

# New London Middle School Relays

Thursday, April 11, 2019

New London Recreation Park

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**4:30 p.m.**     **Field Events:** Girls' discus, high jump; boys' shot put, long jump and pole vault ... then switch

**Long jump:**     boys first flight warm-up 4:15-4:30, warm up is 15 min between flights  
   girls first flight warm-up for 15 min after boys last flight

**5:00 p.m.**     **Running Events:** Girls will compete first in all running events; all relay teams should check in with the clerk in the bullpen.

- Distance Medley: 800-400-1200-1600
- 4x100m Relay
- Shuttle Hurdles: 30" for all races
- 4x200m Relay
- 4x800m Relay
- Sprint Medley: 100-100-200-400
- 4x400m Relay



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## Additional Information

**Rules & Regulations:** The National Federation of State High School Association's rules and regulations will apply except for changes made by the OHSAA. Please advise your athletes that officials will follow uniform rules.

**Entry Fee:** \$65 for **each** boys and girls teams will be charged to participating schools. Entry fees are due prior to the day of the meet.

**Entries:** Coaches should use <http://www.baumspage.com/> to enter line-ups. Deadline is **Wednesday, April 10 at 1:30 p.m.** Scratches and substitutes may be made in the press box until 3:30 p.m.

on

the day of the meet. Any known adjustments can be made the night before by emailing Tyler Cawrse at [tcawrse@newlondon.k12.oh.us](mailto:tcawrse@newlondon.k12.oh.us).

**Officials:** Decisions of the officials will be final and without appeal, except possible action taken by the head finish judge or referee. Please do not come to the press box for an appeal, instead seek an official at the finish line.

**Lane Placement:** Lane assignments will be determined by seeding based on coaches' entries. Due to the number of participating teams, two heats will be run in the sprint events. There will be a "slow heat" and "fast heat" in these events.

**Spikes:** Our track was recently resurfaced, therefore we will be mindful of spike length. Spikes may be inspected in the bullpen. Only 1/8" pyramid spikes will be accepted.

**Relay Marks:** Please use only tennis balls for relay markings. Do not use chalk or tape.

**Team Camps:** Tents may be set up in the visitors' stands, in the grassy area near the restrooms, or under the home bleachers. Team camps may not be set up in the home bleachers or near the finish line.

**Coaches' Boxes/** Please stay off the football field at all times. All non-participants must stay clear of the infield and track throughout the meet. Coaches' boxes will be provided for high jump and pole vault.

**Infield:** This area is designated for one coach per school. All other spectators must remain outside the fence. Also, any video review must be limited to these areas for those events.

**Field Events:** If an athlete must check out for another event, he/she must notify the field event official and return promptly. Recovery periods will be provided at the field event. Three participants will compete in long jump, shot put, and discus; two participants will compete in high jump and pole vault. Each competitor's best efforts will be combined to determine event placement.

**High Jump:** opening height for girls is 3' 9" and boys is 4' 6". For girls, the bar will then be raised to 4', then in 2" intervals thereafter. For boys, the bar will be raised to 4' 9", 5', then 2" intervals thereafter.

**Pole Vault:** opening height for girls is 6' and boys is 7'. The bar will be raised in 6" intervals throughout both competitions.

**Long Jump:** each competitor will receive 3 attempts, no finals. Please follow the time schedule provided on the main page.

**Shot Put & Discus:** each competitor will receive 3 attempt, no finals.

**Awards:** Championship and Runner-up trophies will be awarded in each of the boys and girls divisions. Medals will be awarded for champions in each event.

**Scoring:** Top six teams in each event will score on the following scale: 10-8-6-4-2-1

**Admission:** Please advise your athletes' families that admission will be charged at the gate. \$5.00 for adults, \$3.00 for students.

**Bleachers:** Please do not wear spikes in the bleachers. For the safety of all spectators and participants, please do not store throwing implements in the bleachers, but rather on the ground or on your bus when not in use. No radios/noisemakers are allowed in the bleachers or competition areas.

**Concessions:** A concession stand will be open. Meet t-shirts will be sold there as well.

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## Contact

**Information:** Tom Howell, Athletic Director, [thowell@newlondon.k12.oh.us](mailto:thowell@newlondon.k12.oh.us)  
Tyler Cawrse, HS Coach, [tcawrse@newlondon.k12.oh.us](mailto:tcawrse@newlondon.k12.oh.us)  
Tim Carbone, MS Coach, [tcarbone@newlondon.k12.oh.us](mailto:tcarbone@newlondon.k12.oh.us)  
Keith Landis, HS Coach, [klandis@newlondon.k12.oh.us](mailto:klandis@newlondon.k12.oh.us)

**Phone: (419) 929-1586, Fax: (419) 929-9513**