

ORANGE TRACK AND FIELD RELAYS 2016  
ORANGE HIGH SCHOOL

On behalf of the Boys' and Girls' Varsity Track Teams and the Orange Athletic Department, thank you for your consideration for participating in our Orange Relays. We sincerely appreciate your involvement and we hope that you have an enjoyable experience. The event will be held on Friday, April 29, 2016 at our stadium at Orange High School. The starting time is 4:00PM for the field events and 5:00PM for the running relays. Below is helpful information regarding the Orange Relays. If you have any questions or concerns, please do not hesitate to contact me at [fpeters@orangecsd.org](mailto:fpeters@orangecsd.org).

SPIKES

We request ¼ inch spikes or less - thank you.

ENTRY PROCESS

We are using Baumspage for our relay entries. The Entry Window opens on Sunday, April 5, at 7:00 pm and closes on Thursday, April 28, at 10:00 pm. Since the entry window is open late there is no scratch window online. Changes can be made at the meet but races will not be re-seeded.

POLE VAULT AND JUMP INFORMATION

Starting height for boys high jump: 5'0" – 5'3" – 5'6" and 2 inches thereafter.

Starting height for girls high jump: 4'0" – 4'3" – 4'6" and 2 inches thereafter.

Starting height for boys pole vault: 8' – 9' – 10' – 10'6" – 11' – 11'6" - continue by 6"

Starting height for girls pole vault: 7' – 8' – 9' – 9'6" – 10' – continue by 6"

- Starting pole vault and high jump heights may be adjusted based on entries. We want everyone to have a decent chance to make opening height but also want to finish the event in a decent timeframe.
- We will use 2 long jump pits. They are located on the West side of our Stadium. The boys will jump towards the home stands (North) and the girls will jump towards the visiting stands (South).
- We also will be using 2 high jump pits. The boys will jump at the West end of our field (near the pole vault) and the girls will jump on the opposite end of the field.

THROWS

Both the shot put and the discus events are located just East of our stadium behind the Pepper Pike Learning Center. We will be using a common pool wherein each team's throwers can use whatever implements are in the pool for both the shot put and discus relays. In the weight relays, we will begin with boys shot put and the girls discus.

### AWARDS

There will be a boys' and girls' trophy for first place and a runner-up trophy. Medals will be given to all contestants that finish in the top 3 places for each event, and ribbons will be awarded to finishers in places 4 through 6. Also, the results will be reported to The Plain Dealer and Baumspage as soon as possible.

### SCORING

Six places will be scored and points awarded in the following manner: 10, 8, 6, 4, 2, 1

### ORDER OF EVENTS

(Girls run first)

4 X 1600m

Shuttle Hurdles

4 X 100m

4 X 800m

10 Minute Break

4 X 200m

Distance Medley

Sprint Medley

4 X 100m Weight Relay (scored event – participants do not need to be throwing in this meet but we ask that they are regular participants in the throws!)

4 X 400m

### PACKET INFORMATION/ COACHES MEETING/ HOSPITALITY

For coaches, volunteers and officials, we will have hospitality room with both beverages and food. We will also have a brief coaches meeting at 3:40 pm and this is when packets will be given out to teams. Our hospitality room is located in the high school in the adjoining rooms overlooking the track.

### ADMISSION

Coaches, if you could please let your respective teams know that there will be an admission fee of \$6 for adults and \$4 for students. Thank you very much.

### TIMING

We are using a FinishLynx Fully Automatic Timing (FAT) System for timing and placement.

### CONCESSIONS/ RESTROOMS

Our concession stand is located on the near the home stands and will be open. Also, restrooms are located near the home stands but on the East side opposite the concession stands.

### Team Camps

Please use the visitors' side for your team camps. You may use the bleachers or ground area around the bleachers to set up a team area. Please make sure you allow room for others to move around the outside of the track freely.

### THOR-GUARD LIGHTNING DETECTION SYSTEM

Coaches, we have a Thor-Guard lightning detection system on our campus. If a lightning strike is detected from miles away, you will hear a loud 15-second horn. In addition, there will be an amber colored strobe light that will flash intermittently. As long as the warning exists, the light will continue to flash. When the weather threat is over, you will hear 3 five-second horns and the strobe light will stop flashing. If there is an activation of our Thor-Guard System, it is recommended that all team personnel go to their respective buses for safety. Thank you.

### ATHLETIC TRAINERS

One or both of our athletic trainers – Mr. Bob Bitzer and Mr. Nathan Blue – will be available near the finish line area of the track.

### PARKING FOR BUSES

Please drop off student-athletes at the back gate, which is near the visiting stands. Then, it is recommended that buses please park in the lot behind Orange High School (just off of Gail Allison Road).