

# Lake Erie League Championships

## Meet Information

Times: 3:00 pm facility opens to teams  
4:00 pm Field Events  
4:15 pm Coaches Meeting  
4:30 pm Running Events

Location: Bedford High School

Admission: \$6.00 adults  
\$4.00 children/seniors

Entries: The entry window will open on [baumspage.com](http://baumspage.com) at noon on Wednesday, April 26. All entries are due by 8:00 pm on Monday, May 8. There will be no scratch/substitutions window. Changes will be accepted at the meet for running and field events until 3:30. Each team may enter one relay team per event and 2 individuals per event. **Please remember to enter your entire roster and not just the athletes you think will compete.**

Scoring and Awards: Eight places will be scored (10-8-6-5-4-3-2-1). 1<sup>st</sup> – 3<sup>rd</sup> place will receive will receive medals. Team plaques will be awarded for champions.

Multi-heat Events: Athletes will be organized in heats based on entry times. The fastest heat will be last.

Pole Vault: Starting height will be 6 feet for girls and 8 feet for boys. Boys will vault first. Girls will be able to warm up immediately following the boy's competition. There will be a 20-minute warm-up period before girl's pole vault is started. This 20-minute warm-up period will begin as soon as the final boy's competitor finishes.

High Jump: Starting height will be 4' for girls and 5'4" for boys. Girls will high jump first. Boys will be able to warm up immediately following the girl's competition. There will be a 20-minute warm-up period before boy's high jump is started. This 20-minute warm-up period will begin as soon as the final girl's competitor finishes.

Long Jump: Long jump will operate as an open pit. Boys will compete first from 4:00 – 5:00, girls will follow from 5:30 – 6:30. During this time, each competitor may make up to 3 attempts. The farthest 9 jumpers will advance to the finals, in which they are given the opportunity to make 3 more attempts. Finals will immediately follow the qualification round.

Shot Put: Each competitor will be allowed 3 throws. The farthest 9 throwers will advance to the finals, in which they are given the opportunity to make 3 more throws. Finals will immediately follow the qualification round. Boys will throw shot put first. Once the boy's shot put and girl's discus have finished, the genders will switch events.

Discus: Each competitor will be allowed 3 throws. The farthest 9 throwers will advance to the finals, in which they are given the opportunity to make 3 more throws. Finals will immediately follow the qualification round. Girls will throw discus first. Once the boy's shot put and girl's discus have finished, the genders will switch events.

Throwing Implements: Each school must provide their own throwing implements.

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