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April 23, 2015

Dear Suburban League Track Coaches:

Welcome to another season of Track and Field. Everyone is looking forward to a very fun and competitive season. The league meet will be here before you know it. Please help Nordonia High School provide an outstanding league event for our student athletes.

The registration for the Suburban League Track Meet will need to be entered on-line again this year. The web site is Baumspage.com. **Deadline for registration is Monday, May 11 at 7 PM.** The meet will start at 4:00pm on Wednesday, May 13<sup>th</sup> and 4:00pm on Friday, May 15<sup>th</sup> with the running finals will start promptly at 5:30pm. An order of events is attached. **As was requested by you the league coaches, this year's meet directly reflects the District Track including the days of the week (Wednesday/Friday) and time schedule for events. We appreciate your input as you look to get your athletes prepared for state competition.** Again this year, we are asking that each school provide three adults to work specific areas of the meet, please see outline for assignments.

The scoring for the events will be by Hytek. There will be eight places scored; ten-1st places, eight-2<sup>nd</sup> places, six-3<sup>rd</sup> places, five-4<sup>th</sup> places, four-5<sup>th</sup> places, three-6<sup>th</sup> places, two-7<sup>th</sup> places and one-8<sup>th</sup> place. All heats and flights will be on-line prior to the meet. You will receive a hard copy when you arrive on Wednesday, for the semis. You will receive another hard copy on Friday, when you arrive for the finals.

Nine athletes will be taken to the finals in long jump, shot put and discus. Scratches for field events will be handled at the event. Scratches for the running events can be made on-line prior to your arrival or when you arrive at the meet.

We encourage each school to invite your middle school programs to attend this meet. Please look into a spirit bus to bring your young athletes see this league championship.

If you have any questions, please call me at work 330-908-6001 or on my cell at 330-416-2372 or e-mail me at [rob.eckenrode@nordoniaschools.org](mailto:rob.eckenrode@nordoniaschools.org) Thank you for your patience and help in advance.

Sincerely,

Rob Eckenrode  
Athletic Director  
Nordonia High School

**TO: SUBURBAN LEAGUE TRACK COACHES**  
**FROM: Rob Eckenrode, AD, Nordonia High School**  
**DATE: April 23, 2015**  
**RE: SUBURBAN LEAGUE TRACK MEET - MAY 13 & MAY 15, 2015**

Nordonia High School is pleased to host the 2015 Suburban League Track and Field Championships. As with any meet, it will only be as good and run as smoothly as the people involved. That's where we need your cooperation. Please have personnel ready to assume the responsibility you have been assigned (field event or finish line).

**GENERAL INFORMATION:**

**TIME:** 4:00 pm Wednesday, May 13 & 4:00 pm Friday, May 15

**HEAT SHEETS:** Coaches can pick up heat information upon arrival on Wednesday & Friday. Any running scratches may be turned into the finish line tent. All field event scratches will be handled at the event.

**BUSES:** Buses are to be parked across S. Bedford Rd at Memorial Softball Field. Buses should drop students off at the stadium and proceed to the parking area.

**SPIKES:** 1/8" spikes flat-soled running shoes will be permitted on the all-weather track and runways. Athletes with illegal spikes will not be allowed to run.

**RUNWAY MARKERS:** No tape markings will be allowed on runway. Tennis balls will be used to mark relays.

**FIELD EVENTS:** Implements in the throwing events will be provided by common pool committee. Recommended heights for Boys High Jump, Boys Pole Vault, Girls High Jump & Girls Pole Vault will be determined based on the seeding height submitted by the coaches in Baum's page.

**LOCKER ROOMS:** Locker room facilities will **NOT** be available.

**AWARDS:** Awards will be distributed to Athletic Directors after they are completed by Crown Trophy.

**CONCESSIONS:** A concession stand will be available and t-shirts will be on sale at the meet.

**ENTRIES SUMMITTED:**

**Online at [www.baumspage.com](http://www.baumspage.com)**

**2015 Suburban League Meet**

**Each School will be permitted to enter 2 participants per event**

**Entry Window Opens: Sunday, May 3<sup>rd</sup>**

**Entry Window Closes: Monday, May 11<sup>th</sup> @ 7 PM**

**COACHES MEETING:**

There will be a coaches meeting at 3:15 PM on Wednesday in the stadium press box to go over any final meet questions. A year end coaches meeting will be held at a later date and will include the new league members who will be joining us in 2015-2016 school year.

**SCHOOL ASSIGNMENTS (EACH SCHOOL MUST PROVIDE THE WORKERS):**

We would like to request three adults, preferably **NOT** coaches to work the following events at the meet:

Tallmadge – 2 for Long Jump, 1 Finish Line  
Cloverleaf – 3 for Finish Line  
Green – 2 for Pole Vault, 2 Finish Line  
Nordia – 4 for Finish Line  
Wadsworth – 2 for High Jump, 1 Finish Line  
Highland – 2 for Discus, 1 Finish Line  
Copley – 2 for Shot Put, 1 for Finish Line  
Revere – 3 for Finish Line

Report by 3:45 pm on Wednesday, May 13 for all Field Events and 4:45 pm for Running Events. Report on Friday, May 15, at 3:45 pm for Field Events and 5:15 pm for Running Events.

**ADMISSION:**

Thursday, May 15, Adults \$6.00 – Students \$4.00  
Saturday, May 17, Adults \$6.00 – Students \$4.00  
Only coaches, team members **IN UNIFORM**, and two managers or scorekeepers per team will be admitted free.

**INFIELD:**

The entire infield will be roped off and is to be void of spectators and participants. Throwing and jumping areas will also be roped off and only contestants and officials will be allowed in the areas.

**TEAM AREA:**

The visitor's stands will be designated as the team area.

**SCRATCH MEETING:**

There will be **NO** scratch meeting. Scratch sheet forms will be provided in your packet. Please get information to the clerk at least 20 minutes prior to the start of the event. Field event scratches will be made at the site at the time of the flight.

**TRAINER:**

A trainer will be here to tape, but each school **MUST** bring their own supplies.

**Coaches/Schools please bring your own tape measures for field events.**

**SUBURBAN LEAGUE TRACK MEET**  
**WEDNESDAY**  
**ORDER OF EVENTS**

**\*\*\* SCHEDULE OF EVENTS DIRECTLY MIRRORS THE DISTRICT MEET \*\*\***

**FIELD EVENTS - 4:00 PM**

BOYS POLE VAULT

BOYS DISCUS & BOYS LONG JUMP

GIRLS SHOT PUT & GIRLS HIGH JUMP

**RUNNING EVENTS**

**FINALS – RUNNING EVENT – 5:00 PM**

5:00 PM - GIRLS 4X800 m RELAY

5:15 PM - BOYS 4X800 m RELAY

**SEMI-FINALS - 5:30 PM**

5:30 PM - GIRLS 100M HURDLES (33")

5:40 PM - BOYS 110M HURDLES (39')

5:45 PM - GIRLS 100M DASH

5:50 PM - BOYS 100M DASH

6:05 PM - GIRLS 400M DASH

6:10 PM - BOYS 400M DASH

6:20 PM - GIRLS 300M HURDLES (30")

6:30 PM - BOYS 300M HURDLES (36")

6:40 PM - GIRLS 200M DASH

6:45 PM - BOYS 200M DASH

**\*\*\* AS WITH THE DISTRICT MEET , THE 8 FASTEST PRELIMINARY TIMES WILL**  
**QUALIFY FOR FRIDAY'S FINALS \*\*\***

**SUBURBAN LEAGUE TRACK MEET**

**FRIDAY**

**ORDER OF EVENTS**

**\*\*\* SCHEDULE OF EVENTS DIRECTLY MIRRORS THE DISTRICT MEET \*\*\***

**FIELD EVENTS – 4:00 PM**

GIRLS POLE VAULT

BOYS SHOT PUT AND BOYS HIGH JUMP

GIRLS DISCUS AND GIRLS LONG JUMP

**RUNNING EVENTS – FINALS 5:30 PM**

5:30 PM - GIRLS 100M HURDLES (33")

5:35 PM - BOYS 110M HURDLES (39")

5:40 PM - GIRLS 100M DASH

BOYS 100M DASH

5:45 PM - GIRLS 4 X 200M RELAY

5:55 PM - BOYS 4 X 200M RELAY

6:05 PM - GIRLS 1600M

BOYS 1600M

6:20 PM - GIRLS 4 X 100M RELAY

BOYS 4 X 100M RELAY

6:35 PM - GIRLS 400M DASH

BOYS 400M DASH

6:40 PM - GIRLS 300M HURDLES (30")

BOYS 300M HURDLES (36")

6:55 PM - GIRLS 800M RUN

BOYS 800M RUN

7:05 PM - GIRLS 200M DASH

BOYS 200M DASH

7:10 PM - GIRLS 3200M RUN

BOYS 3200M RUN

7:40 PM - GIRLS 4 X 400M RELAY

BOYS 4 X 400M RELAY