



Lakewood Invitational
April 10th, 2021

Dear Coaches,

Thank you for attending this year's Lakewood Track and Field Invitational. Below you will find preliminary meet information. Also included are the schedule of events and a facility map. This information is subject to change, especially as we maneuver COVID-19 restrictions. Attending schools will be notified of any changes as soon as possible via email.

Location

Lakewood Local High School, 9331 Lancer Road SE Hebron, OH 43025
(Stadium located across Lancer Road from HS, next to the MS)

Teams

Delaware Christian, Granville Christian, Horizon Science, Lakewood, Millersport, Newark Catholic, Utica

Entries

Entries shall be submitted via [Baumspage.com](https://baumspage.com). Entries are due by midnight on Thursday, April 8th.

Facilities

Two restroom facilities are located within the stadium area. The concession building will be open for purchase of food and beverages. No locker rooms will be available.

Team Camps

Teams may set up camps in the grass areas outside of the track. No team camps are permitted in the bleachers.

Buses

Buses may drop off athletes in the alleyway south of the stadium and continue to the bus parking area in front of the middle school.

Warmups

Teams may use the turf field or the track for warmups. We ask that teams use the field parallel to yard markers to reserve space for others. The track may be used prior to the start of running events, or in areas not in use during the meet (i.e. outside lanes during distance events and

backstretch during 100m/110m/200m). A bike trail is located NW of the stadium, at the intersection of Route 40 and Lancer Road.

Equipment

- Starting blocks will be provided.
- Implements will NOT be provided.
- Implement weigh-in will be at the shed between the shot put and discus rings.
- Chalk is NOT permitted for use on track or field event areas.
- Spikes may not exceed ¼”.

Timing

Fully Automatic Timing (FAT) will be provided courtesy of Brophy Event Management. Results will be posted to Baumspage after the meet.

Scoring

10-8-6-4-3-2-1. Only two (2) per school will score for individual events. Only one (1) per school will score for relay events.

Awards

- Medals for the top three (3) placers in each individual and relay event.
- Trophies for the top two (2) boys and girls teams.

Spectators

Spectator parking is located in the front high school parking lot. Spectator seating is available in the bleachers on both sides of the track. Spectators are not permitted inside the track's outer fence. We ask that spectators wear masks and practice social distancing from those who live outside their household. Additional COVID-19 requirements may be posted at the entry gate.

Admission

Spectators - \$7
Under 10 – Free

For questions, contact our meet manager or the athletic director:

Chris Monroe
LHS Girls Head Track & Field Coach
monroec004@gmail.com
(740) 973-1987

Mat Bowen
Athletic Director
mbowen@laca.org
(740) 928-4526

SCHEDULE OF EVENTS

9:30 AM Coaches Meeting (Fieldhouse south of drop off area)

10:00 AM Field Events

Boys Shot Put (girls to follow) – 4 Attempts
Girls Discus (boys to follow) – 4 Attempts
Girls Pole Vault (boys to follow)
Boys High Jump (girls to follow)
Girls Long Jump (boys to follow) – 4 Attempts

11:30 AM Running Events (Rolling Schedule)

4 x 800m Relay
100m/110m Hurdles (33"/39")
100m Dash
4 x 200m Relay
1600m Run
4 x 100m Relay
400m Dash
300m Hurdles (30"/36")
800m Run
200m Dash
3200m Run
4 x 400m Relay

*All running events will be run girls followed by boys.

