the 100m dash 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.com](http://baumspage.com).

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, after which 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.

All the throws will be contested at Monticello Middle School. All competitors and coaches will be bused to the site.

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

Meet Director: Scott Gay  
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