

Kenston Greg Lusk Co-Ed Relays

9500 Bainbridge Road
Chagrin Falls, Ohio 44023

Lynn Gotthardt	Athletic Director	Athletic Dept.: (440) 543-3046
Chris Ickes	Boys' Coach	christopherickes@gmail.com
Jeanette DiBernardo	Girls' Coach	jeanette.dibernardo@kenstonlocal.org

Thank you for accepting our invitation to participate in the *KENSTON Greg Lusk CO-ED RELAYS* this year. The meet will be held on **Friday, April 11, 2014.**

Teams Entered: Aurora, Crestwood, CVCA, Kenston, NDCL, Orange, Twinsburg, and Woodridge.

Awards: Co-Ed Team and Runner-up Trophy

Awards will be given to all contestants that finish in the top six places.

Scoring: 10-8-6-4-2-1

Results: Will be posted on Baumspage.com and we will be using the Hy-Tek Program. Results will be submitted to the News Herald and Plain Dealer. If you would like results submitted anywhere else, please provide the contact info to boys coach Chris Ickes.

Schedule:

Field event relays (2 athletes per team) begin at **4 pm**

Running event relays (4 athletes per team) begin at **5 pm**

Order of Events: (Girls first, then Boys)

4x1600

Shuttle Hurdles (100m girls, 110m boys)

4x100

4x800

10 minute break (Emerging Elite 800 meter for 7th & 8th grade Kenston athletes)

4x200

Distance Medley (800-400-1200-1600)

Sprint Medley (100-100-200-400)

4x400

Opening Heights:

High Jump Girls: 4' 0", 4' 3", 4' 6", then up 2"

High Jump Boys: 5' 0", 5' 3", 5' 6", then up 2"

Pole Vault Girls: 6' 0", then up 6"

Pole Vault Boys: 8' 0", then up 6"

Online Entry:

Entry at Baumspage.com. The entry window closes at 5 pm Thursday, April 10th. Additions may NOT be made after the entry window closes. Scratches / Substitutions may be made until 10 am Friday, April 11th.

Coaches packets will be available at the Press Box on the West side of the stadium. We will conduct a brief coaches' meeting at 3:45 pm.

PLEASE HELP: Buses are asked to please park on the Southwest side of the Tennis courts on the SW side of the stadium.

There will be a hospitality room for coaches including food and beverage.

The concession stand will be open for your convenience. Restrooms will be available; however, locker room space is unavailable.

Tickets will be available at the gate. (Adults \$6.00 – Students \$4.00)

If you have any questions, please call!

Chris Ickes
440-781-5738