

# NOCMSL 7<sup>th</sup> & 8<sup>th</sup> Grade Championship Track & Field Meet

# 2014

Saturday, May 10<sup>th</sup>, 2014 – 9:30am  
Brunswick High School Stadium  
Brunswick, OH

**LINE UPS-** Coaches must enter their team's top TWO competitors for each event into Baum's Page ([www.baumspage.com](http://www.baumspage.com)). All athletes are limited to three (3) events, including field events and relays. Coaches must include the athletes' best performance in each event, so we can properly seed them. Athletes with no performance mark provided will be seeded last. Please include **any** additional athletes that will serve as alternates, to ensure they are in the computer system for any last minute changes.

*Any questions, please contact Buddy Wolf ([bwolf@bcsoh.org](mailto:bwolf@bcsoh.org)).*

- **ALL teams must submit their initial entries to Baum's Page by Thursday, MAY 8<sup>th</sup> @ 6:00pm.**
- Coaches may continue to make changes/scratches to their entries until the window finally closes at 6:00 pm on Friday, May 9<sup>th</sup>. Any changes to entries after this point will be handled the day of the meet.
- With the scratch window being open so close to the event itself, it is expected that your online entries are AS ACCURATE AS POSSIBLE, with minimal scratches/changes the day of the meet!

**SCRATCHES/SUBSTITUTIONS-** ALL athlete CHANGES/SCRATCHES the day of the meet will be handled in the bullpen and at the finish line. The newly entered athlete will use the assigned heat and lane assignment of the replaced athlete. *Athletes must inform the finish line and the bullpen of the school, name of the athlete they are replacing, and their name.*

**COACHES'/HELPERS' MEETING-** We will have a coaches/helpers meeting at about 8:45 am, the day of the championship, in front of the press box. Each school **must** send **at least one coach** to the meeting. We will review meet specifics, clarify event assignments; provide all heat and lane assignments for the meet, and answer any questions prior to the start of the meet at that time.

## MEET SPECIFICATIONS

1. **STARTING TIME** for the meet will be 9:30 am for all field events. Running events will begin at 10:30 am.
2. **RUNNING EVENTS:** First call for running events will begin at 10:15 am.
  - Heat and lane assignments will be based on the times provided by their coach (Rule 3-2-3e).
  - **PRELIMS** – We will run event preliminaries for the Boys/Girls 100 Meter Dash and the 100/110 Hurdles ONLY.
    - Athletes with the fastest seed times will be placed into different heats and given the preferred lane assignments (Rule 5-6-2).
    - Athletes from the same team will not be in the same preliminary heat (Rule 5-6-4)
    - The TOP 8 athletes will advance to the event finals. The top two finishers in each heat will automatically qualify for the event finals and remaining spots (if any) in finals will be filled by the next fastest overall times (Rule 5-6-5).
  - **FINALS** – With the exception of the prelim events, we will be running different 'sections' (series of timed-finals) of all remaining running events (Rule 5-5-6). All running events are finals, and results will be based on overall time.
    - Slowest heats will be run first, while the Fastest heats will be run last (Rule 5-5-7).
3. **BULLPEN:** We will have a traveling bullpen located on the infield, generally closest to the specific event start line.

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4. **RELAYS:** Each team needs to bring their own batons. Relay teams are expected to have the baton during event check-in.
5. **FIELD EVENTS:** First call for all field events will be at 9:00 am, with the events starting at 9:30 am.
  - **High Jump and Long Jump** will be running the boys' and girls' (7<sup>th</sup> and 8<sup>th</sup>) events simultaneously at their respective locations.
  - **In High Jump** athletes will be organized into 'continuing flights' (Rule 7-2-8), meaning 5 athletes will be 'active' at any given point. When an athlete passes, clears, or is eliminated at a given height, the next athlete in line will cycle into the rotation of five (5).
    - Each athlete will attempt three jumps at a given height, after three consecutive misses the athlete will be eliminated and the results will be FINAL .
    - High jump will start at 3'8" for girls and rise at the following increments: 3'8", 3'10", 4'0", 4'2", 4'4", 4'5", 4'6", 4'7", etc. High jump will start at 4'0" for boys and rise at the following increments: 4'0", 4'3", 4'6", 4'9", 5'0", 5'2", 5'3", etc. (Rule 3-2-3j)
    - In the event of a tie, the athlete(s) with the fewest attempts at the final cleared height will be awarded the higher place. If athletes are still tied, results will be determined by the fewest TOTAL MISSES through the duration of the competition (Rule 7-4-15).
      - Passes are not counted as attempts or misses, so athletes are encouraged to pass on lower heights when appropriate.
  - **Long jump, discus, and shot** will allow athletes three (3) attempts at each of those events. Athletes will be credited with their best distance to go towards final results. ALL attempts WILL be measured and recorded accurately (to the nearest ¼ ").
    - In the event of a tie, the athlete(s) with the 2<sup>nd</sup> longest mark earned will be awarded the higher place (Rule 6-3-2).
  - **Long Jump** will be broken into flights of 8 athletes (Rule 3-2-3l). Each flight of athletes will complete their three attempts before moving onto the next flight of athletes. Athletes will be credited with their best distance mark; results will be compiled and will be FINAL.
  - **Shot Put and Discus** will be OPEN and athletes will be able to check in and complete 3 consecutive attempts. Athletes will be credited with their best distance mark; results will be compiled and will be FINAL.
    - **9:30 -10:30 am:** Boys will be at Long Jump, High Jump, and Open Shot.  
Girls will start at Long Jump, High Jump and Open Disc.
    - **10:30-11:30 pm:** Boys will be at Long Jump, High Jump, and Open Disc.  
Girls will be at Long Jump, High Jump, and Open Shot.
6. **AWARDS:** We will have awards ready for you at the end of the meet. Top 3 teams will receive trophies, top 3 placers will receive medals, and 4<sup>th</sup>-8<sup>th</sup> place winners will receive a ribbon.

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## Order of Running Events

### Prelims:

- 1) BOYS 110 Hurdles    2) GIRLS 100 Hurdles    3) BOYS 100 Dash    4) GIRLS 100 Dash

### Event Finals (Sections):

*7<sup>th</sup> grade 'sections' will run prior to 8<sup>th</sup> grade 'sections'*

- |                             |                            |
|-----------------------------|----------------------------|
| 1. GIRLS 100 Meter HURDLES  | 2. BOYS 110 Meter HURDLES  |
| 3. GIRLS 100 Meter Dash     | 4. BOYS 100 Meter Dash     |
| 5. GIRLS 1600 Meter Run     | 6. BOYS 1600 Meter Run     |
| 7. GIRLS 4x100 Meter RELAY  | 8. BOYS 4x100 Meter RELAY  |
| 9. GIRLS 400 Meter Dash     | 10. BOYS 400 Meter Dash    |
| 11. GIRLS 4x200 Meter RELAY | 12. BOYS 4x200 Meter RELAY |
| 13. GIRLS 200 Meter HURDLES | 14. BOYS 200 Meter HURDLES |
| 15. GIRLS 800 Meter Run     | 16. BOYS 800 Meter Run     |
| 17. GIRLS 200 Meter Dash    | 18. BOYS 200 Meter Dash    |
| 19. GIRLS 4x400 Meter RELAY | 20. BOYS 4x400 Meter RELAY |

## Miscellaneous Meet Information

1. **ADMISSION:** \$5.00 for adults and \$2.00 for students.
2. **BUSSES** MUST drop athletes off at the main gate of the stadium. Busses may park south of the stadium (in front of the old main entrance).
3. **SPIKES:** Only 1/8" pyramid spikes, or smaller, are permitted on the stadium track. An official will be checking spikes in the bullpen.
4. **ATHLETE SEATING:** Athletes will be permitted to sit in the Home (restricted to the north end) or Away bleachers. **Please remind your athletes that they are not allowed to hang around at the finish line or at the press box.** They must stay off the field and outside the fence area; unless awaiting their 'called' event.
5. **CONCESSION STAND** will be open with food, drinks and snacks.
6. **TRAINER:** We will have an athletic trainer on-site and ice will be available; however, please come prepared to meet the basic training needs of your athletes.
7. **LOCKER ROOMS:** There will be NO locker rooms available, please remind your athletes to leave all expensive items at home. We are NOT responsible for lost, stolen, or damaged articles (e.g. cameras, ipods, cell phones, etc.).
8. **T-SHIRTS:** Please let the kids know in advance that t-shirts will be available so they can bring money to purchase one. There will be a limited number of t-shirts available so get them early! T-shirt cost is **\$10.00**. You can pay by cash or by personal check (made payable to *Willettts Middle School*).

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## Event Assignments:

If you should have any questions concerning the attached event assignment sheet or knowing what event your school is responsible for please email Buddy Wolf ([bwolf@bcsoh.org](mailto:bwolf@bcsoh.org)).

Each school will be asked to provide **at least 3 experienced ADULTS (preferably coaches)** to help at their event assignments.

**FIELD EVENTS:** You **MUST bring your event's equipment** (i.e. discs, shots, etc.), clipboards, and tape measurers to effectively run your event assignment! At the field events, one of the adults should lead the others to ensure that the event is run smoothly.

**BOYS SHOT-** Parma Greenbriar (3 adults)

**GIRLS SHOT-** Elyria Eastern Heights (3 adults)

**BOYS HIGH JUMP-** Brunswick South (2 adults)

**GIRLS HIGH JUMP-** North Royalton (2 adults)

**BOYS DISCUS-** Medina Root (3 adults)

**GIRLS DISCUS-** Strongsville Center (3 adults)

**BOYS LONG JUMP-** Elyria Westwood (3 adults)

**GIRLS LONG JUMP-** Parma Shiloh (3 adults)

## **TIMERS:**

Brunswick Willetts (Hoy)

Elyria Northwood (2 adults)

Medina Clagget (1 adult)

Parma Hillside (2 adults)

Strongsville Albion (2 adults)

**MEET DIRECTOR:** B. Wolf

**BULL PEN:** Clerk of Course - B. Miller

## **STOPWATCH BACK-UP**

Brunswick South (Esterek)

## **RELAY EXCHANGE ZONES**

4x100 – B. Wolf, 2 Coaches

4x200 – B. Wolf

## **PICKERS:**

Brunswick South (Esterek – 8<sup>th</sup> place)

Brunswick Willetts (Nichol)

Elyria Northwood (1 adult)

Medina Clagget (2 adults)

North Royalton (1 adult)

Parma Hillside (1 adult)

Strongsville Albion (1 adult)

## **COMPUTER SCORING SYSTEM: 2 CPU's**

Harwood, L. Alferio, J. Alferio, +1 Adult

**ANNOUNCING/PRESS BOX:** Brunswick (Wenmoth)

**TICKETS:** Brunswick Willetts (2 adults)

## **FINISH LINE**

Brunswick Willetts (Grove)

**CONCESSIONS:** Brunswick Willetts (Sherman +1 adult)

## **MATCH TIMER/PICKER :**

Brunswick South and Willetts (Peffer/Paoletta)

**AWARDS:** Brunswick South

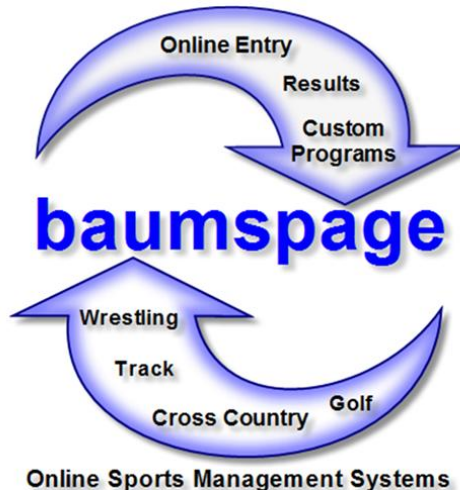
**T-SHIRT SALES:** Brunswick Willetts

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## ENTERING Athletes into BAUM's PAGE:



### Registration:

1. Go to [www.baumspage.com](http://www.baumspage.com)
2. Register yourself or Log in (accounts from last year are still active).
3. Under 'COACHES' click 'SELECT TEAMS'.
4. 'SELECT SCHOOL' from the dropdown menu
5. Click 'GET AVAILABLE SCHOOL TEAMS'
6. 'SELECT SPORT' from the dropdown menu
7. Click 'MAKE ME THE COACH'
8. Repeat for additional teams

### Rosters:

1. Click on 'TRACK' and 'MODIFY ATHLETES'
2. Select Your Team
3. Click 'GET ALPHABETICAL ROSTER'
4. Add Athletes for your Team
  - a. Numbers are not necessary for our purposes
  - b. Please be sure to include any athletes that are considered to be ALTERNATES as well.

### Entries:

1. Under 'COACHES' click 'TRACK' and 'SUBMIT ROSTERS'
2. Select your Team (Boys/Girls)
3. Select the Event – **NOC-MSL Conference Championships (7<sup>th</sup> or 8<sup>th</sup>)**
4. Enter 2 athletes and their best confirmed performance for each event.
5. **Be careful that athletes are entered with the appropriate section of the meet (7<sup>th</sup> or 8<sup>th</sup>)**
  - a. i.e. Do not enter an 8<sup>th</sup> grade athlete(s) into the 7<sup>th</sup> grade meet on accident!
6. Click 'SUBMIT ROSTER'

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