

**Eastwood Relays**  
**Eastwood High School**

- Date:** Friday, April 20, 2018 - - 4:30 4:00 – Seated Shot Put
- Teams:** Eastwood, Bowling Green, Clay, Findlay, Liberty Benton, Napoleon, Southview, Whitmer
- Times:** **4:00 Seated Shot Put**  
**4:30 –Boys Shot, Girls Disc, Girls LJ, Boys & Girls HJ and PV (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.  
**Great Food provided at Top of PressBox**
- Entry Forms:** Entries will be done on **Baumspage**. Entries open now, **close on April 19<sup>th</sup> at 9 p.m.**  
All lane assignments will be seeded according to entered times!
- Awards:** **\*\*NEW\*\* Combined Program (Mens / Womens) Champion & Runner-up Banners.**  
Champion & Runner-up Medals to whole team. (No Trophy)  
Medals will be awarded for 1<sup>st</sup>-3<sup>rd</sup> (Gold, Silver, & Bronze). **They will get them after their race near finish line. Barring no disqualifications.**  
**\*\*NEW\*\* We will use our award stand for pictures of top three places.**  
**(We will not wait very long for you to show up)**
- Interviews:** **\*\*NEW Again\*\* Event winners will be video interviewed after getting their medals By Jesse Squire in front of banner with logo. Facebook live streamed as well!**
- 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
- Results:** Results are on Baum's page and will be available at the press box approximately 15 minutes after the last race.  
Any questions, contact Brian Sabo at my cell: 419-250-7653. Email: bsabo@eastwoodschoools.org

# 2018 EASTWOOD RELAYS ORDER OF EVENTS

## 4:00 Seated Shot put

## 4:30 p.m. Field Events

Girls & Boys High Jump (two pits) Bars will be measured

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.

## 5:50 p.m. Seated 800m dash

## 6:00 p.m. Running Events

### **5:50 p.m. Seated 800m dash**

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

### **Seated 100m dash**

Girls, Boys Open 100m Dash

Girls 4 X 100 M Shuttle Hurdles 30 inch hurdles

Boys 4 X 110 M Shuttle Hurdles 33 inch hurdles

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

### **Seated 400m dash**

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 (usually about 8:55)

Coaches,

We will be running two high jump and pole vault pits, will probably be measured. 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**

#### **Race    Zone**

4x100    1) Bowling Green - Clay  
2) Southview- Whitmer  
3) Eastwood - Liberty Benton

1600 SM 1) Findlay - Napoleon

800 SM 1) Bowling Green - Clay  
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  
bsabo@eastwoodschoools.org

Sincerely,

Brian Sabo  
Eastwood Boys Head Coach