



# 2015 NOC-MSL 7<sup>th</sup>/8<sup>th</sup> Conference Championship COACHES' MEETING



Hosts: Brunswick Middle School Track & Field  
Saturday, May 16<sup>th</sup>

## GENERAL INFORMATION

- Please keep 'team sections' at far North End of Home stands OR in Away Bleachers.
- No Spectators, parents, coaches, or athletes are permitted along the fence. Everyone should observe from the stands. INACTIVE athletes are NOT permitted anywhere on the infield, including the finish line. **Coaches, please do you best to enforce this.**
- We will try to announce Final Event Results throughout the meet as they are entered.
- Awards will be ready for pickup from the press box at the end of the meet after the final team results are completed. RESULTS WILL BE UPLOADED TO BAUM's and EMAILED OUT
  - Under MANAGERS – TRACK – UPLOAD FILES/RESULTS

## SCRATCHES

- Last minute changes will be handled in the Bullpen and at the Finish Line. Athletes must provide the team, the name of individual they are replacing, and their name. The heat/lane assignments WILL STAY THE SAME.

## BULLPEN

- Traveling Bullpen – located on the infield closest to the starting line for each event.

## PRELIMS AND FINALS

- Running events are seeded according to the entry times.
- Event prelims in this order – 110 Hurdles (B); 100 Hurdles (G); 100 Meter Dash (G then B)
  - The top TWO finishers in each heat will automatically advance to the event final.
  - The remaining spots in the event final will be filled by the next fastest times earned in the prelims.
  - Finishing place earned in the finals race determine event points.
- All other event 'sections' will be run as finals based on overall time. Fastest heats are run LAST.

## RELAYS

- Teams needs to supply their own batons.
- EXCHANGE ZONES
  - 4x100 RELAY – YELLOW
  - 4x200 RELAY – RED – RED – YELLOW
  - 4x400 RELAY – BLUE

**EVENT ASSIGNMENTS** - In an attempt to keep things as fair as possible, all teams are required to provide 3 experienced adults for their event assignments. These schools are REQUIRED to have those adults at their assigned event for the duration of their responsibility (no exceptions)!

<u>Event Assignments</u>		
<p style="text-align: center;"><u>Field Events</u></p> <p><b>BOYS SHOT-</b> BRUNSWICK (3 adults)  <b>GIRLS SHOT-</b> BRUNSWICK (3 adults)  <b>BOYS DISC-</b> MEDINA Claggett (3 adults)  <b>GIRLS DISC-</b> STRONGSVILLE Albion (3 adults)  <b>BOYS HIGH JUMP-</b> PARMA Shiloh (2 adults)  <b>GIRLS HIGH JUMP-</b> N. ROYALTON (2 adults)  <b>BOYS LONG JUMP-</b> ELYRIA N.Wood (3 adults)  <b>GIRLS LONG JUMP-</b> PARMA Hillside (3 adults)</p>	<p style="text-align: center;"><u>Finish Line - TIMERS</u></p> <p>ELYRIA E. Heights (2 adults)            PARMA Greenbriar (2 adults)            STRONGSVILLE Center (2 adults)            MEDINA Root (1 adult)            BRUNSWICK (Hoy)</p> <p style="text-align: center;"><u>Back-up Timer</u></p> <p>BRUNSWICK (Esterek)</p>	<p style="text-align: center;"><u>Finish Line - PICKERS</u></p> <p>MEDINA Root (2 adults)            BRUNSWICK (Esterek)            PARMA Shiloh (1 adult)            ELYRIA E. Heights (1 adults)            NORTH ROYALTON (1 adult)            PARMA Greenbirar (1 adult)            STRONGSVILLE Center (1 adult)</p>
<p><b>School Representatives MUST BE PRESENT AT ALL TIMES!!!</b></p>		

## EVENT ASSIGNMENT – CHEAT SHEET

### **FINISH LINE**

- TIMERS will time by assigned place, using the Ultrak Timing System.
  - As a precaution, there will be one back-up timer that will keep times for all finishers in the event of a system malfunction.
  - There will be assigned seats that correspond to your assigned place.
  - 1<sup>st</sup> place timer starts system (Brunswick; Hoy); each timer clicks plunger ONLY when their assigned place finishes.
  - Times will be taken to the 100<sup>th</sup> of a second.
- PICKERS will sort athletes by assigned place.
  - There will be assigned seats that correspond to your assigned place.
  - Communicate, Communicate, And Communicate!
    - Come to an agreement on close races ahead of time!
  - Once race is complete, they will stand with their place finisher and report to the clipboard.
- Athletes will be awarded an overall place based on the appropriate corresponding time.

### **FIELD EVENTS**

#### ***High Jump***

- NECESSARY EQUIPMENT – Tape Measure (verify event heights)
- Girls and Boys (located at the North End) will run simultaneously
- Compete in ‘continuing flights’ with 5 active athletes at a time (5-Alive).
- High jump will start at 3’6” for girls and rise at the following increments: 3’6”, 3’9”, 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)

#### ***Long Jump***

- NECESSARY EQUIPMENT – Tape Measure and Measuring ‘Stick’ (rakes provided)
- Girls and Boys (located at the South End) will run their events simultaneously.
- Athletes will complete their three (3) attempts in flights of 8 individuals.
- ALL attempts WILL be measured and recorded accurately (to the nearest ¼ “).
- If an athlete does not get all of their attempts in with their flight, they can still complete their final attempts with another flight.

#### ***Shot and Disc***

- NECESSARY EQUIPMENT – Tape Measure, Measuring ‘Stick’, and 3 Shots/Discs
- Girls and Boys (located at the North End beyond the fence).
- Athletes may warm-up with their own implements if preferred. During competition throws, all throwers must use the same provided implements.
- ALL attempts WILL be measured and recorded accurately (to the nearest ¼ “).
- Boys OPEN Shot Put/Girls OPEN Disc then Boys OPEN Disc/Girls OPEN Shot Put

#### ***In the Event of a TIE.....***

- ***High Jump*** – 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 (not including passes) through the duration of the competition.
- ***Long Jump , Shot Put, and Discus*** – Athletes with the 2<sup>nd</sup> longest mark earned will be awarded the higher place. If a tie still remains, the higher place will be awarded to the individual who has the 3<sup>rd</sup> longest mark.