



2025 Cowen Invitational
Saturday, April 19th, 2025 – 9:00 a.m.
Loudonville High School Stadium



Meet Information

All rosters and entry marks must be entered online using <https://oh.milesplit.com/meets/674627-cowen-invitational-2025/info>. Registration will open Monday, April 7th at 11:00 AM and close on Thursday, April 17th at 11:00 PM. Your team will be closed out of the meet if you miss the deadline.

Please keep scratches and/or replacements to a minimum. All scratches and/or replacements can be made at the coaches meeting and scratches only at the respective field event.

1/4" spikes or smaller will be permitted on the track. If athletes are wearing larger spikes, they will be asked to run in flats.

We will be running a bull pen at the North end of the track near the bus garage. Please have your athletes check in with the clerk at the bull pen prior to the event. The 200 will check in at the 200m start. 300 hurdlers will check in at the 300m start, opposite of the finish line.

Throwers will have to reach the following minimum distance to receive a measurement for their throw: **Shot: Girls – 20' / Boys – 30'** **Disc: Girls – 60' / Boys – 80'**

There will be weigh-ins for the shot put and discus. Weigh-ins will take place at the ticket booth at the south end of the track. **Weigh-ins will begin at 8:00 a.m. The coaching meeting at the field house will begin at 8:20 a.m.**

PV Starting Heights: Girls – 7' / Boys – 10'

HJ Starting Heights: Girls – 4' 2" / Boys – 5' 2"

Admission

Tickets for this event will be sold at the gate. \$8/Adult - \$5/Student. There are no limitations on spectators.

Concessions

The Loudonville Athletic Boosters will sell sandwiches, snacks, and beverages throughout the day. The Hospitality Room for coaches, officials, and workers will be available in the field house courtesy of the Loudonville Athletic Department.

Participating Schools

Cardington-Lincoln, Centerburg, Chippewa, Columbia, Danville, East Knox, Fredericktown, Hiland, Hillsdale, Loudonville, Lucas, Mar. Highland, Mt. Gilead, New London, Northmor, Smithville

Questions? Please email: AD Chad Spurlock at lopr_cspurlock@tccsa.net

Or Head Coaches: Vanessa Byers at yabyers@yahoo.com

or Jacqueline Bilger at jacquelinebilger@gmail.com

Order of Events

9:00 Field Events Begin

- Girls Discus (Boys Discus to follow, 4 throws, no finals)
- Boys Shot Put (Girls Shot to follow, 4 throws, no finals)
- Girls Long jump open pit 9:00 – 10:30 (Boys Long Jump to follow, 4 jumps, no finals)
- Boys High Jump (Girls High Jump to follow)
- Girls Pole Vault (Boys Pole Vault to follow)

10:00 Semi-finals (first in each heat and next four fastest times advance to finals)

1. Girls 200 Meter Dash
2. Boys 200 Meter Dash
3. Girls 4x800 Meter Relay (FINAL ONLY)
4. Girls 100 Meter Dash
5. Boys 100 Meter Dash
6. Boys 4x800 Meter Relay (FINAL ONLY)
7. Boys 110 Meter Hurdles (39")
8. Girls 100 Meter Hurdles (33")

Brief Officials Break

Finals (top eight times/places will be scored)

1. Girls 100 Meter Hurdles
2. Boys 100 Meter Hurdles
3. Girls 100 Meter Dash
4. Boys 100 Meter Dash
5. Girls 4x200 Meter Relay (2 heats)
6. Boys 4x200 Meter Relay (2 heats)
7. Girls 1600 Meter Run (2 sections)
8. Boys 1600 Meter Run (2 heats)
9. Girls 4x100 Meter Relay (2 heats)
10. Boys 4x100 Meter Relay (2 heats)
11. Girls 400 Meter Dash (4 heats based on time)
12. Boys 400 Meter Dash (4 heats based on time)
13. Girls 300 Meter Hurdles (30") (4 heats based on time)
14. Boys 300 Meter Hurdles (36") (4 heats based on time)
15. Girls 800 Meter Run (2 sections)
16. Boys 800 Meter Run (2 sections)
17. Girls 200 Meter Dash
18. Boys 200 Meter Dash
19. Girls 3200 Meter Run
20. Boys 3200 Meter Run
21. Girls 4x400 Meter Relay (2 heats based on time)
22. Boys 4x400 Meter Relay (2 heats based on time)