

Date: April 12th, 2019

Venue: First Federal Lakewood Stadium

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

Girls Teams Competing: Lakewood, Cleveland Central Catholic, 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 4:00pm followed by the boys'. The rest of the running events will start at 5:15pm with a rolling time schedule the remainder of the meet. Field events begin at 4:00. We will need seed times for the hurdle events ONLY. We will run the 8 fastest in the first heat, regardless of the schools.

We will be using Baumspage for entries again. The entry window will open Wednesday, April 3rd at Noon and close precisely on Wednesday, April 10th 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. We will be scoring 6 places (10-8-6-4-2-1) and medals will be given for the top 3 in each event. The team that places first overall for Boys and Girls will receive a trophy.

Let's hope for good weather!

Sean Jackson

Director of Athletics