

Kenston Greg Lusk Co-Ed Relays

9500 Bainbridge Road
Chagrin Falls, Ohio 44023

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Chris Ickes	Boys' Coach	christopherickes@gmail.com
Jeanette DiBernardo	Girls' Coach	jeanette.dibernardo@kenstonlocal.org

Thank you for accepting our invitation to participate in the KENSTON Greg Lusk CO-ED RELAYS this year. The meet will be held on Friday, April 8, 2016.

Teams Entered:

Aurora,
Crestwood,
CVCA,
Kenston,
NDCL,
Orange,
Twinsburg, and
Woodridge.

Awards:

Co-Ed Champion and Runner-up Team Trophies

Awards will be given to all contestants that finish in the top six places.

Scoring: 10-8-6-4-2-1

Results: Will be posted on Baumspage.com and we will be using the Hy-Tek Program. Results will be submitted to the News Herald and Plain Dealer. If you would like results submitted anywhere else, please provide the contact info to boys coach Chris Ickes.

Schedule:

Field event relays (2 athletes per team) begin at 4 pm

Running event relays (4 athletes per team) begin at 5 pm

Order of Events:

(Girls first, then Boys)

4x1600

Shuttle Hurdles (100m girls, 110m boys)

4x100

4x800

4x200

Distance Medley (800-400-1200-1600)

Sprint Medley (100-100-200-400)

4x400

Opening Heights:

High Jump Girls: 4' 0", 4' 3", 4' 6", then up 2"

High Jump Boys: 5' 0", 5' 3", 5' 6", then up 2"

Pole Vault Girls: 6' 0", then up 6"

Pole Vault Boys: 8' 0", then up 6"

Online Entry: Entry at Baumspage.com. The entry window closes at 8 pm Thursday, April 7th . Additions may NOT be made after the entry window closes. Coaches packets will be available at the Press Box on the West side of the stadium. We will conduct a brief coaches' meeting at 3:45 pm.

PLEASE HELP: Buses are asked to please park on the Southwest side of the Tennis courts on the SW side of the stadium.

The concession stand will be open for your convenience. Restrooms will be available; however, locker room space is unavailable. There will be a hospitality room for coaches including food and beverage. Tickets will be available at the gate. (Adults \$6.00 – Students \$4.00) If you have any questions, please call! Chris Ickes 440-781-5738