



# **2020 Graban Relays**

*Monday, April 20, 2020 @ 4:30pm*

\*Coaches Meeting @ 4:00pm

**PLACE:** WCHS DOC Stadium

**TIME:** Field Events will begin at 4:30. Running events will start at 5:00.

**TEAMS:** TBA

**ENTRIES:** One team per event. All events will be finals.

**REGISTRATION:** Finish Timing will take care of all registrations, timing, and scoring for the event. Please call Mike Chatfield at 937-215-6299 if you have any questions. Registration deadline is April 18, 2020 at 9:00 pm.

**COST:** \$175 total if entering both boys and girls teams. \$90 total if entering one team. Make checks payable to "West Carrollton Athletic Department"

**AWARDS:** Medals for 1<sup>st</sup> and 2<sup>nd</sup> places, ribbons for 3<sup>rd</sup> and 4<sup>th</sup> Team Trophy for 1<sup>st</sup> place boys and girls.

**SPIKES:** No runner will be permitted on the track with spikes longer than ¼. Please no spikes in the stands. Please help us maintain our field turf by keeping athletes with spike off the infield.

**ADMISSION:** General admission is \$5.00 for adults, \$3.00 for students and senior citizens.

**CONCESSIONS:** Concession stand will be open at 4:30.

**QUESTIONS:** Doug Kirk, Varsity Coach – (937) 859-5121 ext: 7736 – [Dkirk@wcsd.k12.oh.us](mailto:Dkirk@wcsd.k12.oh.us)

Jason Vest, Head Boys Coach – (937) 859-5121 ext: 7761 – [Jvest@wcsd.k12.oh.us](mailto:Jvest@wcsd.k12.oh.us)

## **FIELD EVENTS**

- Boys Shot Put (Girls to follow), 3 throws
- Girls Discus (Boys to follow), 3 throws
- Boys Long Jump (Girls to follow), 3 jumps
- Girls High Jump (Boys to follow)
  - Girls will start at 3' 9", increasing by 3 inches to 4' 6", then by 2 inches
  - Boys will start at 4' 3", increasing by 3 inches to 5', then by 2 inches
- Girls Pole Vault (Boys to follow)
  - Girls will start at 5', increasing by 6 inches
  - Boys will start at 6', increasing by 6 inches

## **RUNNING EVENTS**

- Girls 4x100 Hurdles
- Boys 4x110 Hurdles
- Sprint Medley (100, 100, 200, 400) (Girls first, Boys to follow)
- Distance Medley (1200, 400, 800, 1600) (Girls first, Boys to follow)
- 4x200 (Girls first, Boys to follow)
- 4x800 (Girls first, Boys to follow)
- 4x100 (Girls first, Boys to follow)
- 4x400 (Girls first, Boys to follow)

## **Steve Graban**

Following four years of service in the U.S. Army during World War II, Steve Graban came to West Carrollton in 1946 as a teacher and coach. Mr. Graban retired after thirty-eight years at West Carrollton. His teaching fields were science, physical education, and driver's education. Mr. Graban coached football, basketball, and track. He also directed the intramural program for a number of years. His last year of teaching is the only year that Mr. Graban did not coach.

A 1933 graduate of Memorial High School located in Campbell, Ohio, Mr. Graban worked for five years after graduating high school before entering college. He enrolled at the University of Kentucky in 1938 and earned his B.A. degree in 1942 with a double major in biological science and physical education. Mr. Graban went on to earn a Master's Degree and Director of Physical Education Diploma from Indiana University. During his career, Mr. Graban also studied at West Virginia University and Wright State University. Mr. Graban passed away in 1994 and was inducted into the first West Carrollton Athletic Hall of Fame in January 1996.