

TO: 2021 CUYAHOGA HEIGHTS DIVISION 3 DISTRICT COACHES

FROM: Dan Potopsky Sr.
16245 Bennett Rd.
North Royalton, Ohio 44133
Home Phone 440-237-4338
dpotopskysr@wowway.com

Tim Skoczen
6376 Brecksville Rd.
Independence, Ohio 44131
Cell 216-701-0502
tjskoczen@gmail.com

COACHES GUIDELINES TO CUYAHOGA HEIGHTS DIVISION 3 DISTRICT
YOU MAY DUPLICATE ANY FORM IN THIS PACKET

- 1 Entries will be online again this year. Athletes not listed on Baum's Roster Page will not be able to participate once the window has closed.
- 2 **IMPORTANT DATES**
Entry window opens at 8:00 AM Sunday April 18th and closes at 6:00 PM on Tuesday May 18th. Scratch window will close on Wednesday May 19th at 12:00 PM and again on Friday May 21st at 12:00 PM Noon.
E-Mail a Verification Form and Pass List Form to me by Friday May 14th. (Eligibility Certificates are not required to be sent.)
- 3 Wed. Long Jump Open Pit- Practice 1:30 PM to 2:50 PM Trials begin @ 3:00 PM & close @ 4:45. If the trials are completed before the finish time, we will have the Field Referee verify the results and we will begin the finals.
Wed. Shot Put & Discus Practice 1:30 PM to 2:50 PM Trials begin at 3:00 PM.in Flights
- 4 No chalk or tape is permitted for markers for relays. Only ½ tennis balls or tongue depressors.
- 5 Event results will be posted on Baum's Page and in back of the Press Box once the event has been verified.
- 6 Relay slips will be in your packet the day the relay is contested.
- 7 Pole Vault Verification Form will be in your packet.
- 8 Schedule of events will be in your packet.
- 9 Hy-tek will automatically seed each event.
- 10 Scoring: Individual Events & Relays. 8 Places 10,8,6,5,4,3,2,1
- 11 Awards Championship & Runner Up Trophy for Boys & Girls.
- 12 Starting time for Cuyahoga Heights District Track & Field Tournament
Wed. May 19 Field Events 3:00 PM Running 4:30 PM
Fri. May 21 Field Events 4:00 PM Running 5:30 PM
- 13 Advancements: Field Events Top 9, Sprints & Relays 8 Fastest, Distance 8/Heat
- 14 Weigh in Shot Put & Discus Building North of Finish line outside the track
Wed. May 19 1:20 PM – 2:45 PM Fir. May 21 2:20 PM – 3:45 PM
- 15 The field event finals will begin after the Field Referee has verified the trials and placements.
- 16 In your packet is a Notice Titled: CUYAHOGA HEIGHTS LOCAL PROCEDURES IN CASE OF SEVERE WEATHER. Please read and alert your athletes and bus driver of these procedures.
- 17 **COMPETITIVE AREA** The Competitive Area will be areas in and around the track and all areas outside the track (fence) where the field Events are being contested. All areas where the competition is being contested for running and field events competitions will be designated as Competitive Area

- 18 Restrictive Area All coaches, spectators, and non participants are to leave the area inside the fence once the running events begin. Coaches are not permitted inside the fence area once the running begins, unless they have an athlete, in the High Jump, Long Jump, or Pole Vault. Only one coach per event is allowed. Any violation of this notice,(announcement), may lead to the DQ of your competitor. Only authorized personnel are permitted inside the fence area.
- 19 Jerseys are to be tucked into the shorts unless an approved singlet uniform is worn..
- 20 The shot and discus pads are concrete. Each shot discus must be weighed and marked by the weigh in official. Any implement presented after the the closing time will not be permitted to be used in competition or practice. An individual who has his/her implement designated as an official implement has the right to prohibit anyone else from using it. This rule has been in effect since 5-3-03.
- 21 Long Jump Open Pit We would like the athletes who are also entered in the 100MH, 110MH, & 100 M to take their jumps as early as possible. This would help speed up the event and prevent delays when that individual is entered in an early running event.
- 22 THE DISTRICT DOES NOT FURNISH TOWELS IN CASE OF INCLEMENT WEATHER, IT IS THE RESPONSIBILITY OF EACH SCHOOL TO FURNISH OWN TOWELS.
- 23 Coaches will be able to pick up their packets inside the school directly behind the Press Box. The head coach or designated assistant will hand in their OHSAA Verification Sporting Conduct/Legal Equipment and Uniform Form and Team Pass List Form if they haven't emailed them beforehand. He/She will be given their packet. Reminder! We need 1 Form for the Boys and 1 Form for the Girls.
- 24 There will be a table set up inside the building directly behind the Press Box where coaches can make scratches, number changes, spelling corrections, and pick up their packets.
- 25 Batons will be furnished.
- 26 Coaches, check your athlete's uniform to make sure they are in a legal uniform.
- 27 Cuyahoga Heights will have a Games Committee.
- 28 Appeal Forms are available in the Press Box
- 29 Length of spikes 1/4" or smaller Pyramid. This goes for shoes and blocks.
- 30 Uniforms: Do you have an athlete who requires a waiver to the typical uniform regulations for religious, medical or other reasons? If so, you MUST obtain a waiver from Dale Gabor, Director of Track and Field for the OHSAA in order for that athlete to compete. This is a coach's responsibility and will be enforced according to the rule. There are no appeals or exceptions to this regulation.
- 31 Timing Recall. Note by rule. In the event of a malfunction of the timing crew system, the timing crews have the authority to recall to prevent runners from the unnecessary task of completing a race and having to rerun the race at a later time. This rule is only in effect with the pre-approval of the Games Committee. Timing Crews, Tournament Managers and/or referees ,(in their pre-meet meeting with coaches), should alert coaches to what device will be used to recall said race.
- 32 Blocks will be provided. If any team brings their own blocks, they will be responsible to take them to the next event their team needs to use their blocks. A coach should designate someone to take care of the blocks for their team.
- 33 High Jump & Pole Vault: Practice Wed. 1:45 PM-2:50 PM. Event begins at 3:00 PM
Fri. Practice 2:45 PM-- 3:50 PM. Event Begins at 4:00 PM.
- 34 There is a page of instructions for you to share with your student' athlete's parents or anyone wishing to purchase tickets to the District Meet. There will be no gate sales at any of the District meets. All tickets must be purchased online ahead of time. The cost of admission is \$ 10.00 for Adults, Students, and Sr. Citizens. The OHSAA has mandated the cost and procedure for all Spring tournaments.

- 35 BULLPEN** The bullpen for all running events except the 100m/110m hurdles, 100m dash, 300m hurdles and the 200m dash will be in the D area at the North end of the track near the Long Jump. For the 100m/110m hurdles, 100m dash, 300m hurdles and the 200 m dash, the participants should report to the area behind the starting line for that event.
- 36** The gates for the spectators will be opened at 2:00 PM on Wed. and 3:00 PM on Friday.
- 37** The concession stand at Cuyahoga Heights will be open both days.

THE PRE-MEET MEETING WITH THE COACHES WILL TAKE PLACE AT 2:30 PM PM IN THE BUILDING WHERE YOU PICKED UP YOUR PACKETS ON WEDNESDAY. COACHES WILL BE ASKED TO SIGN IN TO VERIFY ATTENDANCE.

CUYAHOGA HEIGHTS

CUYAHOGA HEIGHTS
DIVISION 3 DISTRICT
WEDNESDAY MAY 19, 2021

SEMIS/FINALS

3:00 PM FIELD EVENTS

GIRLS: HIGH JUMP, SHOT PUT

BOYS: POLE VAULT, LONG JUMP (OPEN PIT) DISCUS

4:30 PM

RUNNING EVENTS

1	G	4 X 800 METER RELAY	TOP 4 TO REGIONAL
2	B	4 X 800 METER RELAY	TOP 4 TO REGIONAL
3	G	100 METER HURDLES	8 FASTEST
4	B	110 METER HURDLES	8 FASTEST
5	G	100 METER DASH	8 FASTEST
6	B	100 METER DASH	8 FASTEST
7	G	4 X 200 METER RELAY	8 FASTEST
8	B	4 X 200 METER RELAY	8 FASTEST
9	G	1600 METER RUN (IF NECESSARY)	8/HEAT
10	B	1600 METER RUN (IF NECESSARY)	8/HEAT
11	G	4 X 100 METER RELAY	8 FASTEST
12	B	4 X 100 METER RELAY	8 FASTEST
13	G	400 METER DASH	8 FASTEST
14	B	400 METER DASH	8 FASTEST
15	G	300 METER HURDLES	8 FASTEST
16	B	300 METER HURDLES	8 FASTEST
17	G	800 METER RUN	8/HEAT
18	B	800 METER RUN	8/HEAT
19	G	200 METER DASH	8 FASTEST
20	B	200 METER DASH	8 FASTEST
21	G	3200 METER RUN (IF NECESSARY)	8/HEAT
22	B	3200 METER RUN (IF NECESSARY)	8/HEAT
23	G	4 X 400 METER RELAY	8 FASTEST
24	B	4 X 400 METER RELAY	8 FASTEST

RELAY	START	X-CHANGES
4 X 800	YELLOW	#1,#2,#3, BLUE, BREAK LINE YELLOW,
4 X 200	GREEN	#1,#2, GREEN, #3 YELLOW
4 X 100	YELLOW	#1,#2,#3 YELLOW
4 X 400	BLUE	#1,#2,#3 BLUE, 3 TURN STAGGER, BREAK LINE WHITE

REMEMBER---WE NO LONGER HAVE FLY ZONES.

RUNNERS MAY USE ½ TENNIS BALLS OR TONGUE DEPRESSORS

NO TAPE OR CHALK IS PERMITTED ON THE TRACK

SCHOOLS ARE TO SUPPLY THEIR OWN MARKERS

RESULTS WILL BE POSTED ON: www.baumspage.com

CUYAHOGA HEIGHTS

CUYAHOGA HEIGHTS DISTRICT

DIVISION 3
FRIDAY, MAY 21, 2021

BOYS & GIRLS

4:00 PM - FIELD EVENTS

GIRLS—LONG JUMP (OPEN PIT), DISCUS, POLE VAULT
BOYS—SHOT PUT, HIGH JUMP

5:30 PM - RUNNING EVENTS

TOP 4 IN EACH EVENT QUALIFY TO THE REGIONAL

- 1 GIRLS 100 METER HURDLES
- 2 BOYS 110 METER HURDLES
- 3 GIRLS 100 METER DASH
- 4 BOYS 100 METER DASH
- 5 GIRLS 4 X 200 METER RELAY
- 6 BOYS 4 X 200 METER RELAY
- 7 GIRLS 1600 METER RUN
- 8 BOYS 1600 METER RUN
- 9 GIRLS 4 X 100 METER RELAY
- 10 BOYS 4 X 100 METER RELAY
- 11 GIRLS 400 METER DASH
- 12 BOYS 400 METER DASH
- 13 GIRLS 300 METER HURDLES
- 14 BOYS 300 METER HURDLES
- 15 GIRLS 800 METER RUN
- 16 BOYS 800 METER RUN
- 17 GIRLS 200 METER RUN
- 18 BOYS 200 METER RUN
- 19 GIRLS 3200 METER RUN
- 20 BOYS 3200 METER RUN
- 21 GIRLS 4 X 400 METER RELAY
- 22 BOYS 4 X 400 METER RELAY

RELAYS	START	EXCHANGES
4 X 200	GREEN	#1, #2 GREEN, #3 YELLOW
4 X 100	YELLOW	#1, #2, #3 YELLOW
4 X 400	BLUE	#1, #2, #3 BLUE, 3 TURN STAGGER, BREAK LINE WHITE

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