

**John Ramsey Invitational
Elmwood High School**

- Date:** Friday, May 6th 2022
- Teams:** Arcadia, Ayersville, Elmwood, New Riegel, Seneca East, Upper Sandusky, Van Buren, Wauseon
- Times:** **4:30 - Boys HJ, Boys Shot, Girls Disc, Girls/Boys LJ Open Pit.
-Girls Vault (Boys will be added in as bar goes up)**
- 5:00 – Running Events (traditional format with addition of Thrower 4x100 before the 4x400.**
- Seated 100, 400, 800 - There will be separate seated races for those athletes. They will be run between the girls and boys races at that same distance.**
- Entry Forms:** Entries will be done on Baumspage.com. Entry deadline is Thursday May 5th at 11:00pm.
- Awards:** Champion and Runner-up trophy. Medals will be awarded for 1st, 2nd, and 3rd. They will be handed out to the coaches at the conclusion of the meet in the press box.
- Facilities:** The track is an eight lane all weather surface as well as all runways and jumps. The shot/discus area are concrete. Camps should be outside the track fence away from the finish line area.
Maximum spike length is ¼ inch exposed spike!
- Scoring:** 10, 8, 6, 5, 4, 3, 2, 1
- Team Camps:** Please avoid the infield and finish line area for team camp locations. Use the area under the home bleachers or against the outside fence.
- Tickets:** Prices will be \$5.00 for a student, \$7.00 for an adult.
- Jury Of Appeals:** The jury will consist of the starter, meet manager and the head coach from Elmwood.
- 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.
- Relay Exchanges:** 4x200 (Zone 1&3) – Elmwood
4 x 100 (Zone 1) – Wauseon (Zone 2) – Upper Sandusky (Zone 3) – Seneca East
Thrower Relay – (Zone 1) – New Riegel (Zone 2) – Ayersville (Zone 3) – Van Buren
- Results:** Results will be on baumspage approx. 15 minutes after the 4x400 relay has been finished.

If you have any questions, please feel free to call Eric Poffenbaugh. The high school number is 419-655-2583 and my cell is 567-224-2708.