

Thursday, May 4

**Teams: Botkins, Fairlawn, Lima Central Catholic, Ridgemont, Riverside, Upper Scioto Valley and Waynesfield-Goshen.**

1. Coaches can bring verification forms to press box when they arrive. We will be using common implements in shot and disc.
2. Please put entries on baumspage by the deadline listed. You may send scratches and replacements to me (epperlyj@wgschools.org) until 3:00 on meet day. There are no substitutes and replacements when you arrive.
3. You are limited to two contestants per event and one relay team per relay.
4. Field events will begin at 5:00 and the 100 hurdles will begin at 5:30. We run on a rolling schedule from there.
5. There are no prelims. We will run heats from slow to fast. Please be accurate with times.
6. Shot put and discus will be limited to four trials with no finals. Please be accurate in submitted distances. We will seed flights accordingly.
7. Long jump will be open pit (Girls on west runway and boys on east) from 5:00 to 6:15. Each competitor will have four jumps no finals.
8. The scoring will be 10-8-6-4-2-1 for all events.
9. A concession stand will be open during the meet.
10. Batons will be furnished for relays. Starting blocks will be available, but you are welcome to bring your own.
- 11. Each contestant is responsible for reporting on time for his/her events. Competitors should report to the clerk of course in the "Bull Pen" area at the southwest end of the track. Except the 200 hurdles and the 200, which will clerk at their respective start lines.**
12. Please avoid the football field and use only the areas reserved for coaches and spectators in the infield. There will be bleachers in the long jump area. Please do not congregate in the finish line area.
13. I will post meet results to baumspage at the conclusion of the meet and awards will be given to you at the conclusion of the meet. Team trophies will be presented to the winning and runner up teams.
- 14. Please no spikes in the stands. ¼" tacks on the track and jumping surfaces.**
15. Team camps may be set up on the north side of the track.
16. Please be accurate in your submitted times so we can seed accordingly