



2024 Bulldog Relays MEET INFORMATION



Welcome to the 50th annual Bulldog Relays on Friday May 3, 2024. We hope that your experience will be a positive one for your team!

- 1) Entries will be done online through MileSplit. Registration opens on Wednesday April 17 and closes at 10:00 AM on Thursday May 2.
- 2) Lineup changes are permitted on the day of the meet. Running event changes will be done at the coaches meeting and field event changes will be done at the event.
- 3) Field Events are three person relays and begin at 4:00.
Running events begin at 4:30. One entry for each open running event.
- 4) The triple jump will be scored as an individual event. Teams are permitted two entries. The take-off boards for the triple jump are located 24', 28', and 32' from the pit.
- 5) We ask that you have your athletes report by the second call. This will help keep the meet running as quickly as possible.
- 6) Do not use tape or chalk on the track. Tongue depressors and tennis ball halves are permitted.
- 7) All team camps must be outside the track area in the bleachers.
- 8) Athletes should avoid warming up on the turf field while wearing their spikes.
- 9) **AWARDS:**
Individual award plaques will be given for 1st place.
Individual ribbons will be awarded for 2nd through 6th place.
Team trophies will be given for the boys and girls champion, boys and girls runner-up, and a combined boys-girls champion.
- 7) Scoring will be: **Varsity:** 10, 8, 6, 5, 4, 3, 2, 1
JV Relay: 6, 5, 4, 3, 2, 1
- 8) The long jump will be an open pit format. Please encourage your athletes to get their attempts in as soon as possible. Once the window closes, no further jumps will be permitted.
- 9) If you have any questions contact John Novotny at:
e-mail: jnovotny@ofcs.net
phone: 440.427.6190 (work)
440.523.1703 (cell)

FIELD EVENT INFORMATION

Field events begin at 4:00.

POLE VAULT:	GIRLS FIRST THEN BOYS	Starting Heights:	Girls: 6' Boys: 8'
SHOT PUT:	GIRLS FIRST THEN BOYS	Flights: Four Throws	
DISCUS:	BOYS FIRST THEN GIRLS	Flights: Four Throws	
LONG JUMP:	BOYS GIRLS	Open Pit (4:00 – 5:15). Four Jumps. Open Pit (5:30 – 6:45). Four Jumps.	
HIGH JUMP:	GIRLS FIRST THEN BOYS	Starting Heights:	Girls 4' Boys 5'
TRIPLE JUMP:	BOYS AND GIRLS TOGETHER – OPEN PIT FORMAT AFTER COMPLETION OF THE GIRLS LONG JUMP. <i>Two athletes per school. Three jumps per athlete. The event will be scored as an open event and not as a relay.</i>		

ORDER OF RUNNING EVENTS

The first running event will begin at 4:30 and a rolling time schedule will be in effect.

ORDER OF EVENTS

1. Girls 4 x 1600 Relay
2. Boys 4 x 1600 Relay
- Welcome / Announcement of Olmsted Falls Seniors / National Anthem
3. Girls OPEN 100 Meter High Hurdles - 1 per School
4. Boys OPEN 110 Meter High Hurdles - 1 per School
5. Girls OPEN 100 Meter Dash – 1 per school
6. Boys OPEN 100 Meter Dash – 1 per school
7. Girls Distance Medley - 1200, 400, 800, 1600
8. Boys Distance Medley - 1200, 400, 800, 1600
9. Girls JV Sprint Medley - 100, 100, 200, 400
10. Boys JV Sprint Medley - 100, 100, 200, 400
11. Girls Varsity Sprint Medley Relay - 100, 100, 200, 400
12. Boys Varsity Sprint Medley Relay - 100, 100, 200, 400
13. Girls 4 x 800
14. Boys 4 x 800
15. Girls 4 x 100
16. Boys 4 x 100
17. Girls Shuttle Hurdles
18. Boys Shuttle Hurdles
19. Girls 4 x 200
20. Boys 4 x 200
21. Girls OPEN 1600 - 1 per school
22. Boys OPEN 1600 - 1 per school
23. Girls 4 x 400
24. Boys 4 x 400
25. Throwers 4 x 100 - non-scored
26. Coaches / Alumni 4 x 100