

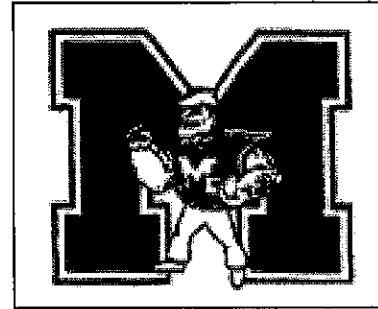
Midview Athletic Department

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Grafton, Ohio 44044

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John Kuhn, Superintendent

Tom Faska, Principal

Bob Maver, Assistant Principal

Ann Pickering, Assistant Principal

Harold Kehler, Athletic Director

GENERAL INFORMATION FOR ATHLETE

**DIVISION II DISTRICT BOYS & GIRLS TRACK & FIELD TOURNAMENT
2013, MIDVIEW HIGH SCHOOL**

- **Enclosed in this meet packet are the following items. (Available upon arrival in storage building) – All items are in today's packet, there will only be meet programs on Saturday**
 - Relay Cards (Given to clerk for relay races)
 - Pole Vault Certification Card (Give to umpire at Pole Vault event)
 - Track Markings at Midview High School
 - Meet Program for today. Your Saturday meet program will be available here.

Starting Heights are as follows, as decided by meet entries:

GIRLS HIGH JUMP – 4'4" – 2" INCREMENTS TO 4'8", THEN 1"

GIRLS POLE VAULT – 6' – 6" to 8', THEN 3" INCREMENTS

BOYS HIGH JUMP - 5'4" – 2" INCREMENTS TO 5'8", THEN 1"

BOYS POLE VAULT- 10' – 6" INCREMENTS TO 11', THEN 3"

- Results will be posted on storage building wall
- Meet results will be posted to Baumspage. There will be no result packets at the end of the meet.
- No running or walking on the football playing field -during the meet.
- Do your warm-up exercises on the backstretch between events or when some lanes aren't in use.
- 1 /4" spikes are required length on track, long jump, pole vault and high jump. Flats must be worn on concrete shot put and discus pads.
- Address any rulings to the Head Official of the District Meet – Bill Buttermore
- Starting Blocks: Home team selection is VERY limited; please use your own. We will transport blocks from starting point to starting point. They will be dropped off at the bull pen on your way out.
- Check time schedules posted on storage building. Report ON TIME to correct bullpen. There will be a bullpen at the North End of the Track, by the entrance. Listen for call on P.A.

- Lead-off runner of relay must have relay card to present to clerk in bullpen. PLEASE make sure the card is filled-out in its' entirety (including name of athlete, grade, and uniform #).
- Know how your race is run. Know where your relay exchange zones are. Tongue depressors or ½ tennis balls ONLY are used on track for relay starting marks. **NO CHALK!! NO TAPE!!**
- **No camps may be set up in the bleachers. PLEASE cleanup your team area before you depart the stadium.**
- Coaches and all contestants not competing MUST remain in stands or in areas outside of fence around track. No rest areas or camps permitted inside of track. There are many areas outside of track and behind bleachers that make good camps. If you are not competing in high jump or pole vault events, stay away from the area. Observe from the stands, please.
- Please use available trash cans for orange peels, bottles, cans, cups, trash, etc. PLEASE!!
- You are responsible for your own equipment and valuables. Do not leave it unattended.
- Please **DO NOT WEAR SPIKES IN THE BLEACHERS!!**
- **NO implements in the bleachers!!**
- Stay away from the finish line area. Do not ask for times from officials after races. They are instructed NOT to give them to you. Wait until the results are posted on front of equipment shed or announced. Report suspected errors in results or scoring to **COMPUTER SCORING OFFICIAL** at once.
- **For the safety of athletes competing, PLEASE help keep athletes/spectators away from the green fence closest to lane 8 while a race is in progress!!!**
- THE CONCESSION STAND WILL BE OPEN.
- Know rule about running on lane lines to your left. You may be disqualified if you run three (3) or more consecutive stepson or over lines. **STAY OFF THEM!**
- Leave Frisbees and footballs at home. No loud playing tape decks/radios in stands or around track. Use walkman type with earphones.
- Be sure you are wearing a school issued uniform. Relay teams must have identical uniforms. When two or more relay team members wear apparel under the jersey, it must be the same color. Same rule applies to body suits & leotards. Trunks are worn over the body suits or leotards.
- Restrooms are located near the concession stand.
- All lapped runners will be allowed to continue running on inside lane or may move to an outer lane of their choice. Officials will not designate where to run.
- Be sure you do not break before passing lane markers on all break races. (800,1600,3200,4x800, 4x400).
- A competitor may wear a watch.
- Athletes are to stay out of school building at all times.
- Batons will be provided. No other batons maybe used. Return baton to the starting line after race.

- **A trainer will be available at the infield. She is there for meet injuries, SHE IS NOT THERE TO TAPE YOUR ATHLETES or REHAB prior injuries. Please have them taped and ready to go upon arrival at Midview High School**
- **THANK YOU AND GOOD LUCK! HOPE YOU HAVE A GREAT EXPERIENCE! YOUR COOPERATION WILL BE OF GREAT HELP IN MAKING THE MEET A SUCCESSFUL ONE.**

STEVE HAYHURT, MEET MANAGER

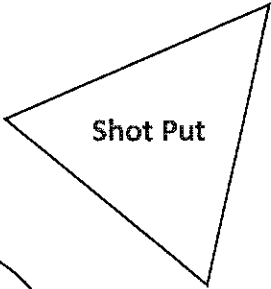
COACHES--PLEASE POST OR COPY AND HAND OUT TO YOUR ATHLETES.

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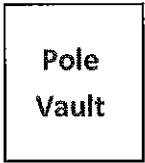
2013

OHSAA Div. 2 District Track Meet

May 23rd/25th, 2013



Shot Put



Pole Vault



Long Jump

Finish Line



FAT
Timing
Tent



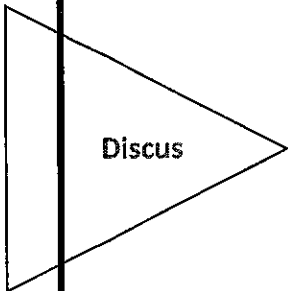
Away
Stands



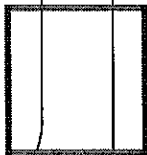
Home
Stands



Coach
Check In



Discus



Bullpen



High Jump



Trainer
Tent



Concession
&
Restrooms



ENTER

N

E

W

Track Markings Midview High School Color Coding

Event	Color	Location
100 meter GIRLS	White	8 Lanes
110 meter BOYS	White	8 Lanes
200 meter	White	8 Lanes
300 m Hurdles	White	8 Lanes Hurdles
400 meter	White	8 Lanes all way
800 meter	White 2 Turn	Cones Breakline
800 meter	Green 1 Turn	Green Breakline
1600 meter	Green 1 Turn	Green Breakline
3200	Green 1 Turn	Green Breakline

Relays

	Start	Exchanges
4 X 100 meter	White	Yellow all exchanges
4 X 200 meter	Red 4 Turn	1=Red, 2=Red, 3=Yellow
4 X 400 meter	Blue 3 Turn	Blue, then California
4 X 400 meter	White 2 Turn	Blue, then California
4 X 800 meter	White 2 Turn	White Breakline
4 X 800 meter	Green 1 Turn	White/Green Breakline

Exchange Zone Format

All Exchanges	Triangles	Blue Common
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Hurdles

Event	Distance	Start Color	Height		Number	Markings
			Boys	Girls		
Girls	100 meter	White		33"	10	Yellow
Boys	110 meter	White	39"		10	Blue
200 meter	200 meter	White	30"	30"	5	Red
300 meter	300 meter	White	36"	30"	8	Red



Ohio High School Athletic Association
4080 Roselea Place
Columbus, Ohio 43214
(p) 614.267.2502
(f) 614.267.1677
Web Site: www.ohsaa.org

SAMPLE POLE VAULT CERTIFICATION FORM

Directions: Please complete all blanks and sign. This form shall be handed to the head pole vault official when the vaulter(s) report. Presenting an improperly completed form or if no form is presented will result in the vaulter(s) being excluded from competition. PLEASE PRINT. Include first and last name.

SCHOOL _____ DATE: _____

COMPETITOR	NUMBER	VAULTER'S WEIGHT	POLE RATING(S)

COACH'S SIGNATURE