



2024 LCAAA Invitational at Ely Stadium

- Date:** The 2024 LCAAA Invite is scheduled for Friday, April 12, beginning at 3:00 p.m. with field events and 4:30 p.m. with running. There will be a brief coaches' meeting at the finish line promptly at 3:00. p.m. Meet packets will be available at the finish line.
- Schools:** Amherst, Avon, Avon Lake, Black River, Brookside, Clearview, Elyria, Elyria Catholic, Firelands, Keystone, Lake Ridge, Lorain, Midview, North Ridgeville, Oberlin, Open Door, Wellington
- Entry Fee** Paid via LCAAA Dues
- Events:** A regular Invitational Track Meet Schedule. Schedule is the same as 2023 and is included. All timing will be performed by FAT. There will be semi-finals for the following running events 100 m and 110 m Hurdles, 100 m dash, and 200 m dash. Long Jump will be Open Pit. All other events will be run on time.
- Entry Limit:** Each school will be permitted to enter two athletes per running event, one relay team per relay, and two athletes per field event
- Starting Heights:** Tentative starting heights for each applicable event are as follows:
Girls High Jump – 4', Boys High Jump – 5', Girls Pole Vault – 6'.
Boys Pole Vault 8'. *Official starting heights will be announced after entries are submitted and reviewed.*
- Entries:** MileSplit will be used for online entries. Coaches should have received an invite to enter their line-ups. If they did not, please contact me.
- Exchange Zones:**
Our track has the small triangle fly zone on the track for the 4x1 and 4x2. Please make note of this with your athletes.
- Reminder:** **PLEASE KEEP ALL ATHLETES OFF OF THE INFIELD AT ALL TIMES.**

Spikes: ONLY 1/4" SPIKES ARE PERMITTED ON THE TRACK. ATHLETES NOT IN COMPLIANCE WILL NOT BE PERMITTED TO COMPETE.

Lanes: Lanes are assigned by the Hy-Tek Scoring System by entered times.

Scoring: Team points for each event will be awarded as follows:

1 st Place – 10	5 th Place – 4
2 nd Place – 8	6 th Place – 3
3 rd Place – 6	7 th Place – 2
4 th Place – 5	8 th Place – 1

Awards: Trophies will be awarded to the 1st and 2nd place teams in both the Boys and Girls competitions. Medals will be given for places 1-3.

Admission: Admission will be \$6.00 - **CASH ONLY**

A concession stand will be open with a variety of items available.

Relay Cards: All coaches are on their HONOR as to student-athlete participation limits and eligibility. All participants must be on your current OHSAA eligibility list.

Questions: Please call the Elyria Athletic Department at 440-280-8257

Field Event Assistance: You are asked to provide 1 adult per school to assist in your designated area. You will NOT be running the event, but rather assisting the officials present. Please have your volunteers at the event site 20 minutes before the event begins. Thank you in advance for your help in making LCAAA Championships a huge success!!

Shot Put Avon Lake/Brookside	Discus Avon/Midview	Long
Jump North Ridgeville/Keystone	Pole Vault Elyria/Firelands High	Jump Elyria
Catholic/Lorain		
Hurdle Crew Clearview/Wellington/Oberlin/Open Door/Lake Ridge/Elyria		



Boys Lorain County Track and Field Titles

1. Amherst (20): 1971-2, 1972, 1973, 1974, 1975-2, 1976, 1977, 1978, 1979, 1980, 1982, 1989, 1991, 1994, 1996, 2009, 2016, 2017-2018
2. Avon (18): 1930-34, 1937, 1954-59, 1961, 2013-15, '17, '21
3. Clearview (15), 1938-46, 1977-80, 1991, 1996
4. Avon Lake (10): 1948-52, 1987, 2010-12, 2019
4. Elyria (9): 1970-72, 1974, 1977, 1985-2, 1986, 1992
6. Elyria Catholic (8): 1973-75, 1977-78, 1984-2, 1993
7. Oberlin (7): 1976-2, 1983, 1985-2, 1986, 1992
8. Elyria West (4): 1981-83, 1989
8. Admiral King (4): 1973, 1981, 1983, 1987
10. Firelands (3): 1981-83
10. Midview (3), 1979, 1982-83
10. Wellington (3): 1923-24, 1979

Girls Lorain County Track and Field Titles

1. Avon (19): 1928-33, 1944-47, 1961, 1979-81, 1994, 2009, 2014-15, 2017-2018
2. Avon Lake (13): 1940-41, 1950-51, 1983, 1984-2, 1987, 1989, 1991, 1996, 2010-11
3. Amherst (8): 1980, 1981-2, 1982, 1989, 2012-13, 2016-17
4. Elyria (8): 1977-78, 1979-2, 1985-2, 1986, 1987
5. North Ridgeville (7): 1938-39, 1952-55, 1976
6. Columbia (5): 1948, 1956, 1958-59, 1996
6. Firelands (5): 1960, 1974, 1981-83
8. Elyria Catholic (3): 1983, 1984-2
8. Elyria West (3): 1985-2, 1986
10. Admiral King (2): 1982-83
10. Midview (3): 1975, 1980, 2021
10. Wellington (2): 1978-79