



Rossford Invitational

Rossford High School

Friday, April 8, 2022

Glenwood Athletic Complex, 28720 Lime City Rd. Pburg, OH
Phone: (419) 666-5262

Meet scorer: Richard Morgan, phone: 419-601-1976
email: rmorgan55@gmail.com

Welcome to the 2nd Annual Rossford Track Invitational. Here are some things you might want to know.

- Teams:** There are 8 teams: Anthony Wayne, Avon, Clay, Lake, Ottawa Hills, Perrysburg, Rossford, and Sylvania Southview
- 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 come to the press box before the coaches' meeting if possible. We will, however, accept changes throughout the meet if necessary.
- Meeting:** There will be a short coaches' meeting at 4:15 near the concession stand for any last-minute changes or instructions.
- Relays:** As there will be no relay cards, please report changes in runners to the press box, just like any other event. Please use your own batons.
- Scoring:** We will score 6 places: 10-8-6-4-2-1.
- 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: Anthony Wayne, Clay
400 m relay zone 2: Avon, Ottawa Hills
400 m relay zone 3: Perrysburg, Lake
800 m relay zone: Rossford, Southview
- Heights:** We will use these starting heights: Girls HJ 4', Boys HJ 5'.
- Awards:** There will be team plaques for champion and runner-up for each gender. Individually, plaques will be given for 1st through 3rd places. For relays, 1st place will get plaques, 2nd and 3rd places will receive ribbons.
- Goodies:** There is a hospitality tent for all coaches. Feel free to grab something to eat and drink.
- Concessions:** Our concession stand is open.
- Admission:** There will be an admission charge of \$7 for adults and \$5 for students
- Info:** For questions or information, please contact:
Chris Lucius, 419-340-9189; clucius@rossfordschools.org; Rossford AD
Richard Morgan, rmorgan55@gmail.com; 419-601-1976; Meet scorer

Good Luck,

Richard Morgan, Meet Scorer

Schedule

Coaches' Meeting

4:15 Near the concession stand.

Field events

4:30 PM Boys High Jump (enter up to 2 individuals)
Girls Long Jump (4 attempts, no finals) (enter up to 2 individuals)
Boys Shot put (4 attempts, no finals) (enter up to 3 individuals)
Girls Discus (4 attempts, no finals) (enter up to 3 individuals)

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

Use your own implements. Weigh-ins will not be necessary.

Running events

5:30 PM Girls 3200 M Relay
Boys 3200 M Relay
Girls 100 M Hurdles
Boys 110 M Hurdles
Girls 100 M Dash
Boys 100 M Dash
Girls 800 M Relay
Boys 800 M Relay
Girls 1600 M Run
Boys 1600 M Run
Girls 400 M Relay
Boys 400 M Relay
Girls 400 M Dash
Boys 400 M Dash
Girls 300 M Hurdles
Boys 300 M Hurdles
Girls 800 M Run
Boys 800 M Run
Girls 200 M Dash
Boys 200 M Dash
Girls 3200M Run
Boys 3200 M Run
Girls 1600 M Relay
Boys 1600 M Relay