

Date: April 13th, 2017

Venue: First Federal Lakewood Stadium

Boys Teams competing: Lakewood, Bay, Berea-Midpark, Rocky River, North Royalton, Westlake, Parma, Valley Forge

Girls Teams Competing: Lakewood, Bay, St Joseph, North Royalton, Rocky River, Westlake, Parma, Valley Forge

Dear Coaches,

Thank you for participating in this year's Ranger Relays. Included you should find a copy of the meet schedule. The girls' 4 x 1600 meter relay will start at 5:15 with a rolling time schedule the rest of the meet. Field events begin at 4:00.

We will be using Baumspage for entries again. The entry window will open Wednesday, April 6th at Noon and close precisely on Wednesday, April 13th at 8:00 pm. As always, you may enter 3 competitors in each field event and two competitors in hurdles and one relay team on the track. Lane assignments will be done by blind draw. **One entry for the 3200**. You do not need to enter a seed time for any race. You will receive a copy of the lane assignments when you arrive on Friday. If you have to make changes on the track or field, you can do that the day of the meet up until 4:00pm when the meet begins. There will **not** be a weigh in for shot and discus. Your implement will be part of the common pool for the event.

The discus pit is located at Madison Park, which is located on Madison Avenue about ½ mile east of the stadium. A shuttle bus will be available to transport your athletes and coaches to and from the stadium. Let's hope for good weather!

Sean Jackson

Director of Athletics