

WASHINGTON COURT HOUSE ATHLETICS

Athletic Director: Greg Phipps
email: greg.phipps@wchcs.org
cell: (740) 572-1270
Athletic Complex
400 S. Elm Street
Washington C.H., OH 43160
Phone (740) 636-4221 ext 4217 / 4420 Fax (740) 636-4261

Coaches / ADs,

We are happy to have you attend the Washington Middle School Blue Lion Track Invitational at the Washington High School Track and Field Complex **Wednesday April 12th, 2023**. Please forward this information sheet to your Head Boys and Girls Track Coaches. We have Fully Automated Timing this year and all results will be posted to Baumspage and will be submitted to the OHSAA for JH STATE.

TEAMS - Washington CH, McClain, Hillsboro, Unioto, Leesburg Fairfield, Miami Trace WCH B: We will score 8 places.

TEAM ENTRY FEE - \$200 per school. If your school is sending a B team also the entry fee is \$300. Please make payment before or day of the event. Questions about payment, please contact tina.wilson@wchcs.org (740) 636-4221 ext 4420.

STUDENT ATHLETE ENTRY SHEET - This year we will be entering via the internet. Please go to <http://www.baumspage.com/track/index.php> and follow directions*. You must click on the **Washington CH Middle School Invitational**. It will be on the left side under Middle School meets. Have your lineups in by 9:00 pm Tuesday, April 11th, 2023. You may make changes any time up until then.

ADMISSION - All admission - \$5.00

RULES - National Federation, OHSAA rules will be enforced

SCRATCHES AND SUBSTITUTIONS - You may make changes until April 14th at 4pm. We will allow substitutions the day of the meet for injuries and sickness only at the finish line.

TIME SCHEDULE / EVENTS - There will not be a specified time schedule for events. Please have your athletes listen to calls from the PA announcer and be prepared to compete.
Coach's meeting - 4:15 PM, Field Events begin - 4:30 PM, Running Finals begin - 5:00PM.

COACHES - Coaches you will receive two Field passes in your packet. Your coaches must have them on in order to coach at the field events inside the track. We will also have coaches boxes they must stay inside. Please tell your parents they are not allowed on the infield at any time. Coaches that do not have passes will be asked to leave the field event area. At the end of the meet you must turn in your pass to receive your award packet.

FINAIS SCHEDULE - *NO Prelim Running events* - All events will run as finals. Events with two (three when necessary) heats will be run as slow heat then fast heat.

FIELD EVENTS - If your athlete must check out from a field event, they must wait till 2nd call, after completing there event they have 10 minutes to come and check back in or we will move on at the event without them!

Discus - 1. Boys 2. Girls - 4 throws – no finals

Shot put - 1. Girls 2. Boys - 4 throws – no finals

High Jump - 1. Girls 2. Boys
Starting Height Men -
Starting Height Women -

Long Jump - 1. Boys 2. Girls
4 jumps – no finals (we will run open pit) for 1 hour 4:30-5:30 and 5:45-6:45

Pole Vault - 1. Girls 2. Boys
Starting Height Men -
Starting Height Women -

Running Events Start @ 5:15

4x800 - Girls
4x800 - Boys
100 Meter (30") Hurdles - Girls
110 Meter High (33") Hurdles - Boys
100 Meter Dash
800 (4 x 200) Meter Relay
1600 Meter Run
400 (4 x 100) Meter Relay
400 Meter Dash
200 Meter Low (30") Hurdles
800 Meter Run
200 Meter Dash
1600 (4 x 400) Meter Relay

AWARDS NOTE - When the meet ends report to the press box to pick up your awards packet. You will not receive your awards packet until you turn in your coaching passes.

TEAM AWARDS - Champion and runner-up trophies for both boy's and girl's teams.
High Point Award for both boys and girls

INDIVIDUAL AWARDS Medals for 1st - 3rd Ribbons for 4th thru 5th.

SCORING - 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Questions, please contact: Louis Reid - Varsity Coach
WCH Athletics Meet Manager - Work (740) 606-4221 - Home (740) 606-5393