

TO: ALL ATHLETIC DIRECTORS AND COACHES

The 1st Annual All-American Conference-Red Tier Track & Field Championship Meet will be held at the all-weather facilities in Poland on Tuesday, May 12, 2009. Check website for updated information www.neohstrack.com.

All field events will start promptly at 4:30 p.m. Running events will start at 5:00 p.m.[SEE ENCLOSED ORDER OF EVENTS].

Registration will be on online at www.baumspage.com. See the enclosed online registration information sheet.

You will receive a packet as you arrive at the stadium with heat and lane assignments for all running events and flights for all field events, along with some general information. Relay roster cards will be in your packet. Heat and lane assignments will also be posted on website www.neohstrack.com Monday night before meet.

Please report any scratches online or as soon as you arrive at the stadium. See Mr. Jeren at the finish line tent for scratches on day of meet.

Please have your athletes listen closely to the announcer and report promptly to events.

Starting height and progression of the high jump bar will be determined by the Games Committee.

The Jury of Appeals will serve in an advisory capacity only if the referee wishes to consult with them. Decisions of the referee will be final.

The minute and one-half rule will be enforced in the high jump, discus and shot put. The Games Committee has established that any competitor in a field event, excused to compete in another event, will have a time limit of ten (10) minutes.

No individual will be permitted to enter competition after the event judge starts competition. When relay teams report to the clerks, **ALL FOUR INDIVIDUALS MUST REPORT.**

Batons will not be furnished, bring your own. Each school is responsible for providing their own starting blocks. 1/8" spikes only on the running surface.

Scoring will be 5 places, 8-6-4-2-1 for individual events and 8-6-4-2- for relays. Official results will be available to the coaches at the conclusion of the meet on neohstrack.com and baumspage.com Awards may be picked up by coaches at the conclusion of the meet.

Preferred lanes are: 4-5-6-3-2-7-8-1.

There will be semi-finals in the 100 meter dash, 110 meter high hurdles, 100 meter hurdles and the 200 meter dash. Semi-final heats will be seeded 5 runners each heat with the fastest 6 times making the finals. The remainder of running events will be timed finals with top 6 times scoring.

The "open pit" procedure will be used in the long jump. Each contestant will get 3 preliminary jumps. The top 6 jumps will make the finals.

Throwers will get 3 preliminary throws with the top 6 throws making the finals.

Locker rooms will **NOT** be provided. Poland High School will not be responsible for any personal vandalism or loss of property. Please take all necessary precautions.

Non-competitors and coaches will not be permitted on the track or infield. All non-competitors must stay outside the perimeter track fence.

Only tongue depressors may be used as markings on the track and runways.

Please review with your athletes Rule 4-3 in the Rule Book and the situations in the Case Book on pages 24 and 31. Athletes who compete in an illegal or non-traditional track uniform are in violation of these rules and will be disqualified. It is the responsibility of the coach to make sure each athlete is dressed properly.

Any questions should be directed to Mr. Myron Stallsmith at PSHS, phone 757-7021. Questions about athlete entries should be directed to John Jeren at 330-360-0223; 330-792-2336, or 330-757-9144 (home). FAX 330-792-5403.