

IMPORTANT DATES – 2010 RELAYS

- March 29 On line entry page open, www.mehockrelays.com
April 13 On line entries close at 12:00 PM
April 13 Heats/Flights established on entry mark/time – no changes will be accepted after this date.
April 15 On-line scratch and scratch/replace only closes at 5:00PM – www.baumspage.com

Items needed to be received by the Relays on April 13

1. Entry fee – (number of athletes x \$6) Canadian teams may pay upon arrival.
2. Athlete eligibility list signed by school principal (including birth dates)
3. Signed sportsmanship/uniform release

Send to:

Mansfield Mehock Relays
Attn: Liz Castle
525 W. Townview Cr.
Mansfield, OH 44907
419.756.3390

- April 16 Boys Pole Vault begins at 11:00 – girls to immediately follow
April 16 Boys and girls running events, and girl's field events begin at 12:00 – triple jump immediately following conclusion of girl's long jump
April 17 Running preliminaries, long jump, shot put and discus begin at 10:00
April 17 Boys high jump begins at 11:00
April 17 Finals begin at 1:00 PM

Future Relays Dates

2011 – April 15-16

2012 – April 20-21

2013 – April 19-20

KEY CONTACTS

Director Brady Groves 419.526.8427(w), 419.289.1910 (h) email: bgroves@medcentral.org

Entries Liz Castle 419.756.3390(h) email: lizcastle@hotmail.com

COACHES INFORMATION – 2010 RELAYS

**NOTE TO ALL COACHES
PLEASE READ THIS INFORMATION
COMPLETELY**, it contains vital information pertaining to all aspects of the 2010 Mansfield Mehock Relays.
ENTRIES WILL BE ACCEPTED ONLY ON-LINE.

Entry Fee and Registration

1. Entry fee is \$6 per athlete. **YOU MUST PAY YOUR ENTRY FEE IN ADVANCE.** Canadian teams may pay upon arrival.
2. Please make check payable to Mansfield Mehock Relays. **Canadian schools: U.S. money order or cash only – no checks.** All entry fees are non-refundable and non-transferable.

Entries must include your school eligibility list consisting of the birth dates of each entered athlete and must be signed by the principal.

**Payment, Eligibility List, and Uniform/Sportsmanship form can be sent to:
Liz Castle, 525 W. Townview Circle, Mansfield, OH 44907, by April 13, 2010.**

Entry Deadline

Entries must be submitted on the www.mehockrelays.com web page link between March 29 and April 13. The online entry page – www.baumspage.com - will be closed at 12:00pm on April 13.

Entering Athletes

To participate in the meet, the games committee will assign each participating athlete a unique number. **An athlete listed on a school's eligibility list, and not entered in an event, will not be assigned a number, and as a result will not be permitted to compete in the meet.**

AN ATHLETE MUST BE ENTERED IN AN EVENT TO BE ASSIGNED A NUMBER – INCLUDING THOSE WHO WILL BE USED ONLY AS RELAY ALTERNATES. ALTERNATES MUST BE ENTERED IN AT LEAST ONE RELAY EVENT. FINAL RELAY PARTICIPANTS CAN BE DECLARED ON YOUR RELAY CARD SUBMITTED TO THE CLERK DURING EVENT CHECK-IN.
ALL ATHLETES MUST BE ASSIGNED A NUMBER BY THE RELAYS COMMITTEE TO COMPETE.

Mansfield Mehock Relays Coaches Information

New athlete numbers will not be assigned the day of the meet. Numbers assigned by the Ohio High School Athletic Association or other State Association will not be used for the Relays. Competing with another athlete's number will result in disqualification.

Scratches and Scratch/Replace

Scratches and scratch/replace window will close at 5:00PM on Thursday, April 15, on www.baumspage.com. New entries will not be accepted during this period. **Scratched athletes will still be charged the \$6 entry fee.** No replacements or entries will be accepted after the April 15 deadline.

Eligibility and Sanctioning

In all interstate contests, each participating school shall follow the rules of the state association of which it is a member or rules, which have been approved by that state association for interstate competition. No school may violate its own state association rules. www.nfhs.org/sanctioning.htm All athletes participating in the meet must be certified eligible by their high school principals. Eligibility list of birth dates must accompany entry forms. Athletes who are 19 years old before August 1, 2009 are not eligible. To compete in the Mehock Relays, all schools must observe the Ohio High School Athletic Association rules of competition

Lodging

We apologize. The Relays is no longer able to offer housing in private homes on Friday night. Hotel information can be accessed at the [About Mansfield, OH link](#) or Registration Forms link.

Classification

There is no classification

Coaches Passes

Teams will be assigned one (1) coach's pass for every five (5) athletes entered – maximum of three. Additional coaches may purchase general admission tickets for each day.

Contestant Numbers

Team packets can be picked-up beginning at 9:30 am on Friday and 8:30 am on Saturday. Team packets will be located in the brick building just outside the west end of the track complex. Assigned numbers are to be worn on the BACK of the track jersey.

Restrictions

Each team is limited to entering two (2) athletes per individual event and one (1) team per relay event. A participant may compete in a maximum of four (4) track and field events. The four events may be any combination of track and field events.

Uniform Rule

The track and field uniform consists of a school issued jersey and shorts or "single-piece", which are not objectionable and shoes with an identifiable sole. Any other visible apparel must be of a single color and worn under the uniform jersey and shorts. In relay races, each team member shall wear the same color and design of school uniform (jersey and trunks, including "single-piece"). When other apparel is worn under the school uniform it shall be of the same solid color for all teammates choosing to wear them. No jewelry (body piercing, bracelets, rings, and necklaces-except medical and religious medals which must be taped to the uniform). Wristwatches are permitted. **Failure to comply will result in disqualification from that event.**

Mansfield Mehock Relays Coaches Information

Track

The track is an all-weather latex surface. It has ten, 42-inch lanes all around the track. The shot put and discus pads have rough cement surface and long jump pit has white sand.

If spikes are worn, they may not exceed 1/8" in length. The athlete's shoes will be closely checked. If the spikes do not meet the requirements, the shoes will not be permitted on the track. Athletes competing in the high jump will be permitted to use 3/8" spikes in that event only. Starting blocks will be furnished. Stand up blocks are not furnished and must be furnished by the athlete if used.

Shot and Discus Events – NEW

Contestants will be permitted to use their own implement. Implements must be approved by the weights and measures official prior to competition. Both events will utilize a 34.92° sector.

Entry Standards

The minimum standards for the Mehock Relays have been dropped. The Relays Committee realizes that the Relays is an early season meet and athletes have not achieved their full potential. However, so as to provide a positive experience for all of the competing athletes, and matching like competitors in order to provide fair and exciting competition, we request that all coaches submit fair and honest marks for all entries.

Awards

The first place boys' and girl's team will be awarded a team trophy for their school. Team runner-up awards will also be presented. Commemorative Mansfield Mehock Relays medals will be award to the top six boys' and girls individual and relay winners.

Publicity

Cooperation of competing schools is of vital importance in the successful development of publicity for the Relays. Please send pictures and stories relating to your top athletes. We need individual records of your top competitors for pre-meet publicity. You may send all available information to Brady Groves, Relays Director.

Time Schedule

Event starting times have been provided to accommodate athlete warm-ups. However, the Relays will operate on a rolling time schedule. Calls will be made before each event but it is ultimately the responsibility of the athlete to be ready to compete when his/her event is staged.

Scoring

Six places will count and the scoring will be as follows: 10-8-6-4-2-1

Preliminaries (Boys)

Semi-final races will be contested in the 100m dash, 200m dash, 300m intermediate hurdles and 110m high hurdles. All other events will be run in sections against time (slowest to fastest). Heats will be formed based on entered times. There will be three preliminary attempts in the discus, shot put, long jump and triple jump. The top seven athletes from the preliminaries will be eligible for three additional attempts in the finals.

Preliminaries (Girls)

There will be no preliminaries in the girls running events. Running events will be contested in sections as timed finals. Sections will be seeded from slow to fast, based on entry times.

Mansfield Mehock Relays Coaches Information

There will be three preliminary attempts in the discus, shot put and long jump. The top seven athletes from the preliminaries will be eligible for three additional attempts in the finals.

Report Site

Athletes competing in boy's preliminary track events, girl's 100m dash, 100m hurdles, 300m hurdles and 200m dash will report to the starting line of that event. All other track events will be staged at the east end of the track (near the tower). Field event contestants should report directly to their event.

Location

Mehock Track and Soccer Complex is located at 205 W. Cook Rd., Mansfield, OH 44907

From Interstate 71. Exit at 169 mile marker. North on state route 13. Exit Cook Rd. Turn west - two traffic signals – entrance to Mehock Field .

From state route 30. Exit Trimble Rd. Turn south. Follow Trimble Rd. to W. Cook Rd. – turn left. Third traffic signal-entrance to Mehock Field.

Mehock Relays Web site

The Relays web site www.mehockrelays.com provides athletes and coaches with the latest information regarding the Mehock relays. Results of the final team standings and medal winner's performance marks will be posted to the web site after the conclusion of the meet.

Concessions

The food concession area is located at the east end of the track. Sale of commemorative Mehock Relays shirts and other apparel is located near the spectator entrance and ticket booth.

Restroom facilities are available. However, athletes should come to the track dressed in track gear. Shower and locker space is not available.

Seating

All seating is general admission. There is additional seating available on the north side of the track.

Rules

NFHS rules, as modified by the Ohio High School Athletic Association, will apply. Heats/Sections will be determined by Hy-Tek Meet Manager.

Access to Track

All coaches and athletes will enter the complex at the double gate at the end of the paved drive. Athletes will gain admission by showing their contestant number – coaches must show their pass. Access to the track will be limited to the entrance and exit of the bullpen at the east end of the facility (near tower).

Warm-up locations

Athlete warm-ups will be limited to the four spur areas on each end of the track during competition. The backside of the track may be utilized during Saturday morning preliminaries only. The soccer field, adjacent to the track, is also available to athletes.

Infield Policy

Athletes and coaches will not be permitted on the infield at any time. Exception: One coach per team entered in the pole vault and high jump will be permitted in the coaching area while their athlete is competing.