

Whitmer High School Track & Field

5601 Clegg Drive – Toledo, OH 43613

Dear Coaches,

Welcome to the 51st annual Gold W Invitational!

- Boys' Division:** Bedford, Clay, Columbian, Eastwood, Springfield, St. Francis, St. John's, Whitmer.
- Girls' Division:** Bedford, Clay, Columbian, Eastwood, Notre Dame, Springfield, St. Ursula, Whitmer.
- Entries:** Entries this year will be done on www.baumspage.com. Entry window opens March 28th at 7:00 AM and closes April 8th at 10:00 PM.
- Scratches:** None online. Running event scratches/changes can be made day of race at coaches' meeting. Field event scratches/changes can be made at each individual field event.
- Coaches' Meeting:** Short meeting in hospitality room south of new concession stand at 4:00.
- Scoring:** Top 8 places score (10-8-6-5-4-3-2-1). Field events are 3 person combined height/distance.
- Awards:** A "Gold W Champion" t-shirt is given to each member of the 1st place relay team or individual event winner for each division. A team trophy is given for the team champion in each division.
- Field Event Check-in:** 3:45- boys' pole vault
4:00- girls' high jump, boys' discus, girls' triple jump, boys' long jump, and girls' shot put
- High Jump:** Unlike prior years we NOT be running simultaneous pits for boys' and girls' HJ. Girls will go first, boys will follow.
- Distance Races:** Unlike prior years, ALL races including the distance races will be run in separate boy and girl heats. We will NOT be combining the DMR, 1600, and 800.
- Results:** Results and awards may be picked up at the conclusion of the meet in the press box. Meet results will also be sent to the Toledo Blade and will be posted on www.baumspage.com.
- Facilities:** 8 lane track and jump surfaces. ¼ inch pyramid spikes or less only. No chalk for marks. Use half tennis ball for relays. Bring your own batons. Tape may be used for jump marks.
- Field Turf:** Please remind your athletes that food, drinks, and gum are not allowed on field turf!
- T-shirts:** Genuine "Gold W" t-shirts for sale at \$20.00 each.
- Concessions:** We will have our concession stand open.

Best of luck,

Jeremy Elliott
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Whitmer Boys' Track & Field



@WhitmerTrackCC