

Eastwood Relays
Eastwood High School

- Date:** Friday, April 24th, 2015 - - 4:30
- Teams:** Eastwood, Southview, Whitmer, Clyde, Liberty Benton, Napoleon, Bowling Green, Findlay
- Times:** **4:30 - Boys, Girls HJ, Boys Shot, Girls Disc, Girls LJ, Boys Vault and Girls Vault (we are working on two pits)**
- Weigh Ins:** **We will NOT weigh implements, we will use the honor system.**
- Coaches Meeting:** No Meeting – We will announce anything missed or I will talk to you personally.
- Entry Forms:** Entries will be done on **Baumspage**. Entries open now, **close on April 23rd at noon.** **All lane assignments will be seeded according to entered times!**
- Entry Fee:** \$120.00 (Covers boys and girls teams)
- Awards:** Champion and Runner-up trophy. Medals will be awarded for 1st-3rd (Gold, Silver, & Bronze). **They will get them after their race near finish line, weather permitting.**
- Facilities:** The track is an eight lane all weather surface as well as all runways and jumps. The shot/discus are concrete. Camps should be outside the track fence away from the finish line area. **Maximum spike length is ¼ inch exposed spike!**
- Events:** Most events are relays - three athletes per relay field event and four per running event. Hammer, Triple Jump, 1600, 100, 300IH are one competitor. For the order of running and field events, check pages two and three. Lane assignments are also on page two. **Four attempts** in shot, disc, long jump, hammer, triple jump.
- Scoring:** 10, 8, 6, 4, 2, 1
- Field Events:** You will supply your own implements.
HJ starting heights B - 5'0 then 5-4 then 2" til 6-2 then 1", G - 4'2 then 2" til 5-0 then 1"
PV - Boys Start at 8'6" to 9'6" to 10'6", 6" thereafter (could change with weather)
PV - Girls Start at 6' to 7', 8', 6" thereafter
- Jury of Appeals:** The jury will consist of the starter, assistant starter and the head coaches from Eastwood.
- Markings:** **No chalk** anywhere on the track or runways. Use tennis balls for on the track events. For high jump, tape is acceptable. Please remove before leaving the facility. Markings along the runways are permitted.
- Results:** Results of the meet and team awards will be available at the press box approximately 15 minutes after the last race.

If you have any questions, please feel free to call Brian Sabo. The high school number is 419-833-3611 and my home phone is 419-833-9650 cell is 419-250-7653.

2015 EASTWOOD RELAYS ORDER OF EVENTS

4:30 p.m.

Girls & Boys High Jump (two pits)

Boys Shot Put (Girls to follow)

Girls Discus (Boys to follow)

Girls Long Jump - open pit for 1 hour (Boys to follow - 1 hour)

Boys and Girls Pole Vault (two pits)

Hammer Throw will take place after the Boys discus. Girls first, Boys second.

Triple Jump will take place after boys long jump. Girls then Boys.

6:00 p.m. Running Events

Girls, Boys Open 1600m Run.

Girls, Boys 4 X 100 M Relay

Girls, Boys 1600 M Sprint Medley Relay
(200,200,400,800)

Girls, Boys 4 X 800 M Relay

Girls, Boys Open 100m Dash

Girls 4 X 100 M Shuttle Hurdles
Boys 4 X 110 M Shuttle Hurdles

Girls, Boys 800 M Sprint Medley Relay
(100,100,200,400)

Girls, Boys Open 300 Intermediate Hurdles

Girls, Boys 4 X 200 M Relay

Girls, Boys Distance Medley
(800,400,1200,1600)

Girls, Boys 4 X 400 M Relay

Coaches,

We will be running two high jump and pole vault pits. Both events begin at 4:30. The starting heights of these events has been determined by looking at the last several years and coming up with a reasonable height. Please encourage your athletes to stay at the field events. It would be great if we use the 1½ hours we have before the running events begin to complete a majority of the field events.

Also, could you encourage your athletes not to walk in the stands with their spikes. We have noticed many pin marks in the aluminum bleachers. Tell your athletes about the Eastwood Relay T-Shirts. They will be only \$10.

We have found that assigning teams to exchange zones lessen the burdens on everyone. Here are your assignments. Flags will be at each zone.

Exchange Zone Judges

<u>Race</u>	<u>Zone</u>
4x100	1) Bowling Green - Clyde 2) Southview- Whitmer 3) Eastwood - Liberty Benton
1600 SM	1) Findlay - Napoleon
800 SM	1) Bowling Green - Clyde 2) Southview- Whitmer
4x200	1) Napoleon - Liberty Benton
Shuttles	Starter, Clerks, Eastwood Coaches

Hopefully the kids will get a warm April day to compete.

Any Questions - High School Fax 419-833-6014, Home 419-833-9650, Cell 419-250-7653

Sincerely,

Brian Sabo
Eastwood Boys Head Coach