

**18th Annual
Keller/Rich
River Valley Relays
2023**

Date	Thursday, April 6 th 4:30 Field Events 4:45 Running Events
Teams	Bloom Carroll, Colonel Crawford, Marion Harding, Ontario, Pleasant, River Valley, Upper Sandusky, Willard
Relay Meet	Check-in is at the bullpen at the start of the 100 meters on the track. (Southeast corner) Teams may have one extra relay in all running events except hurdles. Distance relays will run “A” and “B” together. “A” and “B” sprint relays will be in separate heats with the “A” heat first. Only 1 team will score. “B” teams can score and receive awards. We will list them as “A” and “B” in final results. No “B” teams in field events. Check-in for the field events is at the event. 3 entries in each field event except the pole vault which will be 2. 4 trials in the shot, discus, and long jump. Long jump will be open pit - boys and girls together from 4:30-6:30.
Regulations	¼ inch spikes All OHSAA rules apply
Scoring	8 teams - 10-8-6-5-4-3-2-1
Field Events Ties	Ties in the field events will be broken by comparing the height or distance of the best individual on the team. If ties still exist, the 2 nd place performance will be compared, etc.
Starting Heights	<u>Pole Vault</u> - Boys and Girls together Girls - Height Progression: 6', 7', 8', then 6" increments Boys - Height Progression: 8', 9', 10', then 6" increments <u>High Jump</u> – Boys and Girls separate pits Boys 5' then 2" increments Girls 4' then 2" increments
Awards	Team trophies for 1st and 2nd place teams Individual medals for 1st, 2nd and 3rd places Individual ribbons for 4th, 5th and 6th places

General Information

1. **Entries:** To be completed on Ohio Milesplit. The entry window is currently open and will close on Sunday, April 2 at 9:00 PM. We will be using C3 Timing for Automatic Timing for the meet. Any entries after the deadline (Monday, April 3 at 9:00pm) will be \$5/entry payable to C3 Timing (Cash or Check)
2. **Relay Cards:** No relay cards will be needed. If you have changes on the day of the meet, complete relay change form and have relay team turn it in to bullpen when checking in.
3. **Team Trophies:** Will be presented on the track at the conclusion of the meet. Meet results can be found at www.baumspage.com.
4. **Admission:** Adults \$7.00 Students \$5.00
5. **Parking Buses:** You will be met in the parking lot by the track upon arrival and directed to the bus parking area at the Middle School.
6. **Concession Stand:** Will be available.
7. **Dressing Rooms:** Please come dressed ready to run. Restrooms are located beside the concession stand.
8. **First Aid:** A trainer will be available.
9. **Running Events:** Starting blocks will be furnished. You may also bring your own. Please provide your own batons.
10. **Team Camps:** Please locate team camps on the south side of the track, just outside of the track fence.
11. **Additional Coaches Information:**
 - All non-participants and parents need to stay out of the infield and off the soccer field.
 - Coaches are not permitted in the press box during the course of the meet. Direct all questions to the Meet Referee/Starter.
 - Use only tennis balls for markings on the track.
 - Use only chalk to mark on the high jump apron.
 - No markings on the pole vault and long jump runways. All marks need to be on the outside of the runways.

Excusing a field event competitor to compete in another event

- The **competitor** must inform the **Head Event Judge** when checking out
 - The Judge will record the time the athlete checked out
- In the high jump and pole vault, the athlete will have the option to take the remaining jumps before leaving.
- If the competitor has not returned to check back in within **10 minutes** and all remaining competitors have either passed, cleared or failed the existing height, the cross bar will be raised to the next height.
- In the shot and discus, if the competitor has failed to return in **10 minutes** and all competitors have completed all their throws, an unsuccessful trial will be recorded for each of the remaining throws.
- Long jump competitors have 2 hours to complete all trials.

Order of Events

FIELD EVENTS

4:30 P.M.	Pole Vault	Boys and Girls Together
4:30 P.M.	Shot Put	Boys First
4:30 P.M.	High Jump	Boys and Girls – 2 Pits
4:30 P.M.	Discus	Girls First
4:30 – 6:30 P.M.	Long Jump	Boys and Girls – Open Pit

RUNNING EVENTS

4:45 P.M.	6400 Meter Relay 4 x 1600	Girls Boys
5:45 P.M.	RV RELAY'S 2022 HONOREE Presentation on the Track	2009 State 800 Meter Champion – Zach Lathrop
6:00 P.M.	National Anthem	
	Shuttle Hurdles – 30” Height	Girls/Boys
	Middle Distance Medley 200, 200, 400, 800	Girls Boys
	Sprint Medley 100, 100, 200, 400	Girls Boys
	Distance Medley 800, 400, 400, 1600	Girls Boys
	400 Meter Relay 4 x 100	Girls Boys
	3200 Meter Relay 4 x 800	Girls Boys
	800 Meter Relay 4 x 200	Girls Boys
	Weight Person Relay 4 x 100, Non-Scoring	Girls Boys
	1600 Meter Relay 4 x 400	Girls Boys

Awarding of Trophies on the Track

Running Events

BOYS & GIRLS

	6400 Relay	Shuttle Hurdles 30" Height	Mid Distance Medley	Sprint Medley	Distance Medley	400 Relay	3200 Relay	800 Rel. & Weight Relay	1600 Relay
	Lanes	See Below ..	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes
Bloom Carroll	1	2	3	4	5	6	7	8	1
Col. Crawford	2	3	4	5	6	7	8	1	2
Marion Harding	3	4	5	6	7	8	1	2	3
Ontario	4	5	6	7	8	1	2	3	4
Pleasant	5	6	7	8	1	2	3	4	5
River Valley	6	7	8	1	2	3	4	5	6
Upper Sandusky	7	8	1	2	3	4	5	6	7
Willard	8	1	2	3	4	5	6	7	8

****Shuttle Hurdles:**

Heat 1 – Willard - Lanes 1-2, Bloom Car. - Lanes 3-4, Col. Craw. - Lanes 5-6, Mar. Hard. - Lanes 7-8

Heat 2 – Ontario - Lanes 1-2, Pleasant - Lanes 3-4, River Valley - Lanes 5-6, Upper Sand. – Lanes 7-8

FIELD EVENTS

Shot/Discus

BOYS

Boys Shot/Discus Flight #1	Willard	Colonel Crawford	Marion Harding	Upper Sandusky
Boys Shot/Discus Flight #2	Bloom Carroll	Pleasant	River Valley	Ontario

GIRLS

Girls Shot/Discus Flight #1	Bloom Carroll	Pleasant	River Valley	Ontario
Girls Shot/Discus Flight #2	Willard	Colonel Crawford	Marion Harding	Upper Sandusky

River Valley Relays Meet Records

Long Jump	Girls	48' ¼"	River Valley	1998
	Boys	63' 2"	Bellefontaine	1990
Shot Put	Girls	106' 1"	Ontario	1988
	Boys	146' 8"	Kenton	1997
Discus	Girls	303' 8"	Pleasant	1986
	Boys	409' 11"	Ontario	1989
High Jump	Girls	14' 11"	Elgin	1986
	Boys	18' 9"	Lexington	1987
Pole Vault	Girls	27' (3 person)	River Valley	2010
		15' (2 person)	River Valley	2019
	Boys	35' 6" (3 person)	Mohawk	1990
		22'6" (2 person)	Ontario	2019
6400 Meter Relay	Girls	22:09.26	Ontario	2019
	Boys	18:57.1	Mohawk	1987
Shuttle Hurdles	Girls	1:07.6	London/Big Walnut	1995/1995
	Boys	59.9	River Valley	1989
Mid Distance Medley	Girls	4:28.6	Col. Crawford/Wynford	1986
	Boys	3:40.9	Mohawk	1988
Sprint Medley	Girls	1:51.1	River Valley	1992
	Boys	1:36.8	River Valley	1993
Distance Medley	Girls	10:15.4	Colonel Crawford	1985
	Boys	8:29.1	Big Walnut	1995
400 Meter Relay	Girls	50.9	River Valley	1988
	Boys	43.67	Marion Harding	2022
3200 Meter Relay	Girls	10:06.2	Colonel Crawford	1988
	Boys	8:23.7	Mohawk	1988
800 Meter Relay	Girls	1:45.9	River Valley	1992
	Boys	1:32.9	Big Walnut	1998
1600 Meter Relay	Girls	4:12.0	River Valley	1998
	Boys	3:27.5	Big Walnut	1998

RV RELAYS PAST TEAM CHAMPIONS

<u>SCORE</u>	<u>GIRLS</u>	<u>YEAR</u>	<u>BOYS</u>	<u>SCORE</u>
94	River Valley	1985	Pleasant	74
93	River Valley	1986	Pleasant	92
100	River Valley	1987	Lexington	99
102	River Valley	1988	River Valley	110
90	River Valley	1989	River Valley	92
95	River Valley	1990	River Valley Bellefontaine	102 102
108	River Valley	1991	Elgin	98
108	River Valley	1992	River Valley	122
104	River Valley	1993	River Valley	128
90	London	1995	River Valley	110
106 106	River Valley Big Walnut	1996	River Valley	132
114	Margaretta	1997	River Valley	99
98	River Valley	1998	Kenton	89
90	Big Walnut	1999	Big Walnut	90
134	River Valley	2010	River Valley	96
124	River Valley	2019	Willard	82
93	River Valley	2021	Mar. Harding	105
114	Col. Crawford	2022	Mar. Harding	96

Weight Person
4 x 100 Relay
Non-Scoring

Requirements for participants:

This is a non-scoring fun 4 x 100 relay. If possible, runners should be a weight person. If you are unable to get 4 throwers, we are requesting that you either run a field event person who is not running any event or someone who is not competing in any other event.

Winning Team: Will receive one large pizza and four drinks.

