



2022 Dale Kramer Relays  
**ORANGE HIGH SCHOOL**  
80th 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 appreciate your involvement and we hope that you have an enjoyable experience.

The event will be held on **Friday, April 29, 2022** 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 Athletic Director Tim Porter ([tporter@orangecsd.org](mailto:tporter@orangecsd.org)).

#### ENTRY PROCESS

We are using Baumspage for our relay entries. The Entry Window opens on Monday, April 14, at 8:00 am and closes on Thursday, April 27, 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 timely manner.
- 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 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. 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

### SPIKES

We request ¼ inch spikes or less - thank you.

## ORDER OF EVENTS

*(Girls run first)*

**4x1600m**

**Shuttle Hurdles**

**4x100m**

**4x800m**

**4x200m**

**Distance Medley (800-400-1200-1600)**

**Sprint Medley (100-100-200-400)**

**4x100m 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

**4x400m**

## 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 hospitality area next to the cafeteria.

There will be a brief coaches meeting prior to the meet at 3:40 in the cafeteria.

## ADMISSION

Tickets can be purchased online up to 48 hours prior to the event at:

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

## CONCESSIONS/ RESTROOMS

Our concession stand is located on the West side of the home stands. Our Booster Club will have concessions available for purchase. Restrooms are located near the home stands but on the East side, opposite concessions.

## TEAM CAMPS

Team camps are permitted in the Visitor stands area. Coaches, please remind your athletes they can warm up in the infield but discourage them from lingering during the meet.

### THOR-GUARD LIGHTNING DETECTION SYSTEM

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

Orange athletic trainers, Amanda Marino (head trainer) and Stacy Gainer (assistant trainer), will be available throughout the event.

### BUS PARKING

Please drop off student-athletes at the back gate, near the Visitor stands. Please park busses 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 Tim Porter at [tporter@orangecsd.org](mailto:tporter@orangecsd.org) with any questions.

We look forward to having you!