

# 66<sup>th</sup> ANNUAL CUYAHOGA RELAYS

## Saturday, April 29, 2023

**TIME** 10:30: Boys: Pole Vault, High Jump, Long Jump, Shot Put, Discus  
10:30: Girls: High Jump, Long Jump, Shot Put, Discus (*Pole Vault will follow Boys*)  
12:00: 4 x 1600 m Relay  
12:55: National Anthem/Dedication ceremony  
1:00: Remaining Track Events Begin (with rolling event schedule)

| <b>TEAMS:</b> | <b><u>BOYS</u></b> | <b><u>GIRLS</u></b> |
|---------------|--------------------|---------------------|
|               | Brooklyn           | Brooklyn            |
|               | Cardinal           | Cardinal            |
|               | Cuyahoga Heights   | Cuyahoga Heights    |
|               | Fairport           | Fairport            |
|               | Hubbard            | Hubbard             |
|               | Independence       | Independence        |
|               | Kirtland           | Kirtland            |
|               | Trinity            | Trinity             |

**AWARDS:**

- \* Plaque for Team Champion and Runner-Up Team.
- \* Individual medals for members of 1<sup>st</sup> place relay teams.
- \* Ribbons for each member of 2<sup>nd</sup> – 6<sup>th</sup> place relay teams.
- \* LENNY REICHEL AWARD (Boy) & GEORGE GROSS AWARD (Girl): Outstanding individual track performers in the meet.
- \* BILL ATTEWELL AWARD (Boy) and DOUG AMARI AWARD (Girl): Outstanding individual field performers in the meet.
- \* Nomination forms included in coach's packet—to be turned in to the press box upon conclusion of meet.

### ENTRY

**FEE:** An entry fee of \$120 per boys or girls team, or \$225 for both will be charged. No refunds! Checks (payable to *Cuyahoga Heights Board of Education*) must be received by meet day, or ASAP!

**ENTRIES** ***ONLINE entries must be entered by FRIDAY, APRIL 28, 2023, by 8:00 p.m.***  
Entries will be made on *MileSplit*.. The window opens on Monday, April 24, at 3:00 pm. Directions for entry can be found on the site.

### COACHES'

**MEETING:** Meeting at 10:30 am behind the Press Box. All running event scratches will be made at that time. Changes or scratches in field events may be made with the event judge. ***Any substitutions MUST be limited to only those athletes listed on your roster on MileSplit.*** We cannot add names to your rosters!!! ***Non-entries in events cannot be added meet day! No exceptions!!***

**SPIKES:** ***¼ inch (or smaller) PYRAMID spikes ONLY!*** Hex head, needle, christmas tree or any other types of spikes are **NOT** permitted!!

### TRACK

**MARKING:** Tongue depressors or cut tennis balls ONLY. ***Tape or chalk marks are NOT permitted on the track!***

## FIELD

**EVENTS:** Events will have **three participants per team**. The total height/distance of the best performances of each individual performer will determine each team's place. Please enter only the contestants whom you expect to compete that day.

- Boys Pole Vault will be set at 7' 0", 8'0" then 6" increments to final competitor, at which time the competitor may select the height.
- Girls Pole Vault will begin at 5'0", 6'0" then 6" increments to final competitor, at which time the competitor may select the height.
- Boys High Jump will start at 5'0", then 2" increments to final competitor, at which time the competitor may select the height. Officials will use "3 Alive" format.
- Girls High Jump will start at 4'0", then 2" increments to final competitor, at which time the competitor may select the height. Officials will use "3 Alive" format.
- All take-off and check marks must be tongue depressors or cut tennis balls ONLY. **Tape or chalk marks are NOT permitted on the track or runway surfaces.**
- Weigh-ins for throwing implements will be done in the pole barn at the north end of the track, where team tents will be set up, beginning at 9:45 am. **Please have your implements weighed in by 10:15 am!!!**
- Four trials for each competitor in Shot Put, Discus and Long Jump.
- **AS IN THE TRACK EVENTS, ALL FIELD EVENT RELAY TEAM MEMBERS MUST HAVE MATCHING TEAM UNIFORMS!!!**

## RUNNING

**EVENTS:** All heats will be run **girls followed by boys**, (**four participants per team**).

|                   |       |   |
|-------------------|-------|---|
| Order of Events:  | 12:00 | 6400 Meter Relay (4 x 1600)                           |
|                   |       | 12:55 National Anthem                                 |
| Rolling Schedule: | 1:00  | 400 Meter Relay (4 x 100)                             |
|                   |       | 400 "Diesel" Meter Relay (4 x 100) <b>Exhibition!</b> |
|                   |       | 3200 Meter Relay (4 x 800)                            |
|                   |       | 800 Meter Medley Relay (100, 100, 200, 400)           |
|                   |       | Shuttle Hurdles Girls (4 x 102.5 m)                   |
|                   |       | Shuttle Hurdles Boys (4 x 110 m)                      |
|                   |       | 800 Meter Relay (4 x 200)                             |
|                   |       | Distance Medley Relay (800, 200, 400, 1600)           |
|                   |       | 1600 Meter Relay (4 x 400)                            |
|                   |       | Awards Presentation                                   |

A competitor may compete in a maximum of FOUR Track and Field events. Any school permitting contestants to compete in more than the allowed number will forfeit points and awards from ALL events in which they participated.

**MEALS:** Refreshments will be sold at the concession stand behind the Press Box.

**REST-ROOMS:** Restrooms are located in the school directly behind the stands and press box.

**ROOMS:** **Team rooms are for Cuyahoga Heights' athletes, coaches and officials only!**

**ADMISSION:** Online ticket sales only. Information will be shared with your athletic director. but ***please let participating families know there will be an admission charge!!!!***

**PROBLEMS/  
QUESTIONS:** Contact Doug Amari at Email: [damari@cuyhts.org](mailto:damari@cuyhts.org)  
Cell: 216-832-8666