

2013 E. P. RELAYS INVITATIONAL

RULES and REGULATIONS

1. Entry fee should be paid as soon as possible, no later than Friday, April 19, 2013. Make check payable to East Palestine Athletic Department.
2. Send entry fee and registration to East Palestine Athletic Department by April 19. Entries for meets hosted by East Palestine High School will be done using Baumspage. You will need to create an account (at no cost to you) at the following website:

<http://baumspage.com/track/index.htm>

Click on the Online Entry System Login and follow the enclosed directions. This is the method that is used for entries in many other invitational meets, as well as district meet entries. **DO NOT FAX ENTRIES TO US.**

3. Entries will be seeded into lanes and sections based on entry marks, with slowest entry times in the first section and fastest entry times in the last section. There will be no prelims or semifinals – all events are timed finals.
4. Starting height in the high jump as well as scratch lines in the long jump, shot and discus will be based on entry marks and weather conditions, and will be determined by meet management. Each athlete's first attempt in the shot, discus and long jump will be measured if it is a legal attempt. For all subsequent attempts, the scratch line must be reached.
5. Shot and discus are thrown from concrete pads. Jumping surfaces are same as track surface.
6. Only officials and competing athletes will be permitted inside the fence around the track and inside the fences at the throwing areas. All coaches and spectators will be restricted from those areas.
7. Spikes will be limited to 1/8". Athletes wearing shoes with recessed sockets will be allowed 1/4" spikes.
8. Shot put, discus and long jump competition will consist of 4 trials in each event. The team total will be reached by adding the best effort by each of two athletes. Long jump will be contested as an open pit, limited to 90 minutes each for boys and girls. Boys will be called to enter the long jump as soon as the girls are finished. Athletes must check in before competition begins. **Each athlete will only be allowed 1 jump in the final 15 minutes of the open pit.**
9. In the high jump, the team total will be reached by adding the best jump by each of two athletes.
10. Team ties in the field events will be broken by the best individual effort.
11. No additions will be made the day of the meet. Scratches and substitutions will be made in the bullpen or at the field event.
12. Team scoring will be 8 places: 10-8-6-5-4-3-2-1.
13. Team trophies will be awarded to the teams with the two highest scores.
14. Members of the top eight teams in each event will receive ribbons.
15. Please remind your athletes that they are to stay off the football field during the meet.
16. All throwing implements will be weighed and marked. Light implements will be impounded until the conclusion of the competition.
17. Results will be made available on the internet at Baumspage.com ASAP following the meet.
18. Please remember that the head coach is responsible for the actions of his/her assistants, athletes, and other team personnel. You are responsible for your own equipment and property.