



Ottawa Hills 53rd Green Bear Invitational

Ottawa Hills High School, May 3, 2024

2532 Evergreen Rd, Ottawa Hills, OH 43606
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Welcome to the 53rd annual Ottawa Hills Green Bear Invitational. The meet will be held at Ottawa Hills High School on May 3, 2024. A time schedule is attached.

Invite: Note that, for the first time in 53 years, ***this meet is now an invitational.***

Teams: At this time we have 10 teams: Cardinal Stritch, Evergreen, Gibsonburg, Hopewell-Loudon, Maumee, Maumee Valley CD, Northwood, Ottawa Hills, Rossford, and Woodward.

Entries: You may enter two athletes or one relay per event. Entries will be done online at www.baumspage.com. The window closes **at 11:00 AM Thursday, May 2**. If you have changes after the deadline, email them to me at the email above. We will also accept changes Friday at the meet, but please try to keep them to a minimum. Lane assignments will be posted on baumspage Thursday evening.

Sprints: ***There will be no Semis in the sprints.*** Instead, we will run them in heats, from slowest to fastest, similar to the 300 M Hurdles and the 400M Dash. So in the 100M Dash, 100/110M Hurdles, the 200 M Dash, the 300 M Hurdles and 400 M Dash, athletes will be placed into multiple heats, run from slower to faster, based on submitted times. However, anyone can score from any heat.

Relays: The 4 X 100 M Relay, the 4 X 200 M Relay, and the 4 X 400 M Relay will be seeded into slow and fast heats, based on submitted times. However, any team can score from either heat. The 4 X 800 M Relay will be run in one heat.

Field Events: Each athlete will get 4 efforts, with no finals. Flights will be seeded so the best entries are in the final flight.

Facilities: We have a 6-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use 1/8 or 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. OH will supply starting blocks.

Concessions: We will have our concession stand open.

Admission: Admission will be \$5.00 for everyone.

Scoring: We will score 6 places.

Awards: There will be team trophies for champion and runner-up in each division. Individually, medals will be given for 1st and 2nd places, with ribbons for 3rd through 6th.

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.

Info: For questions or information, please contact:
Greg Neuendorf, gneuendorf@ohschools.org, (419) ???-????, Ottawa Hills AD
Tyler Fairchild, tfairchild7786@gmail.com, 419-705-6763 OH track coach
Richard Morgan, rmorgan55@gmail.com, 419-601-1976, meet manager

Good Luck,

Richard Morgan, Meet Manager

Schedule

Coaches' meeting

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

Field events

4:00 PM Girls Pole Vault
Boys High Jump
Girls Long Jump (4 attempts, no finals)
Girls Shot put (4 attempts, no finals)
Boys Discus (4 attempts, no finals)

Remaining field events will be run upon completion of the others.

Use your own implements. *We will weigh them in at the shed under the home grandstands.*

Running events

4:45 PM Girls 4 X 800 M Relay
Boys 4 X 800 M Relay
Girls 100 M Hurdles (2 to 4 heats)
Boys 110 M Hurdles (2 to 4 heats)
Girls 100 M Dash (2 to 4 heats)
Boys 100 M Dash (2 to 4 heats)
Girls 4 X 200 M Relay (1 or 2 heats)
Boys 4 X 200 M Relay (1 or 2 heats)
Girls 1600 M Run
Boys 1600 M Run
Girls 4 X 100 M Relay (1 or 2 heats)
Boys 4 X 100 M Relay (1 or 2 heats)
Girls 400 M Dash (2 to 4 heats)
Boys 400 M Dash (2 to 4 heats)
Girls 300 M Hurdles (2 to 4 heats)
Boys 300 M Hurdles (2 to 4 heats)
Girls 800 M Run (1 or 2 heats)
Boys 800 M Run (1 or 2 heats)
Girls 200 M Dash (2 to 4 heats)
Boys 200 M Dash (2 to 4 heats)
Girls 3200 M Run
Boys 3200 M Run
Girls 4 X 400 M Relay (1 or 2 heats)
Boys 4 X 400 M Relay (1 or 2 heats)

Please remember that all heat and lane assignments will be posted to baums-page some time Thursday evening. Please check this for starting heights and other information.