



## 7th Annual Woodridge High School

# “Woodridge Wrap-Up”

*The Championships Begin...*



- **What:**
  - The Woodridge Wrap-Up is a standard high school track and field invitational. This SCORED event will feature up to **THREE individual entries per team in each event**. Please go to [baumspace](http://baumspace.com) for entry details.
- **When:**
  - **Scratch Meeting / Coaches Meeting at 8:15 in front of press box.** Please email scratches to [jhoward@woodridge.k12.oh.us](mailto:jhoward@woodridge.k12.oh.us) at any time before the meet. The program will be printed at 12:00 pm on Friday, May 6<sup>th</sup>. After this time, scratches will be made at the meet and replaced runners will be inserted into lanes of scratched athletes. We will **NOT** re-seed heats after 12:00 pm on Friday, May 6<sup>th</sup>.
  - The meet will begin at 9:00 AM on Saturday, May 7, 2016. There will be a running schedule of events as follows:
    - 9:00 AM Field Event Finals (scratch and replace at field events)
      - 3200 Meter Run – 1<sup>st</sup> Heat **ONLY** of girls then boys
      - Girls Pole Vault (opening height determined after entry)
      - Girls High Jump (height progressions to be determined after entries submitted)
      - Boys Long Jump (Open Pit Competition – check in by 8:40 AM – jumping starts at 9:00)
      - Girls Long Jump (Open Pit Competition – check in by 10:40 AM – jumping starts at 11:00)
      - Boys Shot Put (3 throws, top 9 to finals for 3 more)
      - Girls Discus (3 throws, top 9 to finals for 3 more)
      - *Opposite genders will follow where applicable.*
    - 10:00 AM Running Semi-Finals (advance by time)
      - Girls 100 Meter Hurdles
      - Boys 110 Meter Hurdles
      - Girls 100 Meter Dash
      - Boys 100 Meter Dash
      - Girls 3200 Meter Relay Final
      - Boys 3200 Meter Relay Final
      - Girls 200 Meter Dash
      - Boys 200 Meter Dash
    - 10 Minutes After Semi-Finals Conclude:
    - Running Events (Timed Finals – Girls First in ALL Running Events)
      - 100/110 Meter Hurdles
      - 100 Meter Dash
      - 800 Meter Relay
      - 1600 Meter Run
      - 400 Meter Relay
      - 400 Meter Run
      - 300 Meter Hurdles
      - 800 Meter Run
      - 200 Meter Dash
      - 3200 Meter Run
      - 1600 Meter Relay

■ **Where:**

- This meet will take place at the Mercer Track at Woodridge High School (4440 Quick Road, Peninsula, OH 44264). Athletes will only be permitted to use 1/8" pyramid spikes.

■ **Awards:**

- The top 3 individuals in each event will receive an award-winner meet t-shirt. We will limit the number of shirts an individual can win to a TWO-SHIRT MAXIMUM (this includes relay members). Places 4<sup>th</sup> – 8<sup>th</sup> will receive ribbons. Team Championship Awards will go to the top two teams for the girls and the guys. T-shirts will be picked up at the 't-shirt station' after results have been finalized. Ribbons will be given to coaches at the conclusion of the meet.

■ **Entry Information:**

- Entry Fees will be \$90 for each team. That is, a maximum of \$180/school. Please contact Jeff Howard (330.928.7420 OR [jhoward@woodridge.k12.oh.us](mailto:jhoward@woodridge.k12.oh.us)) for more information.

■ **Spectator Admission:**

- \$6 for adults/ \$4 for students

■ **Coach's Hospitality:**

- ALL pre-registered coaches will receive a hospitality ticket that provides them with a hotdog/piece of pizza and a beverage from the concession stand. Please email coaches names to the address above.