

# Olentangy Liberty Freedom Relays April 23<sup>rd</sup> 2021

3584 Home Rd.

Powell, Ohio 43065

Nate Cikach - Boys Coach

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## **General Information**

1. There will be 8 schools competing. 8 boy teams and 8 girl teams.
2. F.A.T. timing will be provided by Wingman Timing, LLC and used for all relays.
3. Each school can enter one relay per event (field events are made up of 3 or less athletes).
4. If you make scratches or changes in your lineup, it is your responsibility to alert the Timing crew.
5. Long jump, shot put, and discus will be three trials with no finals. In the long jump, open pit will be used. (1 hour each).
6. Boys and Girls HJ starts will be announced after seeds have been summited
7. Girls PV starts at 6', then 7', then 8' then 6" increments.
8. Boys PV starts at 9'0" then 10'0", then 11'0", and then 6" increments.
9. Field events will start at 5:00 pm; 4 X 1600 at 5:00 pm; all other relays to follow.
10. Admission will be \$6.00 for adults; \$4.00 for students, \$2 for senior citizens.
11. Starting blocks will be provided.
12. Only ¼" cone-shaped spikes are allowed.
13. Chalk or tennis balls must be used for marking check points. (please no tape)
14. Camps must be set up under the home side bleachers or in visitor side bleachers.
15. Bull pen will be located at the NW corner of the track (home side, scoreboard end).
16. Coaches/officials—hospitality will be provided on the north side of the Press Box.
17. A trainer will be on the premises. Be sure to have your permission-to-treat forms on hand.
18. Meet t-shirts will be available and can be personalized.
19. Buses should park in the east lot behind the visitor stands.

## **Awards**

1. A team champion and second place trophy will be given to the boys and girls team. Medals will be awarded for first, second and third place relays.
2. Athletes will get their medals immediately following event on a podium on the turf.
3. Scoring will be 10, 8, 6, 4, 2, 1

## **Entry Procedures**

1. All entries need to be put into [www.oh.milesplit.com](http://www.oh.milesplit.com) by Thursday April 21, 2021 at Noon (12:00 PM).

Email Nate Cikach at [nathaniel\\_cikach@olsd.us](mailto:nathaniel_cikach@olsd.us) if you have any questions.

## Teams Participating

Liberty  
Orange  
Hilliard Davidson

Olentangy  
Dublin Coffman  
Centerville

Berlin  
Dublin Jerome

## **ORDER OF EVENTS FREEDOM RELAYS**

### 4:00 P.M.

Girls Pole Vault followed by Boys

### 5:00 P.M.

Girls High Jump followed by Boys (HJ will be run as 5 alive)

Girls Discus followed by Boys

Boys Shot Put followed by Girls

Boys Long Jump Open Pit followed by Girls (3 trial jumps)

**All running events will start with girls, then boys.**

### 5:00 P.M.

**4 x 1600**

**Shuttle Hurdles**

**4 x 100 Relay (Yellow marks)**

**Lap Medley – 1200 400 800 1600 - (California exchange)**

**Sprint Medley – 100 100 200 400 - (Yellow, Yellow, California)**

**4 x 800 Relay**

**4 x 200 Relay**

**Distance Medley - 800 200 400 1600 (starts at 200 M line)**

**4 x 400 Relay**