



NORDONIA TRACK & FIELD



Dear Coach,

Entry Fees/Information:

We are looking forward to hosting your team at the Nardonia Knight Relays this year. The date is **SATURDAY, APRIL 10, 2021** at Nardonia Knight Stadium—8006 S. Bedford Dr. Macedonia Oh 44056.

I believe all of you have submitted your registration fee of \$250 (\$125 per team). If your school has not submitted your fee please make the checks payable to: NORDONIA HIGH SCHOOL ATHLETIC DEPARTMENT and send it as soon as possible.

Online Entry:

Entry for the meet will be completed on www.baumspage.com. The entry window will open March 30, 2021 at 7:00 PM and close Thursday, April 8, 2021 at 9:00 PM.

Sections will be seeded competitively based upon seed times. **PLEASE ENTER ACCURATE SEED TIMES TO ALLOW FOR THE BEST COMPETITION.** Fully Automated Timing will be used at the meet.

Scoring:

Scoring for the team competition will be as follows-10 pts, 8 pts, 6 pts, 5 pts, 4 pts, 3 pts, 2pts, 1pt.

Event schedule/Starting times:

Field Events: (3 participants per team) The best attempts for each athlete will be added together for a team score in the field events. The starting time for field events is 10:00AM **with the exception of pole vault which will begin at 9:30 AM.** High Jump and Long Jump will be conducted at the same time as we have two long jump and high jump pits.

POLE VAULT-(Boys then Girls) **9:30 AM Start**

HIGH JUMP- Boys & Girls-10:00 AM Start

LONG JUMP- Boys & Girls-10:00 AM Start-4 jumps each

SHOT PUT (Boys then girls)-10:00 AM Start-4 throws each

DISCUS (Girls then Boys)-10:00 AM Start-4 throws each

Running Events: Each team will be able to enter one relay and one individual in each event. We also will have 'B' relays so more athletes can compete in the meet. If you have enough athletes to enter please enter 'B' relays that will not be scored in the meet. **The running events will begin at 11:00 AM.**

Order of Events

11:00 AM

1. 'B' 4x100m Relay
2. 'B' 4x800m Relay
3. 'B' 4x400m Relay

12:00 PM

4. 4x1600m relay
5. 100m Hurdles/110m hurdles
6. 100m Dash
7. 4x100m relay
8. 4x800m relay
9. 4x200m relay
10. Distance medley-800, 400, 1200, 1600
11. Sprint Medley 100, 100, 200, 400
12. Weight man's 400m relay **NOT SCORED**
10. 4x400m relay

Awards:

A 1st place team trophy will be presented for the boys and girls. A co-ed trophy will also be presented to the winner of the boys and girls with the highest combined score.

Individual awards/scoring:

1st place-T-shirt for event winners need to be picked up at the end of the meet from the press box by a Coach from each school.

Concessions/Team Camps

Concession stands will be open throughout the day for your convenience. Restrooms will be provided, but locker rooms will not be available. Your athletes will not be permitted into the locker rooms. All Team Camps are to be set up outside the west exits of the stadium—near the shot and discus area. Teams may also use the visitor side bleachers and Tennis Courts for their camps.

Admission: \$7.00 for adults, \$4.00 for students

Meet Manager-Scott Barwidi

If you have any questions please contact me at:

scott.barwidi@nordoniaschools.org



Covid Protocol for Attending **Spring Sporting Events**

The Nordonia Athletic Department wants all spectators and participants to enjoy while being safe watching all sporting events this spring. However, due to the state health regulations we must adhere to the following protocols.

Track:

- 30% of the bleacher capacity is allowed (1200 spectators)
- Wear masks
- Keep a social distance
- Spectators must be seated in the bleachers.
- Standing along the fence line is prohibited.