



2022 LITTLE GIANT INVITATIONAL

HOSTED BY FREMONT ROSS HIGH SCHOOL

April 7, 2022

Dear Coaches and Athletic Directors:

On behalf of the Fremont Ross Athletic Department, I would personally like to welcome each team and their fans to the 2022 Little Giant Invite, which is to be held on Saturday, May 7th.

This track meet will be conducted in compliance with the National Federation and Ohio High School Athletic Association regulations. Each team is required to submit all entries through Baumspage (www.baumspage.com). Entry deadline is Thurs. May 5th at 7:00 pm. Scratches will be allowed thru 7:00 pm on May 7th.

Below you will find a schedule of the day's events. If you have any questions or concerns leading up to this event, please feel free to contact me by phone at 419-334-6462 or by e-mail at berndtc@fremontschools.net

Yours in Athletics,

Chad Berndt
Athletic Director

Little Giant Invitational

DATE: May 7, 2022

WE WILL BE COMPETING ON A ROLLING TIME SCHEDULE. THE MEET WILL MOVE AT THE BEST POSSIBLE PACE, HAVE YOUR ATHLETES READY TO REPORT ON THE FIRST CALL.

PARTICIPATING SCHOOLS:

Girls: Bowsher, Fremont, Lakota, Old Fort, Springfield, St. Joe Central Catholic, Sandusky

Boys: Bowsher, Fremont, Lakota, Old Fort, Springfield, St. Joe Central Catholic, Sandusky

ENTRIES:

All entries will be done online through Baum's Page (www.baumspage.com). Please visit Baum's page to familiarize yourself with how the entry process will work. The entry window is currently open and will remain open until May 5th at 7:00 pm. Schools will be allowed to entry two participants per event, as well as one relay team per school in each relay event.

HEATS & LANE ASSIGNMENTS:

All running events will be run as timed-finals.

Lane assignments will be by open draw in the 3200m relay, 800m, 1600m, and 3200m

STARTING HEIGHTS:

The starting heights will be determined by the games committee, after entries are received. Please list **consistent** height.

TEAM CAMPS:

Team camps will be permitted this year. All teams will be asked to set up their camps in the green space just north of the track.

HYDRATION:

A hydration station will be available at the finish line.

MEDICAL STAFF:

An athletic trainer will be on site throughout the entire meet.

INFIELD AREA:

The infield will be off limits to all spectators – only athletes, coaches, officials and game day personnel will have access to the infield during the course of the meet.

SCORING:

Scoring will be **8 places**: 10-8-6-5-4-3-2-1

TROPHIES:

Team trophies will be presented to 1st and 2nd place teams. Gold, Silver and Bronze medals will be awarded to the top three place finishers in each event. All awards will be placed in packets for each team to collect at the conclusion of the meet.

FACILITIES:

We have an 8-lane all-weather track. Athletes are encouraged to use 1/8 or ¼ inch spikes. Chalk is acceptable for making the field events, and tennis balls should be used for relays. Please do not use tape. Each team will also be responsible for supplying their own baton.

ADMISSION:

Tickets \$7.00 adult \$5.00 Student/Senior Citizens

Fans will need to purchase their ticket(s) online through our online box office as we will NO longer be selling event tickets at the gate. To purchase tickets, simply visit our website www.littlegiantathletics.com. From the drop down menu select the tab – Purchase Tickets. You will be redirected to our digital box office. Once you have purchased the online ticket you can either print the ticket off and present it at the gate, or you can download the e-ticket to your phone or other electronic device and scan in upon your arrival.

SCHEDULE OF EVENTS

- 9:00 am** Coaches meeting – finish line.
- 9:15 am** Recognition of Senior Athletes
- 9:30 Field Events** Boys Discus/Girls to follow (4 throws, no finals)
Girls shot put/Boys to follow (4 throws, no finals)
Girls long jump (3 flights/ 4 jumps, no finals) Boys to follow
Boys high jump/girls to follow (Starting Heights TBD by Field Judge)
Girls Pole Vault/Boys to follow (Starting Heights TBD by Field Judge)
- 9:30** Girls JV 1600M Run (4 entries max)
Boys JV 1600M Run (4 entries max)
- 10:30** **Timed-Finals all running events**
Girls 4x800 Relay
Boys 4x800 Relay
Girls 100M Hurdles
Boys 110M hurdles
Girls 100M dash
Boys 100Mdash
Girls 4x200M relay
Boys 4x200M relay
Girls 1600M run
Boys 1600M run
Girls 4x100M relay
Boys 4x100M relay
Girls 400M Dash
Boys 400M Dash
Girls 300M hurdles
Boys 300M hurdles
Girls 800M run
Boys 800M run
Girls 200M Dash
Boys 200M Dash
Girls 3200M run
Boys 3200M run
Girls 4x400M Relay
Boys 4x400M Relay