

# New London Middle School (Not) Relays

Thursday, April 14, 2022

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.

- 4x800m relay
- 100/110m hurdles
- 100m dash
- 1600m Run
- 4x100m relay
- 400m dash
- 4x200m relay
- 200m hurdles - check in at the start of the race
- 800m run
- 200m dash - check in at the start of the race
- 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 OHSA. 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.

### Teams:

Colonel Crawford, Plymouth, Mapleton, New London, South Central, Western Reserve

### Entries:

Coaches should use <http://www.baumspage.com/> to enter line-ups. Deadline is **Wednesday, April 13 at 7:00 p.m.** Scratches and substitutes may be made in the press box until 4:15 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/Infield:** Please stay off the football field at all times. All non-participants must stay clear of the infield and track throughout the meet. One coach per school will be permitted near the high jump and pole vault areas. All other spectators must remain outside the fence. Also, any video review must be limited to these areas for those events.
- Field Events:**
- High Jump:** opening height will be set once we receive seed heights. Heights will advance by 3" until there are 4 or less competitors left, then they will advance 2" thereafter.
- Pole Vault:** opening height for boys & girls is 6'. The bar will be raised in 6" intervals throughout both competitions.
- Long Jump:** each competitor will receive 4 attempts, no finals. Please follow the time schedule provided on the main page.
- Shot Put & Discus:** each competitor will receive 4 attempts, 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 eight places in each event will score on the following scale: 10-8-6-5-4-3-2-1
- Admission:** \$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:** Susan Albaugh, Athletic Director, [salbaugh@newlondon.k12.oh.us](mailto:salbaugh@newlondon.k12.oh.us)  
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