

# **Ross High School Rams Track & Field Relay Invitational**

**Tuesday – April 9, 2013**

**Ross High School Track & Field Complex**

## **Admission**

**\$6.00 Adults     \$4.00 Students**

## **Schedule**

1:50 pm	Prepare to depart for Ross from Eaton High School
2:00 pm	Bus departure for Ross High School
4:00 pm	Field Events Begin
4:30 pm	Running Events Begin
8:30- 9:30 pm	Approximate Return Time – to Eaton High School

## **Miscellaneous**

- 1.) Driving directions – in packet
- 2.) Concession stand available at meet – we will not stop on the way home
- 3.) ¼” spike length maximum
- 4.) If you have any questions please contact Coach McKinney

## **Participating Schools**

**Eaton  
Edgewood  
Middletown Madison  
Monroe  
Ross  
Talawanda  
Taylor**

## Driving Directions

Trip to:

### **Ross High School 3601 Hamilton Cleves Rd**

Hamilton, OH 45013

(513) 863-1252

35.26 miles / 47 minutes

**600 Hillcrest Dr, Eaton, OH 45320-8501**

- |  |  |
|--|--|
| 1. Start out going <b>northeast</b> on <b>OH-732 / Hillcrest Rd</b> toward <b>Deer Trail Dr.</b>   | <b>0.7 Mi</b><br><i>0.7 Mi Total</i>   |
| 2. Turn <b>right</b> onto <b>US-127 / S Barron St.</b> Continue to follow <b>US-127</b>  | <b>27.7 Mi</b><br><i>28.4 Mi Total</i> |
| 3. Turn <b>right</b> onto <b>Pershing Ave / OH-128</b> <ul style="list-style-type: none"><li>• <i>Pershing Ave is 0.1 miles past Sycamore St</i></li><li>• <i>If you reach Chestnut St you've gone a little too far</i></li></ul>  | <b>0.7 Mi</b><br><i>29.1 Mi Total</i>  |
| 4. Turn <b>left</b> onto <b>Pyramid Hill Blvd / OH-128.</b> Continue to follow <b>OH-128</b> <ul style="list-style-type: none"><li>• <i>OH-128 is 0.1 miles past Neilan Blvd</i></li><li>• <i>If you are on New London Rd and reach Hillcrest Dr you've gone about 0.1 miles too far</i></li></ul> | <b>6.1 Mi</b><br><i>35.3 Mi Total</i>  |
| 5. <b>3601 HAMILTON CLEVES Road</b> <ul style="list-style-type: none"><li>• <i>Your destination is 0.3 miles past Ross Millville Rd</i></li><li>• <i>If you reach Sohngen Ct you've gone about 0.3 miles too far</i></li></ul>   |  |

### **Ross High School**

3601 Hamilton Cleves Rd, Hamilton, OH 45013

(513) 863-1252

Total Travel Estimate: **35.26 miles - about 47 minutes**

# **Order of Events**

## **4:00 pm - Field Events**

*Three participants per school – top two score – all 3 will get award for team placement*

**Boys Shot followed by Girls (4 throws)**

**Girls Discus followed by Boys (4 throws)**

**Boys High Jump followed by Girls (Starting Heights - 4'10" Boys, 4' 0" Girls)**

**Girls Long Jump (Open Pit 4:00-5:30; 4 jumps)**

**Boys Long Jump (Open Pit 5:30-7:00; 4 jumps)**

**Triple Jump (Open Pit 7:00-8:30; 4 jumps - Boys & Girls Jump at the same time)**

**Boys Pole Vault followed by Girls (Starting Heights - 7'0" Boys, 6' 0" Girls)**

## **4:30 pm - Running Events**

**(Lanes chosen by blind draw)**

**Girls Shuttle Hurdles followed by Boys**

**Girls 800 Meter Relay (4x200m) followed by Boys**

**Girls Distance Medley (800m, 400m, 1600m, 1600m) followed by Boys**

**Girls Sprint Medley (100m, 100m, 200m, 400m) followed by Boys**

**Girls 1600 Medley (200m, 200m, 400m, 800m) followed by Boys**

**Girls Throwers 400 Meter Relay (4x100m) followed by Boys**

**Schools may choose to run 3 people if they do not have 4 throwers.**

**Three runners only = 3 exchanges – 200m, 100m, 100m**

**Girls 400 Meter Relay (4x100m) followed by Boys**

**Girls 3200 Meter Relay (4x800m) followed by Boys**

**Girls 300 Meter Hurdles (2x300m – times added together) followed by Boys**

**Girls 1600 Meter Relay (4x400m) followed by Boys**