

FORT LORAMIE ATHLETIC DEPARTMENT

2024 SCAL Track & Field Championships Wednesday, May 8 & Friday, May 10

Fort Loramie will be hosting the Shelby County Athletic League Championships this year. Please review the meet information below. If you have any question please contact mitch.westerheide@loramie.k12.oh.us or kevin.wrasman@loramie.k12.oh.us. Meet entries should be submitted on Baumspage no later than Monday, May 6th by 10:00PM

1. Parking for busses will be located in the main High School entrance by the flag pole. Drop off will be in the athletic entrance, but then busses will need to locate in East parking lot. Parking map is attached.
2. Team camps will be placed on the southwest corner of the track, behind the scoreboard. We will not allow for camps to be placed anywhere else than the designated area. We ask that you please help in cleaning up your camp area after each night.
3. Coaches meeting will take place at 4:30 on each day. Coaches are asked to meet at the south end of the track near the 100M start line.
4. Admission will be \$5. No school passes will be accepted. All revenue goes to the Shelby County Athletic League.
5. Scratches and substitutions can be made the day of the meet at the trailer. Documents are attached
6. Spike length no longer than 1/4".
7. Use tennis balls for marking check points on the relays and long jump, chalk can be used, but for high jump markings only.
8. We will score 6 places in all events. 10-8-6-4-2-1.
9. Results will be posted at the track as each event finishes and a copy will be available to each coach at the conclusion of the meet. Results will also be posted via [MileSplit](#)
10. Concession stand will be available – located East of track. Restrooms are in the same vicinity.
11. Trainer will be present.
12. **STAY OUT OF TRACK INFIELD** – Please have all your athletes and statisticians stay out of the infield of the track.

FORT LORAMIE ATHLETIC DEPARTMENT
600 East Park Street, PO Box 290
Fort Loramie, Ohio 45845
Ph: 937-295-3342 Fax: 937-295-2758

Jr/Sr HS Principal: Kreg J. Hollenbacher Athletic Director: Mitch L. Westerheide

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I. SCHOOL ASSIGNMENTS

- A. Workers should be at their events 30 minutes prior to the scheduled start of the event they are assigned.
- B. Assignments and suggested number of workers.
- | | | |
|----|---------------------------|-------------------------|
| 1. | Discus | Botkins (5) |
| 2. | High Jump | Fort Loramie (4) |
| 3. | Long Jump | Russia (4) |
| 4. | Pole Vault | Houston (4) |
| 5. | Shot Put | Jackson Center (5) |
| 6. | Hurdles & Relay Exchanges | Fairlawn (5) & Anna (5) |

Schedule of Events

Wednesday, May 8, 2024

4:30 - Coaches Meeting

4:45 - Field Events

Long Jump - Three preliminary jumps, top seven return to finals for three more jumps. HS Boys first, followed by JH Boys

Shot Put - Three preliminary throws, top seven return to finals for three more throws. HS Girls first, followed by JH Girls

Discus - Three preliminary throws, top seven return to finals for three more throws. HS Boys first, followed by JH Boys

High Jump - HS Girls first, followed by JH Girls

Pole Vault - HS Boys first, followed by JH Boys

5:00 - Running Events

Finals

JH Girls 4x800 meter relay
JH Boys 4x800 meter relay
HS Girls 4x800 meter relay
HS Boys 4x800 meter relay

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Preliminaries - (Top 8 times qualify to finals)

JH Girls 100 meter hurdles
HS Girls 100 meter hurdles
JH Boys 110 meter hurdles
HS Boys 110 meter hurdles

JH Girls 100 meter dash
JH Boys 100 meter dash
HS Girls 100 meter dash
HS Boys 100 meter dash

JH Girls 400 meter dash
JH Boys 400 meter dash
HS Girls 400 meter dash

HS Boys 400 meter dash

JH Girls 200 meter hurdles
JH Boys 200 meter hurdles
HS Girls 300 meter hurdles
HS Boys 300 meter hurdles

JH Girls 200 meter dash
JH Boys 200 meter dash
HS Girls 200 meter dash
HS Boys 200 meter dash

Schedule of Events

Friday, May 10, 2024

4:30 - Coaches Meeting

4:45 - Field Events

Long Jump - Three preliminary jumps, top seven returns to finals for three more jumps. HS Girls first, followed by JH Girls

Shot Put - Three preliminary throws, top seven returns to finals for three more throws. HS Boys first, followed by JH Boys

Discus - Three preliminary throws, top seven returns to finals for three more throws. HS Girls first, followed by JH Girls

High Jump - HS Boys first, followed by JH Boys

Pole Vault - HS Girls, followed by JH Girls

5:00 - Running Events

JH Girls 100 meter hurdles
HS Girls 100 meter hurdles
JH Boys 110 meter hurdles
HS Boys 110 meter hurdles

JH Girls 100 meter dash
JH Boys 100 meter dash
HS Girls 100 meter dash
HS Boys 100 meter dash

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JH Girls 4x200m Relay
JH Boys 4x200m Relay
HS Girls 4x200 meter relay
HS Boys 4x200 meter relay

JH Girls 1600 meter run
JH Boys 1600 meter run
HS Girls 1600 meter run
HS Boys 1600 meter run

JH Girls 4x100 meter relay
JH Boys 4x100 meter relay
HS Girls 4x100 meter relay
HS Boys 4x100 meter relay

JH Girls 400 meter dash
JH Boys 400 meter dash
HS Girls 400 meter dash
HS Boys 400 meter dash

JH Girls 200 meter hurdles
JH Boys 200 meter hurdles

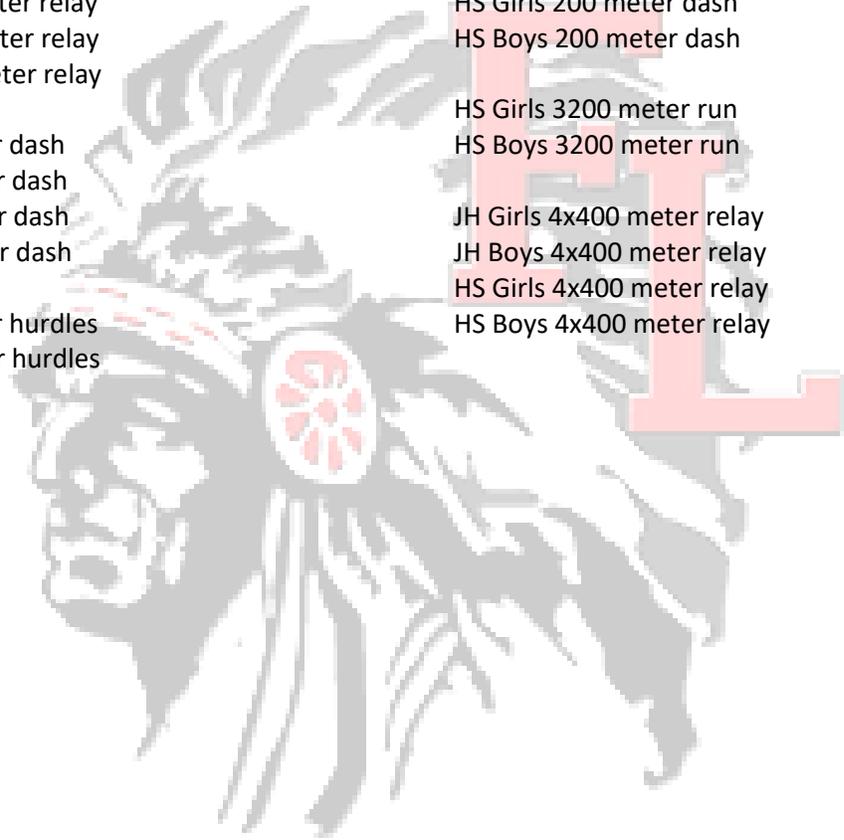
HS Girls 300 meter hurdles
HS Boys 300 meter hurdles

JH Girls 800 meter run
JH Boys 800 meter run
HS Girls 800 meter run
HS Boys 800 meter run

JH Girls 200 meter dash
JH Boys 200 meter dash
HS Girls 200 meter dash
HS Boys 200 meter dash

HS Girls 3200 meter run
HS Boys 3200 meter run

JH Girls 4x400 meter relay
JH Boys 4x400 meter relay
HS Girls 4x400 meter relay
HS Boys 4x400 meter relay



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