

2017 LCAAA Invitational at Amherst Steele's Richard S. Cooley Track
450 Washington St.
Amherst, Ohio 44001

- Date:** The 2017 LCAAA Invite is scheduled for Thursday, April 13, 2017, beginning at 3:30pm with field events and 4:30pm with running prelims. There will be a brief coaches' meeting at the finish line promptly at 3:30pm. Meet packets will be available at the ticket gate, implements can be checked in at the wrestling room.
- Schools:** Amherst, Avon, Avon Lake, Black River, Brookside, Clearview, Elyria, Elyria Catholic, Firelands, Keystone, Lake Ridge, Lorain, Midview, North Ridgeville, Oberlin, Open Door, Wellington
- Entry Fee:** Paid via LCAAA Dues (\$150 per team)
- Events:** A regular Invitational Track Meet Schedule. All timing will be performed by FAT. There will be semi-finals for the following running events: 100m and 110m Hurdles, 100m dash, and 200m dash. All other events will be run on time.
- Entry Limit:** Each school will be permitted to enter two athletes per running event, one relay team per relay, and two athletes per field event
- Starting Heights:** Tentative starting heights for each applicable event are as follows:
Girls High Jump – 4', Boys High Jump – 4' 8", Girls Pole Vault – 6'.
Boys Pole Vault 8'. *Official starting heights will be announced after entries are submitted and reviewed.*
- Entries:** Baumspage will be used for online entries.
- **Entry window opens: Monday, 03-27-2017, 8:00 AM**
 - **Entry window closes: Wednesday, 04-12-2017, 7:00 PM**
 - **Scratch/Substitutions: None online**
- Substitutions will be accepted at the meet (*straight substitutions, no reseeding after deadline*). All scratches will be done at the starting line.
- Spikes:** **ONLY 1/4" SPIKES ARE PERMITTED ON THE TRACK. ATHLETES WILL BE CHECKED PRIOR TO THE START OF EACH RACE. ATHLETES NOT IN COMPLIANCE WILL NOT BE PERMITTED TO COMPETE. PLEASE KEEP ALL ATHLETES OFF OF THE INFIELD AT ALL TIMES.**
- Lanes:** Lanes are assigned by the Hy-Tek Scoring System by entered times.
- Scoring:** Team points for each event will be awarded as follows:
1st Place – 10 5th Place – 4
2nd Place – 8 6th Place – 3
3rd Place – 6 7th Place – 2
4th Place – 5 8th Place – 1
- Awards:** Trophies will be awarded to the 1st and 2nd place teams in both the Boys and Girls competitions. Medals will be given for places 1-3.

Admission: Admission will be \$6.00 for adults and \$4.00 for students/senior citizens. A concession stand will be open with a variety of items available.

Relay Cards: All coaches are on their HONOR as to student-athlete participation limits and eligibility. All participants must be on your current OHSAA eligibility list.

Shirts: Shirts will not be available for sale at the meet. Order shirts online and they will be shipped to each athletes home: <http://www.bestimagegraphics.com/lcaaa-2017.html>

Notes: We have pushed back the window until 7:00pm the night before the meet in order to have the most accurate program as possible. Please submit your most accurate roster by this deadline.

OHSAA Verification forms should be turned in at the ticket gate when you pick up your packet.

Several events will be run as timed finals. Please submit accurate marks in order to ensure the highest level of competition for our athletes.

Field Event Assistance:

You are asked to provide 1 adult per school to assist in your designated area. You will NOT be running the event, but rather assisting the officials present. Please have your volunteers at the event site 20 minutes before the event begins. Thank you in advance for your help in making LCAAA Championships a huge success!

Shot Put

Clearview
North Ridgeville
Wellington

Discus

Elyria
Brookside
Lake Ridge

Long Jump

Midview - Girls
Elyria Catholic - Girls
Oberlin – Boys
Avon - Boys

Pole Vault

Amherst
Firelands

High Jump

Avon Lake
Keystone

Hurdle Crew

Amherst

