

2021 Dale Kramer Relays  
ORANGE HIGH SCHOOL  
79th Year

On behalf of the Boys' and Girls' Varsity Track Teams and the Orange Athletic Department, thank you for your consideration for participating in our Dale Kramer Relays at Orange High School. We sincerely appreciate your involvement and we hope that you have an enjoyable experience. The event will be held on Friday, April 30, 2021 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. **Schools will be contracted through Arbiter and athletes will be entered through Baumspage. Please make sure your school has received a contract if you are interested in attending this meet.** If you have any questions or concerns, please do not hesitate to contact me at [khine@orangecsd.org](mailto:khine@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 Monday, April 19, at 7:00 pm and closes on Thursday, April 29, at 9:00 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.

FIELD EVENTS

Field events will be 3-person relays teams with the exception of pole vault. Due to time constraints, pole vault will remain a 2-person relay.

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: 7'6" – 8'6" – 9'6" – 10' – 10'6" – 11' – continue by 6" Starting height for girls pole vault: 6'6" – 7'6" – 8'6" – 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 the opening height but also want to finish the event in a decent time frame.

- 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). There will be 2 flights for long jump and we will have a 15-20 minute warm up period between flights.
- We also will be using 2 high jump pits. The boys will jump at the east end of our field (opposite the pole vault) and the girls will jump on the west end of the field (near pole vault).

### 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.**

### OPEN 1600M RUN

Teams may enter 2 participants in this event. Their timed performances will be combined and scored as a 2-person relay. We added this to help smaller teams who may have difficulty fielding a 4x1600 and to help larger teams get a few more kids involved in the meet.

### 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

4 X 200m

Distance Medley (800-400-1200-1600)

Sprint Medley (100-100-200-400)

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

Open 1600m Run – 2 entries per team scored as a combined effort

4 X 400m

## PACKET INFORMATION/ COACHES MEETING/ HOSPITALITY

Packets may be picked up at the finish line tent when you arrive. For coaches, volunteers and officials, we will have a limited and COVID-19 friendly hospitality area with both beverages and food that you can pick up at the concession stand. We will have a brief coaches meeting at 3:40 in the cafeteria.

## ADMISSION

We will have a spectator capacity limit of 300 spectators in our stadium at one time. Please be aware of student's event times and plan to arrive and leave accordingly to accommodate space for the entirety of the meet. Tickets can be purchased online up to 48 hours prior to the event at:

<https://ohslions.com/sample-page/tickets/> .

We will adhere to mask and social distancing policies found below:

Ohio Health Director's Order Consolidated

<https://ohsaaweb.blob.core.windows.net/files/BulletinBoard/04092021Administrator%20Update.pdf>

## 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. Our Boosters Club will open the concession stand to sell limited food and beverages to all student-athletes.

## Team Camps

We will have a designated area for your team camp in the away stands area. We ask that coaches closely monitor the team camps to ensure students are socially distant, wearing masks properly, and staying within their own camp.

### THOR-GUARD LIGHTNING DETECTION SYSTEM

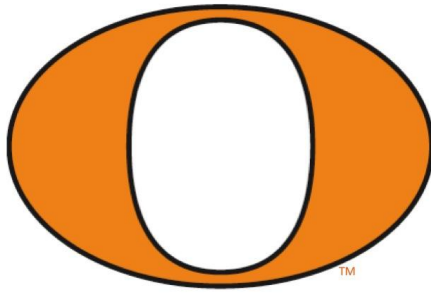
Coaches, we have a Thor-Guard lightning detection system on our campus. If a lightning strike is detected from miles away, you will hear a loud 15-second horn. In addition, there will be an amber colored strobe light that will flash intermittently. As long as the warning exists, the light will continue 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

Our head athletic trainer is Amanda Marino. She is assisted by Nate Blue and Stacy Gainer. Our AT staff will be available.

### 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).



## Invoice for Dale Kramer Relays

Event Date: April 30, 2021

Entry Fee: \$175 (boys), \$175 (girls)= \$325 total

Please make checks payable to:

Orange Board of Education, 32000 Chagrin Blvd., Pepper Pike, OH 44124

All checks should be received prior to the event. Please contact Katie Hine at [khine@orangecsd.org](mailto:khine@orangecsd.org) with any questions.

We look forward to having you!