



Gibsonburg Invitational

Gibsonburg High School

April 25, 2014

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Welcome to the seventh annual Gibsonburg Invitational. Here are some things you might want to know.

Teams: There are eleven teams: Elmwood, Gibsonburg, Lake, Maumee Valley CD, McComb, North Baltimore, Northwood, Ottawa Hills, Rossford, Swanton, and Toledo Christian.

Scratches: **Please check the enclosed program. Make sure all your names, times, and distances are shown correctly.** If there are any corrections, changes, scratches, or substitutions, please come to the press box before the coaches' meeting if possible. We will, however, accept changes throughout the meet if necessary.

Meeting: There will be a short coaches' meeting at 4:15 in the garage by the pole vault pit.

Prelims: In the 100/110 M Hurdles, 100 M Dash, and 200 M Dash, the heats have been seeded as evenly as possible based on submitted times, while keeping athletes from the same school in different heats. Where three prelim heats are required, the top two from each heat plus the next two fastest times will advance. Where only two heats are required, the top two places from each heat plus the next four fastest times advance. In the 300 M Hurdles and 400 M Dash, athletes have been placed into two or three heats, run from slower to faster, based on submitted times. However, anyone can score from either heat.

Field Events: There will be three attempts, then the top nine athletes will advance to the finals. Finals will consist of three more attempts. The best of the six efforts will be used in the placing. Please use your own implements. Make sure you have them weighed in the garage by the pole vault.

Relays: As there will be no relay cards, please report changes in runners to the press box, just like any other event. Please use your own batons.

Zones: We are asking that coaches help judge exchange zones during the relays. Please report to the exchange zone assigned. Flags will be provided.

400 m relay zone 1: Ottawa Hills, Elmwood, Toledo Christian

400 m relay zone 2: MVCD, Swanton, McComb

400 m relay zone 3: North Baltimore, Northwood

800 m relay zone: Rossford, Gibsonburg, Lake

Heights: We will use the following starting heights: Girls HJ 4'4", Boys HJ 4'10", Girls PV 5', and Boys PV 7'

Scoring: We will score 8 places.

Awards: There will be team trophies for champion and runner-up for each gender. Individually, plaques will be given for 1st through 3rd places, with medals for 4th through 6th.

Goodies: There is a hospitality room for all coaches in the garage by the pole vault. Feel free to grab something to eat and drink.

Markings: Tape or chalk (provided) is acceptable to mark the high jump. Please use your own tennis balls to mark relay zones.

Results: Results will be available in the press box at the conclusion of the meet. They will also be posted on baumspace.