

# Rossford Middle School

701 Superior Street  
Rossford, Ohio 43640

MS Tri Meet: Rossford/Maumee/Lake  
Wednesday, April 9, 2025

- Entries:** All entries will be done online at [www.baumspage.com](http://www.baumspage.com). The window is already open and it will close at 9:00pm Tuesday, April 8, 2025. We will accept changes even during the meet if necessary. .
- Sprints:** Enter as many individuals as you want. Do your best to estimate performances when entering your athletes so we have competitive heats and flights. Regardless of times however, we will make sure both schools are represented in the hot heat of each event. All races from the 400m down will be run in multiple heats, from the fastest to slowest, with scoring possible from any heat.
- Distance:** Enter as many individuals as you want. For all races 800m and up, all runners will be run in one heat. In some of the distance races, we may run the boys and girls together, depending on the number of participants and the weather. However, all boys' and girls' coaches must agree to this.
- Field Events:** In the field events, enter as many individuals as you want. There will be 4 attempts, with flights drawn from shortest to longest.
- Relays:** Enter up to 3 relays per event. If you need more, email and we'll figure out a way.
- Scoring:** Since this is a dual meet, scoring will be 5-3-2-1 in all individual events, and 5-3 in relays.
- Facilities:** We have an 8 lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use  $\frac{1}{8}$  or  $\frac{1}{4}$  inch spikes. Tape is acceptable for marking the jumps, and tennis balls or the like should be used for relays. Please supply your own batons.
- Concessions:** We will have our concession stand open.
- Admission:** \$6.00 Adults \$4.00 Students
- Meeting:** Come to the press box upon arrival for any last minute changes or instructions.
- Info:** For questions or information, please contact Jamie Schoen, Lake Middle School AD and Meet Scorer at Email: [jschoen@lakeschools.org](mailto:jschoen@lakeschools.org) Cell: 419-708-4186

Good Luck!

## **Schedule**

### **Field events**

4:30PM Girls High Jump, 5 Alive per OHSAA (boys will follow)  
Girls and Boys Long Jump (4 attempts) (open pit for boys and girls at the same time)  
Boys Shot put, 4 attempts (girls will follow)  
Girls Discus, 4 attempts (boys will follow)  
Girls and Boys Pole Vault, 5 Alive per OHSAA  
Use your own implements. Weigh-ins will not be necessary.

Starting heights and other details of the field events will be determined on meet day by coaches' agreement, depending on number of entries, weather conditions, and other factors.

### **Running events**

5:00PM (approx)

<u>Girls</u>	<u>Boys</u>
1- Relay-4x800 meters	2- Relay-4x800 meters
3- Hurdles-100 meters (30"high)	4- High Hurdles-110 meters (33"high)
5- Dash-100 meters	6- Dash 100 meters
7- Relay 4x200 meters	8- Relay 4x200 meters
9- Run-1600 meters	10- Run-1600 meters
11- Relay 4x100 meters	12- Relay 4x100 meters
13- Dash-400 meters	14- Dash 400 meters
15- Hurdles-200 meters (30" high)	16- Hurdles-200 meters (30" high)
17- Run- 800 meters	18- Run-800 meters
19- Dash-200 meters	20- Dash 200 meters
*Suggested Rest Period	*Suggested Rest Period
21- Relay- 4x400 meters	22- Relay- 4x400 meters

\*A rest period of at least twenty minutes from the beginning of the girl's 200 M to the start of the first heat of the girls 4x400 M is recommended to be given if athletes competing in the 200 M are also in the 4x400M.

