



29th Annual Centerville Elks Middle School Relays

When: Tuesday April 11, 2023

Where: Centerville High School (500 East Franklin St)

Time: track opens at 4:30, coaches meeting at 4:50 pm,

5:00 pm field event start, 5:30 pm running events.

Entries are on finishtiming.com. Heat sheets will be available online and at the coaches meeting at 5pm at the finish line.

All field events will be scored as a relay. The field events will be 2 person total with the best effort from each athlete being totaled as one.

Field Events:

Long Jump- open pit of 70 minutes with 1 flight of 16 teams each flight (32 jumpers) w/3 jumps each.

High Jump- 5 alive (we must move the bar so athletes must stay as late as possible to jump. We will not wait more than 10 minutes per height for anyone)

Pole Vault- we only have one working runway so we will jump boys 1st then girls. We have adjusted heights to create PR's but also to move the competition along since we just have one pit.

Throws- 3 throws each athlete with 2 flights of 8 teams.

Trophy Presentation will follow. Awards will be given out at the end of the meet in a bag for the coaches and results will be posted on finishtiming.com.

Questions: Call Matt Somerlot @ 937-902-4889 (cell) OR EMAIL @ Matt.Somerlot@centerville.k12.oh.us

Total meet size: 16 boys and girls teams.

Awards: medals for 1st with ribbons for 2nd thru 6th place and trophies for 1st, 2nd & 3rd place teams. The meet has been over (awards as well) by 9:15 the past 12 years!

Team Fee: \$200 per gender or \$400 per school- payable to Centerville Track & Field

Yours in track,
Matt Somerlot

Centerville High School Head Boys & Girls Track Coach and Meet Manager

Time Schedule:

Track opens at 4:15 pm

Coaches meeting will be at 4:45 pm at the start line

Field Events- 5:00 pm

Boys & Girls High Jump, Long Jump

(we have 2 pits so we will run both at same time)

Pole Vault (only one pit this year) Boys 1st then girls after

Boys Discus, Girls Shot Put

*** the opposite throw will follow once the prior event is over ***

Running Events-(rolling time schedule) 5:30 pm

4 x 100 Hurdles (G) (30")

4 x 110 Hurdles (B) (30")

SMR (100, 100, 200 & 400)

DMR (1200, 400, 800 & 1600)

4 x 200

4 x 800

4 x 100

4 x 400