



North Rangers Athletics
34041 Stevens Blvd.
Eastlake, Ohio 44095
440-975-3677



To: 2022 Ranger Invitational Participants
 From: Dennis Reilly. - AD
 Date: Friday, April 22, 2022
 Location: Carter Stadium-On the Campus of North HS
 34041 Stevens Blvd.
 Eastlake, Ohio 44095

Cost: \$320 per school (\$160 per team)

- **Checks payable to: North Athletics**
 - **Mail payment to: North High School**
- C/O Athletic Office**
34041 Stevens Blvd.
Eastlake, Ohio 44095

Subject: Meet Information

Girls

Boys

Brush	Brush
Lorain	Lorain
Madison	Madison
Mayfield	Mayfield
Parma	Parma
South	South
Laurel	University
Eastlake North	Eastlake North

Time Schedule

- a. 3:15 pm - Coach's meeting
- b. 3:30 p.m. - The following field events will begin:

Boys High Jump -- Boys start at 5'2" and up 2"

Pole Vault -- Girls and Boys will run simultaneously. -- The bar starts at 6'6" and up 6"

iGirls Long Jump (Open pit from 3:30 to 4:30) Boys Long Jump (Open pit from 4:45 - 5:45) --

The following field events will begin at 4:00 p.m.

- i. Boys Shot Put
- ii. Girls Discus

d. The following field events will begin approx. at 4:45 p.m.

Girls High Jump -- 1. Girls start at 4'2" and up 2"

The following field events will begin at approx. 5:00 p.m.

- i. Girls Shot Put
- ii. Boys Discus

Running events will begin at 4:30 pm and continue on a rolling time schedule.

Girls will always compete before the Boys

- 4x800 Relay - 1 heat
- 100 M / 110 M Hurdles - 2 heats; fast heat last
- 100 M - 2 heats; fast heat last
- 4x200 Relay - 1 heat
- 1600 M 1 Section
- 4x100 Relay - 1 heat
- 400 M - 2 heats; fast heat last
- 300 M Hurdles - 2 heats; fast heat last
- 800 M 1 Section
- 200 M - 2 heats; fast heat last
- 3200 M 1 section
- 4x400 Relay - 1 heat

Scoring/Results and Awards and Results

We will be posting event scoring/results at the press box.

Individual awards will be given. Medals to the top 3 places, ribbons up to 8th place in each event. Awards will be placed in an envelope and given to coaches at the conclusion of the event.

Results will also be posted on baumspage.com. Any questions or comments please call Heidi at 440-409-1883 or email at hafyffe123@live.com

Each first and second place girls and boys team will receive a trophy. Trophies will be handed out to the top two girls and boys teams on the track below the press box after scoring is complete.

Team Announcements/Coaches Reminders

- a. All visiting athletes will be provided the opportunity to have family members purchase tickets online before their arrival to Carter Stadium. Spectators will also be able to purchase at gate with credit/debit card. (NO CASH) Tickets are \$6 adult, \$4 student (ages 6-18. Under 6 years old do not need a ticket), senior citizens free (60 and over) must be purchased online or at the gate with credit/debit card. No cash sales!

Online site link <https://rangernation.org/event-tickets>

- b. The North Athletic Trainer will be on sight to provide medical assistance if needed.
- c. Athletes should have their own personal drinking container.
- d. No throwing of objects in the stadium. (i.e. footballs, frisbees, tennis balls)
- e. Coaches and non-participating athletes will not be permitted inside the fenced area of the track during the running of the meet.
- f. Concessions will be available.
- g. No food or drink (except water) is permitted on the track or field area.
- h. Public restrooms are available and are located to the left of the concession stand.
- i. All spiked shoes must be removed prior to entering the locker rooms or restrooms.
- j. All athletes must report to the clerk of course by the second call.
- k. All track spikes must be 1/4 inch in length or less. This will be checked.
- l. Athletes' uniforms need to match for relay events.
- m. Absolutely no tape is to be used on the track. CHALK ONLY
- n. **No hospitality room will be provided for coaches and volunteers.**
- o. Souvenir t-shirts will be available for purchase.