

# MASON "ROD RUSSELL" INVITATIONAL

## Friday, May 8<sup>th</sup>, 2015

### **ENTRIES: Finishtiming will handle Entries and timing**

\*\*\*Entries Deadline- Wednesday, May 6<sup>th</sup>, 2015 @ 10:00pm

\*\*Scratch & Replace: Until Friday, May 8<sup>th</sup>, 2015 @ 12:00pm. No exceptions!!!

**ENTRY FEE:** \$150 (Boys and Girls) \$75 Boys or Girls only,  
\$10.00 for individual athletes (1 fee for 4 events); \$20.00 per relay

### **COACHES ITEMS:**

1. Coaches Meeting @ 4:00pm
2. Stadium opens up at 3:00pm
3. 4:15pm Field Events
4. 4:30pm Running Events- prelims
5. National Anthem will be sung before our Senior Night!
6. Mason Senior Night: 6:00pm - 6:30pm

**2<sup>nd</sup> Annual "Angela Bizzarri" One Mile Run:** The mile will be run with a waterfall start. 1<sup>st</sup> Heat- limiting to 12-14 most competitive runners. 2 heats for Girls and 2 heats for the Boys. **Please contact Chip Dobson** for more information: [dobsonc@masonohioschools.com](mailto:dobsonc@masonohioschools.com) or 513-403-3631

**COACHES HOSPITALITY:** Open in the far Concession stand between 5:00pm - 6:30pm. Please take ONLY what you are really going to eat because we need to feed a lot of people Friday night.

### **FIELD EVENT INFORMATION: Begin @ 4:15pm**

- Girls Pole Vault followed by Boys:
- Boys High Jump followed by Girls:
- Girls Long Jump followed by Boys: 3 Attempts, Top 9 back to Finals
- Boys Discus followed by Girls: 3 Attempts, Top 9 back to Finals
- Girls Shot Put followed by Boys: 3 Attempts, Top 9 Back to Finals

### **STARTING HEIGHTS:**

- Girls Pole Vault - 8' 0" (6" up to 10', then 3' or 6')
- Boys Pole Vault - 11' 0 (6" up to 12', then 3' or 6')
- Boys High Jump - 5' 6" (2" up to 6', then 1"); Girls High Jump - 4' 6" (2" up to 5', then 1")

### **RUNNING PRELIMS & 4 x 800: Order of Events, Begins @ 4:30pm**

- 100m Hurdles-Top 8 Times make it to Finals.
- 110m Hurdles-Top 8 Times make it to Finals.
- 100m Dash-Top 8 Times make it to Finals.
- Girls 4 x 800 Finals
- Boys 4 x 800 Finals
- 200m Dash- Top 8 Times make it to Finals

**6:30 – Running Events – All running events will run girls followed by boys**

- 100 hurdles 1 heat/ 110 hurdles 1 heat
- 100m Dash: 2 heats
- 4x200 relay: 3 heats of G & B (Slow - Fast) 3 heats of 6 Teams
- **“Angela Bizzarri” One Mile Run instead of the 1600-** 4 heats- Only the Top 12-14 entries will be permitted to run in the 1<sup>st</sup> heat per milesplit.
- 4x100 relay: 3 heats of G & B (Slow - Fast) 3 heats of 6 Teams
- 400 dash 10 heats: 5 G/ 5-B (Slow - Fast)
- 300 hurdles 10 heats: 5 G/ 5-B (Slow - Fast)
- 800 run: 2 heats
- 200 dash: 2 heats
- 3200 run 2 heat
- 4x400 relay 3 heats of G & B (Slow - Fast) 3 heats of 6 Teams

**Awards:** Trophies – Top 2 teams, Top 3 in each event will receive a medal, places 4-8 will receive a ribbon. Awards in the press box after the meet.

**Warm-ups:** ALLOWED on football field but ONLY between the Hash Marks. This area will only be for kids Warming-Up, there can be no congregating of you team inside the football field area.

**Implements:** Weighing implements for shot and disc will be done by the barn in back of the shot and disc area. It will be open from 3:15- 4:15pm. Please have your athletes do that right away.

**Bullpen:** For running events will be at the NORTH END of the Stadium in the NEW Concession Stand of the Atrium Building. We will do all hip numbers and checking in at this area

**Questions:** Contact Head Girls Coach Tony Affatato at [affatatot@masonohioschools.com](mailto:affatatot@masonohioschools.com) or (513) 240-3626  
Contact Head Boys Coach Chip Dobson at [dobsonc@masonohioschools.com](mailto:dobsonc@masonohioschools.com) or (513) 403-3631