

Date: April 8th, 2022

Venue: First Federal Lakewood Stadium

Boys Teams competing: Lakewood, Bedford, Benedictine, Berea-Midpark, Cleveland Central Catholic, Fairview, North Royalton and Rocky River.

Girls Teams Competing: Lakewood, Bedford, Berea-Midpark, Cleveland Central Catholic, Fairview, Magnificat, North Royalton and Rocky River.

Dear Coaches,

Thank you for participating in this year's Ranger Relays. Included you should find a copy of the meet schedule. The girls' 4 x 1600 meter relay will start at 4:00pm followed by the boys'. The rest of the running events will start at 5:15pm with a rolling time schedule the remainder of the meet. Field events begin at 4:00. We will need seed times for the hurdle events ONLY. We will run the 8 fastest in the first heat, regardless of the schools.

We will be using **MileSplit** for entries. The entry window will open Wednesday, March 30th at Noon and close precisely on Thursday, April 7th at Noon. As always, you may enter 3 competitors in each field event and two competitors in hurdles and one relay team on the track. Lane assignments will be done by blind draw. **One entry for the 3200.** You do not need to enter a seed time for any race. You will receive a copy of the lane assignments when you arrive on Friday. If you have to make changes on the track or field, you can do that the day of the meet up until 4:00pm when the meet begins. There will **not** be a weigh in for shot and discus. Your 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 given for the top 3 in each event. The team that places first overall for Boys and Girls will receive a trophy.

Let's hope for good weather!

Sean Jackson

Director of Athletics

LAKWOOD RANGER RELAYS TIME SCHEDULE

<u>FIELD EVENT TIMES</u>		<u>TRACK EVENT TIMES</u> <u>4:00pm/5:15pm</u>
4:00pm	BOYS SHOT	1. 4 x 1600M RELAY GIRLS/BOYS (4:00pm)
	GIRLS SHOT	2. 100M/110M HURDLES GIRLS/BOYS (two entries) (ROLLING TIME SCHEDULE start at 5:15pm)
4:00pm	GIRLS DISCUS	3. DMR GIRLS/BOYS
	BOYS DISCUS	4. 4 x 200M RELAY GIRLS/BOYS
4:00pm	GIRLS HIGH JUMP	5. 4 x 800M RELAY GIRLS/BOYS
	BOYS HIGH JUMP	6. SMR GIRLS/BOYS
4:00pm	GIRLS POLE VAULT	7. 3200M RUN GIRLS/BOYS
	BOYS POLE VAULT	8. 4 x 100M RELAY GIRLS/BOYS
4:00pm	BOYS LONG JUMP	9. 4 x 400M RELAY GIRLS/BOYS
	GIRLS LONG JUMP	

ADDITIONAL INFORMATION

1. RUNNING EVENTS WILL BE GIRLS FIRST, THEN BOYS
2. DISTANCE MEDLEY WILL BE 800-400-1200-1600
3. HURDLE HEIGHT FOR GIRLS WILL BE (STANDARD HEIGHT)
4. HURDLE HEIGHT FOR BOYS WILL BE (STANDARD HEIGHT)
5. HIGH JUMP FOR GIRLS WILL GO 4'3", 4'6", 4'8", 4'10", 5'0", 5'1", one inch increments
6. HIGH JUMP FOR BOYS WILL GO 5'3", 5'6", 5'8", 5'10", 6'0", 6'1", one inch increments
7. POLE VAULT FOR GIRLS WILL GO 7', 7'6", 8', 8'6", 9', 9'6", 10', ½ foot increments
8. BOYS POLE VAULT WILL BEGIN IMMEDIATELY FOLLOWING THE GIRLS
9. POLE VAULT FOR BOYS WILL GO 9', 9'6", 10', 10'6", 11', 11'6", 12', 12'6", 13', 13'6", ½ foot increments
10. LONG JUMP, DISCUS, SHOT WILL HAVE 4 JUMPS/THROWS NO FINALS
11. THE BOYS AND GIRLS LONG JUMP EVENTS WILL BE RUN IN FLIGHTS
12. ***ALL 2018-2019 OFFICIAL UNIFORM RULES WILL BE ENFORCED***
13. SCORING FOR THE MEET WILL GO 10-8-6-4-2-1
14. SPRINT MEDLEY RELAY WILL BE 100-100-200-400

****Shot put and discus are located across the street from the high school. We no longer need to use a shuttle bus to Madison Park.***