

KENSTON

Greg Lusk Co-Ed Relays

9500 Bainbridge Road
Chagrin Falls, Ohio 44023



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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 5, 2019 at 4pm.

Entry Fee: \$150 per team, per gender (\$300 if entering boys and girls teams)
Payable to: Kenston Athletic Boosters
9500 Bainbridge Road
Chagrin Falls, OH 44023

Teams Entered:

Aurora,
Green,
Kenston,
Mayfield,
NDCL,
Orange,
Willoughby South,
Woodridge.

Awards: Co-Ed Champion and Runner-up Team Trophies

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:

Coaches Meeting at 3:45 pm

Community Events: Youth 100 & Youth 1600 begin at 4 pm (see bottom for details)

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

Running event relays (4 athletes per team) begin at **4:30 pm**

Order of Events:

(Girls first, then Boys)

4x1600

Shuttle Hurdles (100m girls, 110m boys)

4x100

4x800

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 7 pm Thursday, April 6th . Additions may NOT be made after the entry window closes. 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.

The concession stand will be open for your convenience. Restrooms will be available; however, locker room space is unavailable. There will be a hospitality room for coaches including food and beverage. 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

Community Events

Before the Kenston Relays Running Events begin, we are pleased to offer 2 youth running events. We invite youth (8th grade and lower) to participate in 1 of 2 events - Youth 100 meters or Youth 1600 meters (4 laps, metric mile). If the turnout is large, athletes will be split by age and/or skill level. If the turnout is low, competitions will be run in 1 heat.

Meet Records

| Event | Record | Team | Year |
|-----------------------------------|------------------|---|------|
| Girls 4x1600 Meter Relay | 22:19.93 | Woodridge (Kiley, Willet, Dryer, Spreitzer) | 2014 |
| Boys 4x1600 Meter Relay | 18:11.61 | Twinsburg (Schank, Gogan, Andrews, Crichlow) | 2014 |
| Girls 4x100 Meter Shuttle Hurdles | 01:04.26 | Orange (Harris, Williams, Crawford, Kaplan) | 2014 |
| Boys 4x110 Meter Shuttle Hurdles | 01:02.20 | Orange (Johnson, Tate, Bivens, Dobson) | 2005 |
| Girls 4x100 Meter Relay | 0:50.00 | Midpark (Pasela, Shymske, Lobas, Barber) | 2009 |
| Boys 4x100 Meter Relay | 00:43.40 | Orange (Carter, Kaufman, Harris, Flynn) | 2013 |
| Girls 4x800 Meter Relay | 09:55.20 | CVCA (Myers, Pasicznyk, Blair, Bockoven) | 2013 |
| Boys 4x800 Meter Relay | 08:08.40 | Woodridge (Sivakumaran, Cochrun, Charles, Onifer) | 2011 |
| Girls 4x200 Meter Relay | 01:45.80 | Midpark (Pasela, Shymske, Lobas, Barber) | 2009 |
| Boys 4x200 Meter Relay | 01:31.10 | Twinsburg (Masley, Gadis, Williams, Horne) | 2003 |
| Girls Distance Medley | 13:02.00 | Woodridge (Moeller, Moore, Willis, Karas) | 2010 |
| Boys Distance Medley | 10:38.00 | CVCA (LeBay, Carroscia, Bockoven, Adams) | 2014 |
| Girls Sprint Medley | 01:54.29 | NDCL (DiFranco, Fox, Troutman, Stewart) | 2014 |
| Boys Sprint Medley | 01:35.50 | West Geauga (Rickettson, Thorton, Spivey, Cloud) | 1999 |
| Girls 4x400 Meter Relay | 04:01.90 | Midpark (Pasela, Bourcier, Lobas, Barber) | 2009 |
| Boys 4x400 Meter Relay | 03:26.40 | Twinsburg (Horne, Mosley, Horne, Gadis) | 2003 |
| Girls High Jump Relay | 10 ft 5 inch | Aurora (Baker, McClung) | 2011 |
| Boys High Jump Relay | 12 ft 7 inch | Twinsburg (Jones, Williams) | 2003 |
| Girls Pole Vault Relay | 19 ft 6 inch | Midpark (Rossi , Lasorella) | 2005 |
| Boys Pole Vault Relay | 26 ft even | West Geauga (Nau, Nicholson) | 1998 |
| Girls Long Jump Relay | 32 ft 9.5 inch | CVCA (Young, Hess) | 2013 |
| Boys Long Jump Relay | 41 ft 10.25 inch | Orange (Carter, Redus) | 2013 |
| Girls Shot Put Relay | 74 ft 1.5 inch | Lake Catholic (Taraksa, Willis) | 2008 |
| Boys Shot Put Relay | 100 ft 0.75 inch | Berkshire (Zapp, Taylor) | 2000 |
| Girls Discus Relay | 234 ft 1 inch | Twinsburg (Keenen, Dunn) | 2015 |
| Boys. Discus Relay | 332 ft 9 inch | Berkshire (Taylor, Zapp) | 2000 |