



To: Athletic Directors, Boys & Girls Head Track Coaches

- Teams:
 - Avon - **Confirmed**
 - Avon Lake - **Confirmed**
 - Bay - **Confirmed**
 - Berea-Midpark - **Confirmed**
 - Fairview - **Confirmed**
 - Gilmour - **Confirmed**
 - Lakewood - **Confirmed**
 - North Royalton - **Confirmed**

ENTRY FEE: \$150/School

(Make Checks Payable to Lakewood City Schools)

- Event Date: Friday, April 5, 2024 @ 3:30pm
Lakewood High School
14100 Franklin Blvd.
Lakewood, Ohio 44107
- Times:
 - 3:30 pm - Field Events
 - 3:30 pm - Girls 4 x 1600 meter relay, followed by the boy 4 x 1600 meter relay
 - 5:30 pm - Running Events Start
- Facilities:
 - All-weather track
 - Shot and Discus at field across the street from high school (Franklin Blvd side)

- Entries: All entries via MileSplit
- Registration entry window closes on Thursday April 4, 2024 @ midnight. Any last minute scratches of 3200 or hurdles needs to be done by 4:00 pm Friday, April 5th at the finish line.
 - We need seed times for the Hurdle events **ONLY**
 - We will run the 8 fastest seed times in the first heat, regardless of school
- Number of Competitors:
 - Each school may enter 3 competitors in each field event
 - Each School may enter 2 competitors in each hurdle event
 - One relay team per school on track
 - Each school may enter 2 competitor in the 3200
- Bullpen:
 - The Bullpen will be located in the north end of the track. It will be marked.
 - Athletes should begin making their way to the Bullpen when the First Call is made for their event
 - Athletes will be escorted to the starting line, as a group, after they have all checked in
- Team Camps:
 - All teams should set up their “camps” in the bleachers on the east side of the stadium.

Lane assignments will be done by blind draw. Coaches will receive a copy of the Heat Sheets when you arrive and check in at the Press Box. Remember, changes can be made on your teams' entries up until 3:30 pm for field events, and 4:00 pm on running events. There will **NOT** be a weigh in for shot and discus. Each teams' implement will be part of the common pool for the event.

We will be scoring 6 places (10-8-6-4-2-1) and medals will be awarded to the top three in each event. The team that places first overall for the Boys and Girls will receive a trophy.

Field Events Schedule:

(Three Person Teams)

Events will all start at 3:30pm

1. **Shot Put** (on Franklin Blvd.) - Boys first, followed by the girls. Each athlete will have 4 throws. The best distance for each athlete will be added together to find the “Team” score. Team with the largest sum wins the event. No Finals.
2. **Discus** (on Franklin Blvd.) - Girls first, followed by the boys. Each athlete will have 4 throws. The best distance for each athlete will be added together to find the “Team” score. Team with the largest sum wins the event. No Finals.

3. **High Jump (Stadium south side)** - Boys first, followed by the girls.
Boys Heights: 5'4", 5'6", 5'8", 5'10", 6'0", 6'1", one inch increments
Girls Heights: 4'4", 4'6", 4'8", 4'10", 5'0", 5'1", one inch increments
The best Height for each athlete will be added together to find the "Team" score. Team with the largest sum wins the event. No Finals.
The girls and the boys high jump events will be run "5 Alive".
4. **Pole Vault (Stadium north side)** - Girls first, followed by the boys.
Girls Heights: 7', 7'6", 8', 8'6", 9', 9'6", 10', ½ foot increments
Girls Heights: 9', 9'6", 10', 10'6", 11', 11'6", 12', 12'6", 13', 13'6", ½ foot increments
The best Height for each athlete will be added together to find the "Team" score. Team with the largest sum wins the event. No Finals.
5. **Long Jump (Stadium south side)** - Girls first, followed by the boys. Each athlete will have 4 jump attempts. The best distance for each athlete will be added together to find the "Team" score. Team with the largest sum wins the event. No Finals. **The girls and the boys long jump events will be run in flights.**

Track Events Schedule:

- All Running Events will be Girls first, followed by boys
 - Hurdle Heights for both girls and boys will be Standard Height
 - **ALL** OHSAA official uniform rules will be enforced
1. **4 x 1600M Relay** Girls/Boys @ 3:30pm
 - BREAK -
 2. Hurdles
 - a. **100M Hurdles Girls** (2 entries per school)
 - b. **110m Hurdles Boys** (2 entries per school)
 3. **Distance Medley Relay (DMR)** Girls/Boys
 - a. 800 - 400 - 1200 - 1600
 4. **4 x 200M Relay** Girls/Boys
 5. **4 x 800M Relay** Girls/Boys
 6. **Sprint Medley Relay (SMR)** Girls/Boys
 - a. 100 - 100 - 200 - 400
 7. **3200M** (2 entries per school per gender) Girls/Boys
 8. **4 x 100M Relay** Girls/Boys
 9. **4 x 400M Relay** Girls/Boys