

NORTHWEST DIII DISTRICT TRACK & FIELD TOURNAMENT

Hosted by Findlay High School
May 16 & 18, 2019

April 19, 2019

Coaches:

Findlay High School is again excited to be a site for the Division III Northwest District Track & Field Tournament to be held on Thursday, May 16 and Saturday, May 18, 2019. We are confident you will find the Cooper Tire Track & Field Complex to be a great venue and we look forward to serving as your host.

In this communication you will find important information regarding the Tournament. We encourage you to read through it in its entirety and should you have any questions or concerns, please do not hesitate to contact one of us. We hope that your experience in Findlay will be both rewarding and enjoyable. We Thank You for the time and dedication you have given to your teams and the sport of Track & Field.

Sincerely,

Nate Weihrauch, Athletic Director
Findlay High School
nweihrauch@fcs.org
419-425-8216

Greg Gilbert
Meet Manager
gilbert@findlay.edu
419-722-3825

NORTHWEST DIII DISTRICT TRACK & FIELD TOURNAMENT

Hosted by Findlay High School
May 16 & 18, 2019

IMPORTANT DATES & DEADLINES

Sunday, April 21
8:00 am

Entry window opens on
www.baumspage.com

Friday, May 10

Deadline for host site to receive
Coaches Verification Form

Fax: 419-427-5471
Email: nweihrauch@fcs.org

Tuesday, May 14
7:00 pm

Entry Deadline on
www.baumspage.com

Late entries will not be accepted
without payment of \$50 late
fee and approval by the OHSAA

Thursday, May 16
12 Noon

Deadline for scratches and
substitutions on
www.baumspage.com

Note: no additions can be made
in an event that was left blank
on the online entry form

Thursday, May 16
3:30 pm

Coaches Meeting

At clerking tent next to 100M start

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Facility:

Cooper Tire Track & Field Complex at Findlay High School is located at 1200 Broad Avenue, Findlay, OH, just off Interstate-75 (Exit 159). The nine-lane Beynon Track was installed in 2013. All Field Event areas are located either inside the oval or adjacent to its perimeter. Finish Lynx timing will be used.

Directions & Parking:

Findlay High School is located at 1200 Broad Ave, Findlay, OH. From I-75, take Exit #159 (US-224/OH-15/Trenton Ave) and turn east (towards McDonald's). At the first light, turn right onto Broad Ave.

Spectator Parking: Follow the above directions and make your first right off of Broad Ave to enter the Findlay High School campus. Stay to the right to enter the parking lot. There is a foot bridge at the far end of the parking lot (southwest corner) to enter the track & facility once you have parked.

Bus Parking: Bus parking will be at the Elmer Graham Soccer Stadium. Follow the above directions and proceed approximately ½-mile down Broad Ave past Findlay High School and turn right onto Howard St. Travel approximately ¼-mile and turn right on Waite Ave at the Findlay City Schools sign. Event parking signs will be posted to assist Bus Drivers. Teams can walk directly to the team camp area located on the south side of the Track from the parking lot.

Entry Information: See enclosed 2019 OHSAA District Track – Online Entry Instructions

Entry Deadline:

Entries are to be submitted online at www.baumspage.com. The entry window opens on Sunday, April 21, 2019 at 8:00 am and closes on Tuesday, May 14 at 7:00 pm. **Late entries will not be accepted without payment of a \$50 fine and approval by the OHSAA.** Please refer to the enclosed 2019 OHSAA District Track – Online Entry Instructions for complete online entry instructions.

Entry Limit:

A maximum of two eligible athletes may be named on the entry form for each event other than relay events; one relay team is permitted per school. A contestant shall not be entered in more than four individual events including relays.

Substitutions & Scratches:

You may substitute for a contestant who has been entered in the Online Entry Form or you may delete. You may **NOT** add a name in an event that was left blank on the Online Entry Form. A substitute may replace a listed athlete provided the substitute is on the Numeric Roster and provided the substitute is submitted no later than **12 Noon for events first contested on Thursday**. After that time, no substitutions will be accepted. **Substitutions for events first contested on Saturday must be made when the coach checks-in on Saturday!**

Coaches Verification Form:

A signed Coaches Verification Form should be submitted by Friday, May 10. You can email (nweihrauch@fcs.org) or fax (419-427-5471) the form to Findlay HS. A Coaches Verification Form is included in this information packet. Note that Eligibility Certificates are no longer submitted to the host site.

Packet Pick-Up & Coaches Meeting:

Team packets can be picked up at the Clerking Tent located by the 100M start line beginning at 3:00 pm on Thursday, May 16. Packets will include heat & flight sheets for the day's events, starting heights and progressions for the High Jump & Pole Vault, relay cards, competitor number change form, etc... A Coaches Meeting will be held at 3:30 pm on Thursday, May 16 at this location.

Order of Events:

See the attached order of events/time schedule for this Information. Should there not be enough competitors in the 1600M & 3200M Semi-Finals, the event will be run as a final on Saturday, May 18.

Rules:

The 2019 NFHS Track & Field Rules shall apply in all cases unless superseded by the OHSA Track & Field Regulations.

Scoring: 10-8-6-5-4-3-2-1

Awards:

A District team trophy for the boys & girls teams will be awarded to the District Champion and District Runner-Up. No individual awards will be presented

Advancement to Regional:

The top four finishers in each individual and relay event will advance to the Division I Regional Track & Field Meet at Tiffin/Heidelberg.

Entry Fee: There is not an entry fee for schools

Running Event Check-In:

The Clerking Tent/Bullpen will be located behind the 100M starting line area. Hip numbers must be placed on the Right Hip and be clearly visible. In races 800M and longer, athletes will be given an additional hip number on the left chest. In relays, only the anchor runner needs to have a hip number.

Relay Card: Relay Cards will be in the team packets. The completed relay card is to be returned to the Clerk when reporting for each relay.

Field Event Check-In: Athletes in Field Events should check-in directly at their event site

Checking Out of a Field Event:

Please see the enclosed for specific instruction for checking out of a field event to compete in another event. We will adhere to these procedures for fairness to all competitors in field events by trying to avoid long interruptions during their event.

Field Event Flights:

The Shot Put, Discus & Long Jump will be contested in flights with the top nine advancing to the Finals.

Implement Weigh-In:

Implement Weigh-In will occur next to the Discus area beginning one hour prior to the start of the Throwing events each day. Illegal implements will be impounded until the event is concluded.

Markings:

Only tennis ball halves are permitted on the Track for relays and athletic tape in the field event areas for the Pole Vault, High Jump & Long Jump. Any markers used in the Long Jump or Pole Vault must be placed outside of the runway.

Starting Blocks: Starting Blocks will be furnished. You may provide your own blocks as well.

Restricted Areas:

At no time will Coaches or Athletes be allowed on the infield. Only Coaches and Competing Athletes are permitted at the Field Event Areas. Non-Competing Athletes and Spectators must remain in the bleachers or in the designated areas for the specific Field Event. Coaches are not permitted in the timing booth. All questions should be directed to the Meet Referee.

Results:

Results will be posted at the main concession stand and on the results board near the clerking tent as soon as the Meet Referee has approved them and are processed by the Computer Operators. Results will also be posted on BaumsPage soon after the conclusion of the last event.

Games Committee:

The Games Committee will serve as an advisory capacity to the Meet Referee if he wishes to consult with them. The decision of the Meet Referee will be final.

Admissions: Admission prices are \$6 for Adults and \$4 for Students

Concessions:

The main concession stand is located on the east side of the complex between the Track & Baseball Field.

T-Shirts:

Official OHSAA District Track & Field Championship T-Shirts will be sold next to the main concession stand.

Restrooms:

Restrooms are located at the main concession stand. Portable toilets will also be located at various locations around the facility. No Locker Rooms facilities will be available.

Team Camps:

Team Camps may be set-up in the grass area to the south of the Track (see enclosed facility map). There will be additional area underneath the main bleachers along the home stretch straight-away (west) of the track. Please be sure to clean-up your area before leaving.

Spikes: Only ¼-inch pyramid spikes are permitted on the Track & Field Event areas.

Athletic Training:

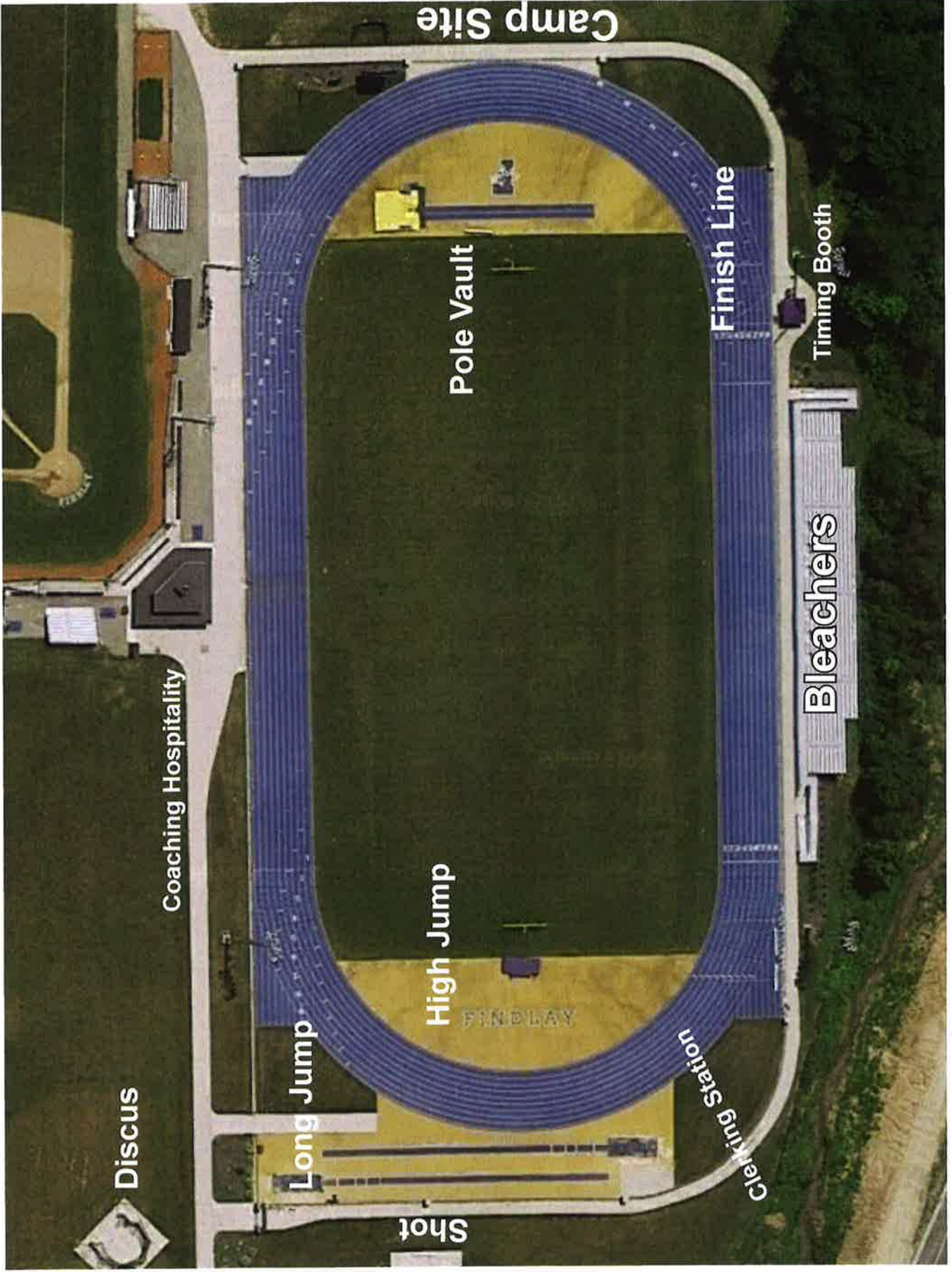
The Athletic Training tent will be located at the southwest end of the Track, just beyond the Finish Line straight-away.

Coaches Hospitality:

A Coaches hospitality area will be located on the second floor of the main concession stand.

Inclement Weather (see attached info):

In the event of lightning, all Spectators, Coaches, Athletes & Officials must evacuate the Complex and move to their personal vehicle or team bus. If the Meet is suspended due to lightning, competition cannot resume until 30 minutes after the last flash of lightning or sound of thunder. In the event of tornado sighting, all individuals should move to the Findlay High School building.



Discus

Coaching Hospitality

Long Jump

Shot

High Jump

Pole Vault

Clerking Station

Finish Line

Bleachers

Timing Booth

Camp Site

NORTHWEST DIII DISTRICT TRACK & FIELD CHAMPIONSHIP

FINDLAY HIGH SCHOOL – COOPER TIRE TRACK & FIELD COMPLEX

ORDER OF EVENTS

Thursday, May 16, 2019

4:00 pm

Boys Discus	Girls Shot Put
Boys Pole Vault	Girls High Jump
Boys Long Jump	

5:00 pm

Girls 4x800 Meter Relay
Boys 4x800 Meter Relay
Girls 100 Meter Hurdles (33") Semi-Finals
Boys 110 Meter Hurdles (39") Semi-Finals
Girls 100 Meter Dash Semi-Finals
Boys 100 Meter Dash Semi-Finals
Girls 4x200 Meter Relays Semi-Finals
Boys 4x200 Meter Relays Semi-Finals
Girls 1600 Meter Run Semi-Finals (if necessary)
Boys 1600 Meter Run Semi-Finals (if necessary)
Girls 4x100 Meter Relays Semi-Finals (a)
Boys 4x100 Meter Relays Semi-Finals (b)
Girls 400 Meter Run Semi-Finals
Boys 400 Meter Run Semi-Finals
Girls 300 Meter Hurdles Semi-Finals
Boys 300 Meter Hurdles Semi-Finals
Girls 800 Meter Run Semi-Finals
Boys 800 Meter Run Semi-Finals
Girls 200 Meter Dash Semi-Finals
Boys 200 Meter Dash Semi-Finals
Girls 3200 Meter Run Semi-Finals (if necessary)
Boys 3200 Meter Run Semi-Finals (if necessary)
Girls 4x400 Meter Relay Semi-Finals (c)
Boys 4x400 Meter Relay Semi-Finals (d)

Saturday, May 18, 2019

10:00 am

Boys Shot Put	Girls Discus
Boys High Jump	Girls Pole Vault
	Girls Long Jump

11:00 am

Girls 100 Meter Hurdles (33")
Boys 110 Meter Hurdles (39")
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls 4x200 Meter Relay
Boys 4x200 Meter Relay
Girls 1600 Meter Run
Boys 1600 Meter Run
Girls 4x100 Meter Relay
Boys 4x100 Meter Relay
Girls 400 Meter Run
Boys 400 Meter Run
Girls 300 Meter Hurdles (30")
Boys 300 Meter Hurdles (36")
Girls 800 Meter Run
Boys 800 Meter Run
Girls 200 Meter Dash
Boys 200 Meter Dash
Girls 3200 Meter Run
Boys 3200 Meter Run
Girls 4x400 Meter Relay
Boys 4x400 Meter Relay

- The first heat of the Girls 4x100 Meter Relay will begin no earlier than 15 minutes after the start of the first heat of the Girls 4x200 Meter Relay
- The first heat of the Boys 4x100 Meter Relay will begin no earlier than 15 minutes after the start of the first heat of the Boys 4x200 Meter Relay
- The first heat of the Girls 4x400 Meter Relay will begin no earlier than 20 minutes after the start of the first heat of the Girls 200 Meter Dash
- The first heat of the Boys 4x400 Meter Relay will begin no earlier than 20 minutes after the start of the first heat of the Boys 200 Meter Dash

(updated 4/19/19)

2019 OHSAA District Track – Online Entry Instructions

Submit entries online at www.baumspage.com before 7:00 PM on Tuesday, May 14!

Entry window opens at 8:00 AM, April 21 and **closes precisely at the time listed above!**

Late entries will not be accepted without payment of a \$50 late fee and approval by the OHSAA!

Entry Requirements: *See [2019 OHSAA Tournament Regulations](#) on the OHSAA web site.

1. **A maximum of two eligible athletes may be named on the entry form for each event other than relay events.** *See OHSAA Regulations – Sect. 5.4
 - a) **A contestant shall not be entered in more than four individual events including relays!**
2. **Members of relay teams must be designated prior to competing the first time.**
 - a) All members of a relay team must be listed on the **Numeric Roster!**
 - b) **Eligibility Certificates** are not required. Each school is responsible for confirming all athletes entered are eligible.
3. Use the **Online Entry Form** at www.baumspage.com to submit entries before the deadline listed!
 - a) **Submit a complete roster!** The **Numeric Roster** must include everyone!
 - b) **Numbers are required for all athletes before the district entry form can be accessed!**
4. **Substitutions must be submitted online before 12:00 noon the 1st day** the event is contested.
 - a) **You may substitute for a contestant who has been entered on the Online Entry Form or you may delete. You may not add a name in an event that was left blank on the Online Entry Form!**
 - b) **A substitute may replace a listed athlete provided the substitute is on the Numeric Roster and provided the substitute is submitted no later than 12:00 noon the first day of the event is contested. After that time no substitutions will be accepted. Substitutions for events starting on Saturday must be made when the coach checks-in on Saturday!**

To register and submit entries online:

1. Go to www.baumspage.com | click the link to **Online Entry** or **Login** at the top of the page.
 - a) Or browse to **Track | OHSAA District Tournaments**: select the **district, site, and division**.
 - b) **If you have an account:**
 - i) Click on **Login** and enter your **UserID/E-mail address** and **Password!**
 - ii) If you don't know your **Password**, click the **Forget your password** link to get a new one...
 - c) **If you do not have an account:**
 - i) Click **Apply** and submit an **Application**.
 - ii) Use a valid e-mail address and any password that you can remember!
 - iii) **Make sure you check the "I'm not a robot" box and click Submit Application.**
2. **Submit an "intended" roster early!** Return later to make corrections and final changes.
 - a) Use **Coaches | Select Teams** to claim your school and team. | Select | Click **Make me the Coach**.
 - b) Use **Coaches | Track | Modify Athletes** to enter roster. Include name, grade, and competitor number for **anyone who could conceivably compete!** *The list will be alphabetized automatically.
 - i) **Numbers are required for all athletes before the district entry form can be accessed!**
 - c) Use **Coaches | Track | Submit Rosters** to enter athletes, relays, and **most consistent** marks.
 - i) **To enter individual events:** Select the athlete from the list and enter the mark.
 - ii) **To enter a relay:** Select the 4 anticipated relay team members and enter the mark.
 - (1) List in expected order. Changes may be made before the team competes!
 - d) **Always** click **Submit Roster** when you finish to submit the roster!
 - i) Click the **Get Printable Roster** to print a copy for your records.
 - ii) What you see on the **Confirmation Form** is what will be submitted for the meet!
 - e) **Return anytime before deadline to make changes!**
3. Substitutions for events contested on week days must submitted online before 12:00 noon the first day the event is contested.
 - a) Use **Coaches | Track | Submit Rosters** to access the **Scratch/Substitution** section of the online entry template.
 - i) A **Scratch/Substitution** box will be available below each event **after the entry window closes!**
 - b) **List your changes** in the correction box | click **Add Scratch Info** | repeat for additional changes.
 - c) **Substitutions submitted after 12:00 noon will not be processed!**

If there are any problems with the Online Form, use the [Contact Us](#) link to submit a Help Request! Please allow up to 8 hours for a response. *Most responses will be in less than 4 hours.

• **In an emergency, call Gary Baumgartner at 513-594-6154 or Terry Young at 740-517-0195!**

EXCUSING A FIELD EVENT COMPETITOR TO COMPETE IN ANOTHER EVENT

- A) The **COMPETITOR** must receive permission from the **Head Event Judge**
- B) The judge will record:
 - (1) The time excused.
 - (2) The event to which the competitor is going.
 - (3) And the time to return. (The time to return is based on the time excused, not the time the other event is concluded.)
- C) The judge may alter the order of trials in preliminaries and finals to allow the competitor to take the remaining trials out of order before being excused for another event. It will be the competitor's choice as to whether s/he will take the trials before leaving the event.
- D) Excused competitors shall inform the head event judge upon their return.
- E) When an unusual circumstance (injury, rerun, false start, timing system malfunction, etc.) occurs that will prolong the absence of the excused competitor, it shall be the competitor's responsibility to have this communicated this to the event judge. The event judge will consider such circumstances and make decisions in the best interest of all competitors.
- F) In some situations, it may be advisable to be excused to check-in with the clerk, return for more attempts, and be excused again to run the track event.

High jump and pole vault:

No break in the HJ or PV competition should be longer than 10 minutes.

The athlete may take the remaining jumps at a height before leaving.

If the competitor leaves prior to taking all attempts at a height and has not returned within the designated time limit and all remaining competitors have either passed, cleared or failed the existing height, the cross bar may be raised to the next height, and the judge will automatically pass the excused competitor to the new height.

Long jump, shot put, and discus:

The athlete may take any or all attempts before leaving.

If the competitor leaves prior to taking all attempts and has failed to return in the allotted time, an unsuccessful trial may be recorded each time the competitor is called "UP" for a trial.

Field event athletes are just as important as running athletes and deserve to have the same advantages in their event by not having to wait on one athlete to return, and thereby interrupting a good flow in the event. The implementation of the above procedures will prevent having long down times in the field events. It is imperative that coaches inform athletes of these procedures and to communicate as mandated to the head field judge at their event.

Section 21. Lightning and Inclement Weather

Recognition:

Coaches, certified athletic trainers, athletes and administrators should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately 2-to-3 miles, anytime that lightning can be seen or thunder heard, the risk is already present. Weather can be monitored using the following methods:

- **Monitor Weather Patterns** – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition, and by scanning the sky for signs of potential thunderstorm activity
- **National Weather Service** – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.

Management:

- **Evacuation** – If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures shall be announced and posted at all athletic venues.
- **Thirty-minute rule** – Once lightning has been recognized, competition shall not be resumed until at least 30 minutes after the last flash of lightning is witnessed or thunder is heard to begin or resume a contest. Given the average rates of thunderstorm travel, this would allow the storm to move 10-to-12 miles away from the area and significantly reduces the risk of local lightning flashes. Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock, and another count should begin.

COACHES VERIFICATION FORM



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
4080 Roselea Place, Columbus, Ohio 43214
Ph: 614-267-2502
Fax: 614-267-1677
Web site: www.ohsaa.org

**OHSAA TRACK AND FIELD COACH'S VERIFICATION OF SPORTING CONDUCT/LEGAL
EQUIPMENT AND UNIFORMS
FOR USE IN OHSAA TOURNAMENTS**

CITY AND SCHOOL NAME _____

DIVISION _____ BOYS _____ GIRLS _____

HEAD COACH'S NAME _____

OHSAA standards require contest officials to enforce all NFHS rules relating to sporting conduct, ethical behavior and legal uniforms and equipment. Acts that intend to demean opposing competitors, team members, spectators and officials are not in keeping with the ideals of interscholastic athletics and will not be tolerated. Let this competition reflect mutual respect!

NFHS track and field and cross-country rules require the referee to meet with the head coach and captains to explain the expectations of good sporting conduct throughout this competition. In addition, the head coach is responsible for verifying to the referee/starter that all competitors are properly equipped (legal uniforms (including no dangerous jewelry), legal equipment) in compliance with NFHS rules.

In all OHSAA tournament competition and in any multi-team or invitational competition that would make it difficult for the referee to meet personally with all coaches and captains, all coaches shall agree to the following:

COACH'S VERIFICATION

I certify to the tournament referee that all contestants under my supervision are legally equipped, attired in legal uniforms and free of all dangerous jewelry in accordance with NFHS rules. I further certify that all student-athletes and other team personnel have been advised of their responsibilities relative to good sporting conduct during this competition. **In addition, I understand and accept responsibility for adhering to the OHSAA participation limitation of four events per individual athlete per tournament contest.**

Coach's Signature _____

Date: _____

**PLEASE RETURN THIS FORM TO THE AREA AS DIRECTED BY TOURNAMENT
PERSONNEL.**



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