



Ottawa Hills 46th Green Bear Relays

Ottawa Hills High School, May 8, 2015

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Welcome to the 46th annual Ottawa Hills Green Bear Relays. Here are some things you might want to know.

Teams: There are eleven teams: Danbury, Emmanuel Christian, Gibsonburg, Cardinal Stritch, Hopewell Loudon, Maumee Valley, Montpelier boys, North Baltimore, Northwood, Summerfield, & Ottawa Hills.

Scratches: **Please check the enclosed program. Make sure all your names, times, and distances are shown correctly.** If there are any corrections, changes, scratches, or substitutions, please try to come to the press box before the coaches' meeting if possible. We will, however, accept changes at the coaches' meeting, at the field events, and throughout the meet if necessary. We will not re-seed any events, unless it allows us to consolidate heats.

Field events All field events will be relays with up to 3 athletes on a team. In the long jump, shot put, and discus, each athlete **gets three attempts**. The team place will be determined by adding the best individual effort from each of the three competing athletes. If there is a tie, the first tie breaker will be the team with the best individual effort. If a tie remains in the vertical events, the next tie breaker will be total number of misses. If the tie still isn't broken, then it's a tie!

Seeding: All running events were seeded by submitted times, going from slow heat to fast heat. However, anyone can score from any heat.

Meeting: There will be a short coaches' meeting at 3:40 in room 140 in the high school. There will also be snacks and drinks available through the night in that room for the coaches and officials as well.

Facilities: We have a 6-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use $\frac{1}{8}$ or $\frac{1}{4}$ inch spikes. Tape or washable chalk is acceptable for marking the jumps, and tennis balls or washable chalk should be used for relays. Please supply your own batons.

Zones: We are asking that coaches help judge exchange zones during the relays. Please report to the exchange zone assigned. Flags will be provided.
400 m relay zone 1: Danbury, Emmanuel Christian
400 m relay zone 2: Montpelier, Gibsonburg
400 m relay zone 3: Ottawa Hills
800 m relay zone: Gibsonburg, Hopewell Loudon
1600 m medley relay zone: Hopewell Loudon, Maumee Valley
800 m medley relay zone 1: North Baltimore, Northwood,
800 m medley relay zone 2: Summerfield, Ottawa Hills

Heights: We will use these starting heights: Girls HJ 4', Boys HJ 4'6", Girls PV 5', and Boys PV 6'6"

Camps: All team camps must be set up outside the track fence. Please instruct your athletes that they are to stay off the infield and should only be in the infield to compete or warm up. Also remind parents they are not permitted in the infield as well, unless they are working as an event official.

Concessions: We will have our concession stand open.

Admission: Admission will be \$6.00 for adults and \$5.00 for students.

Scoring: We will score 6 places. (10, 8, 6, 4, 2, 1) There will be two team trophies for each gender. Individually, medals will be given for 1st and 2nd places, with ribbons for 3rd through 6th.

Info: For questions, please contact Richard Morgan, meet manager, or Tim Erickson, Ottawa Hills AD

Results: Results will be available in the press box, and will also be posted on baumspace.

Schedule

In the long jump, shot put, and discus, each athlete gets *three attempts*.

Field Events (4:00 PM)

Girls Pole Vault	The pole vault will be run "5 alive."
Boys High Jump	The high jump will be run "5 alive."
Girls Long Jump	The long jump will be open pit girls followed by open pit boys.
Boys Shot put	The shot put will be in 3 flights, keeping teammates in the same flight.
Girls Discus	The discus will be in 3 flights, keeping teammates in the same flight.

Remaining field events will be run upon completion of the others. Please use your own implements.

Individual Running Events (4:15 PM)

Girls 3200 M Run
Wheelchair 800 M
Boys 3200 M Run
Girls 300 M Hurdles
Boys 300 M Hurdles
Girls 100 M Dash
Boys 100 M Dash

(30 minute break)

Relay Events (approximately 6:00 PM)

Girls events will be first, followed by boys

Girls 400M Shuttle Hurdles
Boys 440 M Shuttle Hurdles
Wheelchair 400 M Dash
1600 M Medley Relay (200, 200, 400, 800) (2-turn stagger)
4 X 100 M Relay
Distance Medley Relay (800, 400, 1200, 1600) (2 turn stagger)
4 X 200 M Relay
800 M Sprint Medley Relay (100, 100, 200, 400) (2 turn stagger)
4 X 800 M Relay
4 X 400 M Relay