BOARDMAN SPARTAN INVITATIONAL CROSS COUNTRY MEET

37th Annual – September 17, 2022

INSTRUCTIONS

PACKET – Please check your packet carefully for the following materials:

- a. Bibs
- b. Chips
- c. Pins

The following were emailed for you to print/pull up. Extras are available at registration on request.

- a. Roster & Start Assignments
- b. Race Schedule
- c. Map
- d. Final Instructions
- e. Verification Form
- f. Substitution Form
- g. Appeals Form
- h. Marketing for other meets/clinics

There will be no printed results. Unofficial results will be uploaded online to Baumspage.com and will not become official until the appeals period comes to an end and/or any appeals have been resolved by the meet referee.

OFFICIAL RACE TIME SCHEDULE

Runners must report 15 minutes before the start of each race to be checked in. We will not delay the start of a race for runners or teams that have not been checked in by the Clerks. Runners and teams failing to check in on time will not be permitted to run in the team race and will run in the Open Races for their division.

9:00 a.m.	Boys D-I Varsity (First 9)
9:30 a.m.	Girls D-I Varsity (First 9)
10:00 a.m.	Boys D-I Junior Varsity (Next 9)
10:30 a.m.	Girls D-I Junior Varsity (Next 9)
11:00 a.m.	Boys D-I Open (All others)
11:30 a.m.	Girls D-I Open (All others)
NOON	Boys D-I Middle School (All runners)
12:30 p.m.	Girls D-I Middle School (All runners)
1:00 p.m.	Boys D-III Varsity* (All runners)
1:30 p.m.	Girls D-III Varsity* (All runners)
2:00 p.m.	Boys D-II & D-III Middle School (All runners)
2:30 p.m.	Girls D-II & D-III Middle School (All runners)
3:00 p.m.	Boys D-II Varsity* (All runners)
3:30 p.m.	Girls D-II Varsity* (All runners)

NOTE: There will be no team scoring or team awards in the Open Races.

Contestant Numbers

Make sure that each runner on your team has securely fastened their assigned number to the front of their uniform with the four pins provided in this packet.

Chips

An assigned chip for each runner is provided in your packet. The bib and chip number must match. The chip should be double knotted to the athlete's shoe. Coaches are to return all chips to the chip tent after the meet to receive their coach's gift. Please return all chips together in their original baggie before departing. There will be a \$25 fee for each chip not returned.

Substitutions

Any athlete on your roster submitted to us on-line by this year's entry deadline is eligible to compete in either the team, junior varsity, or open race in their division. Please keep substitutions to a minimum.

Finish Procedure & Awards

Coaches may use their packet envelope as a pass to enter the finish area. You can help us help your athletes to exit and alert us to any serious medical issues. The chute will include two water stations, two exits, and a medical tent for athletes in need of a physician's care. Chips should be removed at the team camp, not in the finish area. Please ask your team not to crowd the med tent if they have a teammate receiving care.

Awards

Team plaques will be available at the AWARDS TABLE. Spike bags and hats can be picked up in Celebration Village. It is the responsibility of the athletes and coaches to pick up their awards. Team awards will be presented after the official results are verified at the Announcer's tent.

Awards - Div. I, II, & III Varsity Team Races

Team Plaques to 1st thru 5th Place.

Runners #1-7: Asics spike bag and running hat

Runners #8-50: Asics spike bag

Division I Junior Varsity Races

Team Plaques to 1st thru 5th Place.

Runners #1-7: Asics spike bag and running hat

Runners #8-30: Asics spike bag

Divisions I & II Open Races

Unscored: No Team Plaques

Runners #1-7: Asics spike bag and running hat

Runners #8-25: Asics spike bag NO JV OPEN RACES FOR D-III

Div. I and II/III Middle School Races

Team Plaques to 1st thru 5th Place

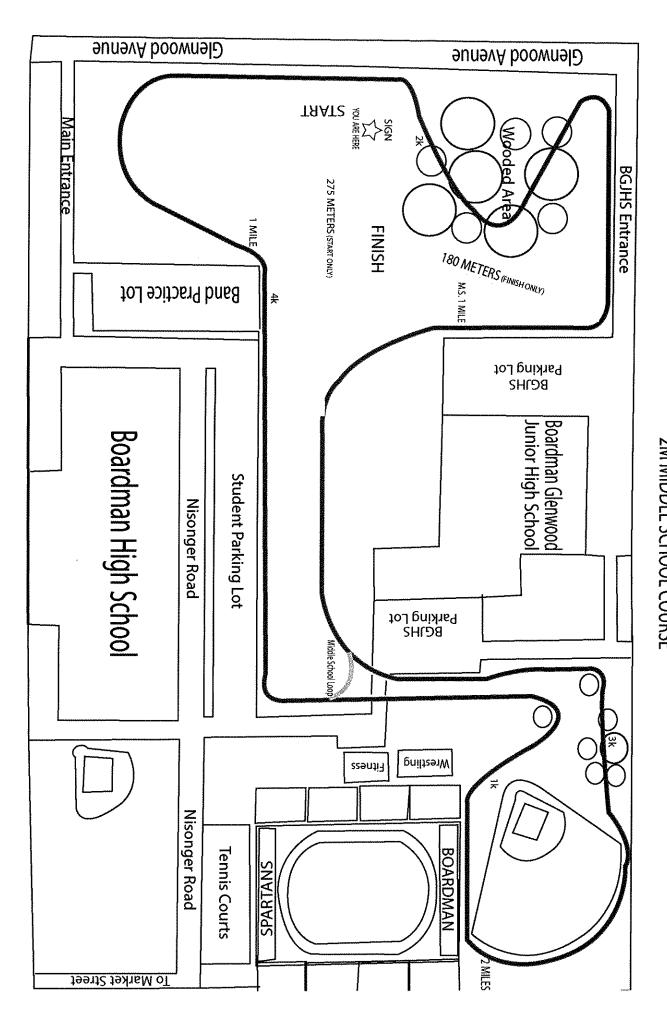
Runners #1-7: Asics spike bag and running hat

Runners: #8-50: Asics spike bag

SPECIAL AWARDS

BILL JULIAN KING/QUEEN OF THE HILL TROPHY

Awarded to the Boys and Girls Team (regardless of division) that has the fastest overall time for their top 5 runners. This is the only award that will be mailed out or delivered to your school.



SPARTAN INVITATIONAL 5K HIGH SCHOOL COURSE 2M MIDDLE SCHOOL COURSE

SPARTAN INVITATIONAL RACE SCHEDULE SATURDAY, SEPTEMBER 17, 2022

Note: D-II Varsity and Open races are now combined

Girls D-III Varsity* (All runners)

Boys D-II & D-III Middle School

Girls D-II & D-III Middle School

Boys D-II Varsity (All runners)

Girls D-II Varsity (All runners)

Boys D-I Varsity (First 9)

9:30 a.m.	Girls D-I Varsity (First 9)
10:00 a.m.	Boys D-I Junior Varsity (Next 9)
10:30 a.m.	Girls D-I Junior Varsity (Next 9)
11:00 a.m.	Boys D-I Open (All others)
11:30 a.m.	Girls D-I Open (All others)
Noon	Boys D-I Middle School (All runners)
12:30 p.m.	Girls D-I Middle School (All runners)
1:00 p.m.	Boys D-III Varsity* (All runners)

9:00 a.m.

1:30 p.m.

2:00 p.m.

2:30 p.m.

3:00 p.m.

3:30 p.m.

COACHES INSTRUCTIONS PLEASE READ

- 1) Athlete names / numbers are printed on front of packet
- 2) Remove numbers/pins from packet
 - a. There may be more than just a bib number in packet. Major championship meets have at least 1 hip number also. There are 4 pins for every number.
- 3) Give all numbers to the assigned athlete
 - a. Athlete is to pin bib number to front using 4 pins, (included in packet)
 - b. If hip number is provided please pinto the side of shorts with 4 pins for camera identification on camera side
 - c. If 2 hip numbers then pin to both sides with 4 pins each

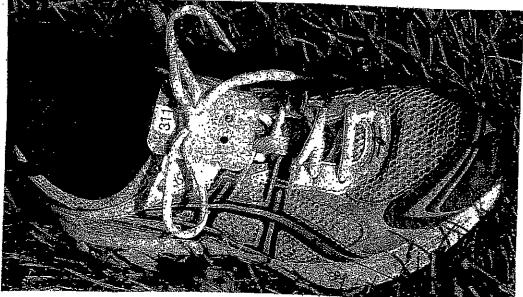
CHIP TIMING INSTRUCTIONS

- 4) Remove chips from packet
- 5) Give chip to athlete (chip number is the same as Bib number)
 - a. Again there may be more than 1 chip in packet. Regional Championship Meets will have 2 chips per athlete.
- 6) Chips are to be <u>TIED</u> into shoe laces. Single chip is to be tied into the **RIGHT** shoe. If 2 are provided then one chip for each shoe.
 - a. If you have shoes with no laces come see someone at the trailer/finish line for a fastening tie.
 - Please double knot your shoe to keep it from coming untied
 - i. In the case that you lose a chip or it is damaged please report it to the finish line with an approximate time of finish to help with identification in the camera.
- 7) Return all unused items (chips/numbers/pins) to the Registration Tent.
 - a. You will be charged for each Chip not returned. \$25.00 Each

NEO REGIONAL XC TOURNAMENT

Runners Instructions For Wearing Chips

- Chips will be used for processing results from today's race.
- Each runner will wear an assigned bib number on the front of their shirt and an assigned chip number on EACH shoe.
- Chips must be securely tied to each shoelace as shown below and the lace on each shoe should be DOUBLE KNOTTED to protect from losing the chips during the race.
- The assigned bib and chip numbers assigned to each runner must match. PENALTY: DISQUALIFICATION



- When you pick up your packet, return chips for runners that will not compete today.
- Chips will be collected in a bullpen area after the finish.

All chips must be returned!

If you do not run the race or if you do not finish the race-you must return your chips to the officials located in the Finish area bull pen.

There will be a see charged for each chip not returned. $$\#25^{\circ 2}$$

CONTRACT FOR OHSAA CONTESTS

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

MEMBER NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

Please Return w/Payment by August 31, 2022
Checks Payable to <u>Boardman Boosters / Cross Country Invitational</u>

Type or Print all information and mark applicable spaces with an X

C	ONTRACTING S	SCHOOL	S: <u>Boardm</u>	an HS and	d		High Sc	hool	
	BOYS		GIRLS		VAR		JV		7 [™] -8TH
	Baseball	Fi	ield Hockey		nastics	Soc		Track	
	Basketball		ootball		łockey			Volleybal	1
X	Cross Countr	y G	olf	F.P. Softball	To	ennis	Wrestlin	g	
	Day	Мо	nth	Date	Y	ear	Time		Site
	Saturday	Septe	ember	17	20)22	9:00 am	Boa	ardman
	-	-							H.S.
PI	ease check ea	ch even	t your scho	ool plans to	enter:				
	Boys' HS Te	ams (Vars	sity, Jayvee, O _l	pen) Div. I	, II, or III		\$90.00		
	Girls' HS Te	eams (Vars	sity, Jayvee, O	pen) Div. I	, II, or III		\$90.00		
	Middle Scho	ol Boys' R	lace	Div. I	or Div. II & I	II Race	\$60.00		
	Middle School Girls' Race Div. I or Div. II & III Rac			II Race	\$60.00				
	Individuals (Only – No	Full Team En	tered			\$20.00 PER	RUNNER	Ł
		P	lease forwa	ard this con	tract to you	ur Athlet	tic Director		
				Make Ch	ecks Payabl	<u>le to</u>			
							RY INVITATIO		
	NANCIAL AGR						School agrees to pa	-	
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	 If either party he said sum must be binding on either Postponement ca The constitution. The suspension of 	e accepted by r party, and th annot result in by-laws and of membership	the injured party as the breach of said contain annulment except regulations of the Opin the Ohio High	s complete compen ontract shall be repo by mutual consent. Ohio High School	sation of any dama orted to the Ohio Hi Athletic Associatio ssociation by either	nges if may hat igh School Atlantant and the Handries of the parties	Il pay to the other the sum of we suffered, the remainder of hletic Association. dbook for Officials are a par to this contract shall render	t of this contract	shall not be
\underline{M}	arco Marinuo	cci, A.D	. Boardr	man H.S. 7	777 Glenwo	od Ave,	Youngstown, OH	44512	4/29/22
			Но	me School	Addre	SS		Zip	Date
	Principal or Dec	ignaa	Via	itar Sahaal	Address	,		7in	Dota

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION 4080 ROSELEA PLACE, COLUMBUS, OHIO 43214

CROSS COUNTRY APPEAL FORM

DIRECTIONS FOR COMPLETING THIS FORM: Please complete all applicable blanks or circle applicable items. Present the complete form to the **REFEREE OF THE TOURNAMENT**.

DATE:		TOURNAMENT:		District	Regional	State
DIVISION:	I	П	Ш	BOYS	GIRLS	
NAME OF SCHOOL		***************************************			· · · · · · · · · · · · · · · · · · ·	
1) This A _j	ppeal Form is	presented to appeal a	rule believe	ed to have bee	en misapplied	or misinterpreted.
2) This A ₁	ppeal Form is	presented to appeal th	he finish of o	one or more a	thletes in the	race.
3) Names and Competinvolved						
State all circumstrappeal to only one	e situation.	ng the situation that is				
Certification: I certif	— by that the info	ormation submitted ab	ove is true a	nd correct to	the best of m	y knowledge and
Signature			Sc	hool position	: Coach	Administrator
TO BE COMPLETEL	BY THE RI	EFEREE				
TO THE REFEREE: the basis for your decis	Explain the sion. Be cond	action taken by you in tise and clear writing i	n response to in a readable	the above ap	peal includin	g your decision and
Signature of Referee:						
Home:						
Submit to OHSAA, 40	80 Roselea Pl	ace, Columbus, Ohio	43214 or Fa	x: 614-267-	1677	

NEO REGIONAL CROSS COUNTRY TOURNAMENT

COMPETITOR SUBSTITUTION FORM

CHECK ON	E: BOYS RACE D-I	_ D-II D-III	
	_ GIRLS' RACE _ D-I	D-II	
SCHOOL NA	AME:		
COACH'S N	AME: (PLEASE PRIN	IT)	
ISSUED NUMBER Bib & Chip	NAME OF REPLACED RUNNER	NAME OF NEW RUNNER	GRADE IN SCHOOL
COACH'S S	IGNATURE:		

Revised: 8/2008

2022 Legends Cross Country Meet

Saturday, October 8th, 2022 at Trumbull County Fairgrounds - Cortland, Ohio Presented By: Maplewood High School Running Rockets - www.gopherarun.com/legendsmeet

The goal of the Legends Meet is to inspire young runners by meeting Legends of the sport of distance running.

Past Legends:

2007 - Ann Henderson, Mark Croghan

2008 - Patty Metzler, Alan Scharsu

2009 - Rachel Sauder Kinsman, Scott Fry

2010 - Maggie Infeld, Ricky Pittman

2011 - Bob Schul, Harrison Dillard, Briana Shook, Bernice Holland

2012 - Marc Hunter, Harrison Dillard and Bernice Holland

2013 - Bridget Franck, Bob Lunn

2014 - Bob Mau, Julie Dias Taylor, Joanna Dias Ripple

2015 - John Zishka, Katie Sabino Dugan

2016 - Dave Wottle, Kate Radkewich Burkowski

2017 - Clayton Murphy, Kate Radkewich Burkowski

2018 - Michelle Sikes, Sid Sink, Les Nagy, Sam Bair, Paul Talkington

2019 - Connie Jo Robinson Earls and the Caldwell XC Program

2020 - Meet Canceled due to Covid

2021 - Sunni Olding Lomnicki and Jack Hazen

The 2022 Legends



Bill Rodgers - The letters B and R have appeared together in various places with numerous meanings over the years, from chemistry's Periodic Table to HTML code to real estate listings.

A little over 40 years ago, BR was the driving force in American long-distance running, reinforced by the letters' placement on all things connected to the world's foremost marathoner of the day, Bill Rodgers.

Born in Hartford, Connecticut, Bill was a state cross country champion in high school in 1965 and ran track and cross country in college. It wasn't until he returned to competitive running several years later with a new group called the Greater Boston Track Club that history soon would be made.

Bill won both the Boston Marathon and the New York City Marathon four times each between 1975 and 1980, twice breaking the American record at Boston with a time of 2:09:55 in 1975 and a 2:09:27 in 1979. In 1977, he won Japan's Fukuoka Marathon, making him the only runner ever to hold the championship of all three major marathons at the same time.

He also made the 1976 U.S. Olympic team and raced the marathon at the Montreal Olympics, finishing 40th. He did not participate in the Olympics in 1980 due to the U.S. boycott over the invasion of Afghanistan by the former Soviet Union. Right before he took the marathon world by storm, Bill returned to his running roots in cross country. In March 1975, he won the bronze medal at the World Cross Country Championships in Morocco, equaling Tracy Smith's 1966 bronze in the International Cross Country Championships as the highest an American had ever finished in international cross country competition. Based on his efforts in 1975, Bill finished second in voting for the Sullivan Award, which is given annually to the nation's top amateur athlete.

His most remarkable – and successful – year on the roads came in 1978 when he won 27 of the 30 races he entered, including the Pepsi 10,000-meter nationals (with a then world road 10K best), the Falmouth Road Race, and the Boston & New York marathons. Bill is the former world record holder for 25,000 meters on the track and still holds the American track records for 15,000, 20,000, 25,000 and 30,000 meters and 1 hour. Track & Field News ranked him No. 1 in the world in the marathon in 1975, 1977 and 1979. Twenty-eight of the 59 marathons Bill ran were under 2:15. In all, he won 22 marathons in his career.

In 1998, Bill was inducted in the first class of the National Distance Running Hall of Fame in Utica, New York. He was inducted in 1999 to the National Track & Field Hall of Fame in Indianapolis.



Susan Nash Sugar - A member of the OHSAA's Circle of Champions, Susan Nash Sugar of Zanesville Rosecrans was one of the Buckeye state's most dominant track and cross country standouts of the early 1980s. Susan won gold in 11 individual or relay events at the state track meet, topping the Class A 400-meter dash field all four years and claiming the 800 title in her final three seasons. The former Bishop standout also was a state champion in the 100 dash as a junior and had legs on title-winning 4x400 (twice) and 4x800 (once) relays. At the conclusion of her track career, she owned the state meet records in the 400 and 800 and also was on the record-setting 4x400 and 4x800 relay teams. Susan also won two Class A individual titles in the team races in cross country and led Rosecrans to the 1983 championship, along with being a two-time All-Ohio selection in basketball. As a collegian, she

was an All-American at the University of Florida and ran on American and world record-setting relay teams for the Gators.

The 2022 Legends Cross Country Meet Information

Date and Location

Saturday, October 8th, 2022 - The Legends Meet will be held at the Trumbull County Fairgrounds (4181 Hoagland Blackstub Rd. Cortland, OH). The Fairgrounds offer an excellent facility for cross country meets. Ample parking, sheltered seating and restrooms are available to complement a fast, spectator-friendly course. Maplewood High School will be the host school for The Legends Meet.

Awards

The top four teams in the high school races and the top three teams in the middle school races will receive team picture plaque awards. The top seven members of the winning high school teams and the coach will receive individual awards. The top 25 individuals in team races and the top 10 in open races will receive individual awards. Individual champions in each race will receive picture plaques. Team awards will be presented by The Legends on the stage in front of the grandstands one hour after the scheduled start time of each race. Individual awards are presented on the stage by The Legends immediately after the finish of each race.

Entry

Any school may enter the meet through Baum's Page beginning August 1st - baumspage.com

Fees

- \$90 HS Boys (unlimited entries; \$10 per individual if 8 runners or less)
- \$90 HS Girls (unlimited entries; \$10 per individual if 8 runners or less)
- \$70 MS Boys (unlimited entries; \$10 per individual if less than 6 runners)
- \$70 MS Girls (unlimited entries; \$10 per individual if less than 6 runners)
- A "B Team" can be entered in a varsity race for a \$25 fee if enough starting boxes are available
- * Each coach submitting a full team into any one of the team races will receive a coach's gift.
- * IMPORTANT PLEASE NOTE Entry fee checks MUST be made payable to: <u>Maplewood Running Rockets</u> (NOT Maplewood HS) and be mailed to: <u>Legends Meet c/o Maplewood Running Rockets 312 Golf Drive Cortland, OH</u> 44410

Schedule of Events

- 9:00 Open Middle School Girls Race 2 Mile
- 9:30 Open Middle School Boys Race 2 Mile
- 10:00 Middle School Girls Team Race 2 Mile (Limited to 9 runners per team)
- 10:30 Middle School Boys Team Race 2 Mile (Limited to 9 runners per team)
- 11:00 *Small Division High School Girls Team Race 5K (Limited to 9 runners per team)
- 11:30 *Small Division High School Boys Team Race 5K (Limited to 9 runners per team)
- 12:00 National Anthem / Presentation of The Legends
- 12:15 Elementary Kids Grades 3 and Under 1/2 Mile Individual awards given to the top 10 boys and top 10 girls
- 12:25 Elementary Kids Grades 4 through 6 1 Mile Individual awards given to the top 10 boys and top 10 girls
- 12:40 *Large Division High School Girls Team Race 5K (Limited to 9 runners per team)
- 1:15 *Large Division High School Boys Team Race 5K (Limited to 9 runners per team)
- 1:45 Open High School Girls Race 5K
- 2:15 Open High School Boys Race 5K
- *Divisions For varsity high school races, two divisions will be used; large and small based upon school enrollment figures. If a school has 220 or less students in grades 9-11 for the given sex, they are considered small school. Schools with 221 or more are large schools. The large school race will be the more competitive race but small schools may enter that division if they wish to compete in the more competitive race. Large schools may not choose to run the small school race, however.
- ✓ Chip timing will be used with a chip that is attached to the runner's shoe. There will be a bullpen area at the finish of the race where water will be available and chips will be collected. If coaches have runners that do not run or do not finish the race, they must turn in the chips for those athletes at the registration area. Schools will be charged \$10 for each missing chip.
- ✓ Digital Clocks will be available at the 1 and 2 mile marks for each race.
- ✓ Results will be available at baumspage.com
- ✓ Concessions and other vendors will be available beneath the grandstands.
- ✓ Legends Meet T-shirts will be sold at the registration area.
- ✓ Restrooms are available under the grandstands and in adjacent buildings.
- ✓ Parking There will be a \$5 parking fee per non-team vehicle that will be charged in accordance with fairground policy.
- ✓ Coaches are asked to please cooperate in advance by:
 - o Submitting rosters online at baumspage.com by the midnight deadline on the Sunday before the meet.
 - o Ensuring correct chips are securely placed on runners shoes.
 - Returning all chips to the stage after the race.



2022 Lake Erie Association Junior Olympic Cross Country Championship Saturday, November 12, 2022

Location: Columbiana High School

700 Columbiana-Waterford Rd Columbiana, OH 44408

Start Time: 10:00 am. **Check In:** Begins at 8:30 am.

Rules: The competition will be conducted under the current USATF rules.

Sanction: This meet is sanctioned by Lake Erie Association of USA Track & Field.

Awards: Association medals presented to the top three places in each age division.

Course: Mostly a grass surface. No dressing facility is available.

Entry Fee: \$15 per event until 11/3/22, and then \$20 until 11/9/22.

No additional entry fee for teams. A team must consist of at least five runners, but not more than eight runners, and the team must be a registered USATF club. All athletes must have a current USATF membership card. Membership must be purchased online at www.usatf.org. Membership purchased after November 1, 2022 will be valid for the rest of this season (2022) as well as the 2023 season.

Online Registration: Go to https://www.simplyregister.net/register/?e=122309 and fill out the online registration, there is no onsite or mail in registration. Registration will be open until November 9, 2022 at 11:59 pm.

Please do not wait till the last minute! All ages need to be verified by USATF's National Office. You will not be able to register without birthdate verification.

AGE DIVISION	YEAR OF BIRTH	DISTANCE
8 and Under*	2014+	2,000m
9-10	2012-2013	3,000m
11-12	2010-2011	3,000m
13-14	2008-2009	4,000m
15-16	2006-2007	5,000m
17-18	2004-2005	5,000m

^{*}Athletes must be at least 7 years of age on December 31st of the current year to compete in 8 & under

Questions: If you have any questions, please contact Brian Jones at youth@lakeerie.usatf.org or call (330) 224-2672.

Advancement: NO REGIONAL MEET WILL BE HELD. The top fifteen individuals and top two teams in each age division will advance to the USATF National Cross Country Meet on December 12, 2022 in College Station, Texas.

Youngstown State University 2023 Indoor High School/Open Track & Field Meets

Day	Date	Time
Saturday	January 14, High School Open/ JR High & AAU	10:00am-5pm
Saturday	January 21, High School Open/JR High & AAU	10:00am-5pm
Saturday	February 4, High School Open/ JR High & AAU	10:00am-5pm
Saturday	February 18, High School Open/ JR High & AAU	10:00am-5pm

Location/Facility: Watson and Tressel Training Site (WATTS) on YSU campus

GPS Address: 651 Elm St. | Youngstown, OH 44555

Contact: Brian Gorby, Head Cross/Track & Field Coach bdgorby@ysu.edu, (330) 519-7591 (cell)

Contact John Daubenspeck Delta Timing ysutrackmeets@gmail.com

Additional information can be found at http://www.ysu.edu/sports/track

Entry Deadlines: Entries for all meets will close on the Tuesday preceding the meet at 8 p.m. Entries will be completed at milesplit.com/register (A free account is all that is needed for everything regarding MileSplit Registration) & look for YSU High School Meets. Meets will be OPENED for registration on Milesplit 4 weeks before actual HS meet.

INDIVIDUAL ENTRY FEES: \$ 12 per paid event entry, per athlete. Three events = \$ 36 Limit three individual events. Entries by a team from 1-35 individual entries will be treated as an individual entry fee. A Team relay is an additional cost of \$ 28 in addition to the \$ 15 individual event entry fee. A relay entry is treated as 4 individual entry's x \$ 7 = \$ 28 total All Entry Fees must be paid in full by Credit Card after completing Entry's on Milesplit. No Meet Registration & no money will be exchanged at the YSU Watts Entrance. Cashless/Credit card registration will all be completed in advance of the meet on Milesplit.

TEAM ENTRY RATES:

For teams of 35-50 individual paid event entries, there will be a reduced team rate of \$ 400 Men's & Women are separate entry fees per gender for separate teams. Limit 50 individual event entry's per team.

The High School Meet Entries on MileSplit will be capped. The first 2,000 Individual Meet Entries to enter will be accepted. Run on the fastest Indoor Track surface in Ohio!







Officials Needed!

Since 2000 the sports of Track & Cross Country have seen more than a 20% decline in registered officials.

GETTING

REGISTERED

IS EASY!

SCAN THE QR CODE FOR MORE INFORMATION OR FOR AN OFFICIATING APPLICATION



- Visit ohsaa.org/officiating/permits.
- Submit application and payment of \$65.
- Study & take the online test.
- Contact a local secretary.
- Attend required local and state educational meetings each year.
- Begin officiating, make your own schedule and have fun.
- Application & testing can take place year round for track officials!





