

**20<sup>th</sup> ANNUAL RED RAIDER RELAYS**  
**HOSTED BY LONDON HIGH SCHOOL**  
**March 31<sup>st</sup>, 2023**

**CONTACT INFORMATION**

SCHOOL ADDRESS: 336 Elm Street, London, Ohio 43140

*Athletic Director*

Jim Wolverton

740-852-5705 x.3057

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**SCHEDULE OF EVENTS**

**4:00 p.m.**     ***Pre-Event Instructions***

Common Implements

**4:30 p.m.**     ***Field Events Session 1***

Boys High Jump

Boys Discus

Girls Long Jump

Girls Shot Put

Boys Pole Vault

**5:00 p.m.**     ***Track Events Session 1***

Event 1 – 4 x 1600 meter relay

**5:45 p.m.**     ***Field Events Session 2***

Girls Discus

Boys Shot Put

Girls High Jump

Girls Pole Vault

Boys Long Jump

**6:00 p.m.**     ***Track Events Session 2 (Girls followed by boys)***

Event 2 – 4 x 100 meter shuttle hurdles (Girls 30in, Boys 30in)

Event 3 – 4 x 100 meter relay

Event 4 – Distance medley (1200m – 400m – 800m – 1600m)

Event 5 – 4 x 200 meter relay

Event 6 – 4 x 800 meter relay

Event 7 – Sprint medley (100m – 100m – 200m – 400m)

Event 8 – Middle distance medley (200m – 200m – 400m – 800m)

Event 9 – 4 x 400 meter relay

Event 10 – mixed 4x400 meter relay

**TEAM SCORING AND AWARDS**

1. All field events will score the combined efforts of **two** athletes
2. In each event, top 5 teams score, on a 10-8-6-4-2 basis
3. All relay team members on 1<sup>st</sup> and 2<sup>nd</sup> place finishers receive medals
4. Top two teams in boys and girls divisions will receive trophies

## **FIELD EVENT DETAILS**

*Discus* - Located outside stadium, west of tennis courts  
2 flights; 4 throws; no finals

*High Jump* - Located at south end of stadium  
Starting heights – 5'0" for boys; 4'0" for girls

*Long Jump* - Located at north end of stadium  
Open pit; 4 jumps; no finals

*Pole Vault* - Located at north end of stadium  
Starting heights – 7'0" for boys; 6'0" for girls

*Shot Put* - Located at northwest corner of stadium  
2 flights; 4 throws; no finals

## **4 x 1600 METER RELAY**

This race will be conducted at 5:00 p.m., separately from the other running events. The girls will run first. This relay will not be conducted in the traditional relay style. Instead, two timed sections will be run, with each team's two faster individuals in heat one, and its #3 and #4 runners in heat two. The four runners will then have their finishing times added together for the team's official relay time.

## **PARTICIPATING TEAMS**

Amanda-Clearcreek, Benjamin Logan, Bishop Ready, Blanchester , FCA, Harvest Prep, Jonathan Alder, London, Madison Plains, Mifflin, The Wellington School, Westland

## **LANE AND HEAT ASSIGNMENTS**

Heat and lane assignments for track events will be determined by times submitted with team entries, with slow to fast heat assignment.

## **TEAM ENTRIES**

Entries will be via [oh.milesplit.com](https://oh.milesplit.com) by Tuesday, March 28<sup>th</sup> at noon (12:00pm).

## **RESULTS**

Results will be available at [results.freddieboosters.org](https://results.freddieboosters.org). There will also be a QR code posted at the meet to access results.

## **TEAM CAMP AREAS**

No team camps on the field. Camps may be set up on the south end of the stadium between the track and fence or on the visitors' side (east side) of the stadium. There will be a trash bag in your team packet. Please clean up your team camp area before departing.

## **BULLPEN**

For each track event, athletes must check in at the bullpen, located at the north end of the stadium near the starting line of the 100-meter dash. *Although every effort will be made to give check-in calls from the press box, athletes should not expect nor depend on them. Please make certain your athletes know the order of events and are also aware of the check-in protocol.*

### **FACILITY RULES**

The Terry L. Nance Track is an 8-lane, red, polyurethane all-weather surface.

1. ¼" cone or pyramid spikes only
2. Tennis balls or sidewalk chalk only to mark field events and exchange zones
3. No tape or regular chalk is permitted on track or turf surface
4. Please do not sit, lay or play on high jump and pole vault mats
5. Only coaches and participating athletes permitted inside roped-off areas
6. No warm ups on the turf field in track spikes.
7. No food or beverage, other than water, may be on the turf.
8. No gum or sunflower seeds on the turf.
9. Masks are required while not competing.
10. Social distancing is required at all times while not competing.

### **EXCHANGE ZONES**

1. 4 x 1600 meter relay – green alleys (1 turn stagger)
2. 4 x 100 meter relay – yellow to yellow
3. Shuttle hurdles – green exchange zone
4. Distance medley – blue to blue (1 turn stagger)
5. 4 x 200 meter relay – black to black (1<sup>st</sup> and 2<sup>nd</sup>); yellow to yellow (3<sup>rd</sup>)
6. 4 x 800 meter relay – blue to blue (2 turn stagger)
7. Sprint medley – yellow to yellow (1<sup>st</sup> and 2<sup>nd</sup>); blue to blue (3<sup>rd</sup>)
8. Middle distance medley – yellow to yellow (1<sup>st</sup>); blue to blue (2<sup>nd</sup> and 3<sup>rd</sup>)
9. 4 x 400 meter relay – blue to blue (3 turn stagger)

### **SPECTATOR INFORMATION**

1. Cost of admission is \$7 for all tickets.
2. Tickets can be purchased at: <https://www.london.k12.oh.us/page/athletic-tickets>
3. Tickets may also be purchased at the gate with cash.
4. The London Athletic Boosters will operate a concession stand that opens at 3:30 p.m.

**Cost:** \$150 if sending boys and girls. \$75 if only sending one.

Day of the Meet Contact:  
Athletic Director  
Jim Wolverton  
614-832-6523