



Rocky River High School

20951 Detroit Rd. • Rocky River • Ohio 44116

440.356.6800 • www.rrcs.org

Rob Winton, Principal • Brian Gergely, Assistant Principal

Miranda Lobas, Assistant Principal • Mark Wagner, Director of Athletics & Activities

TO: Head Coaches and Athletic Directors

RE: 2023 Bell Invitational Track Meet

FROM: Mark Wagner, Director of Athletics and Activities

Date: April 6, 2023

On Friday, May 5, 2023, Rocky River High School will host the 47th Bell Invitational. You have indicated that you will participate in this meet. The meet will have the same events as a regular track meet. Each team will be allowed to enter three entries in all running and field events, except relays where one team entry is allowed. All entries will be made through Baum's Page online entry starting April 21. Instructions are included in this information packet.

Track Surface

River's track has an all-weather surface including long jump, pole vault and high jump areas. Use of ¼" spikes is permitted. Shot and discus pads are brushed cement.

Awards

There will be a permanent trophy for the 1st and 2nd place teams. In addition, there will be a trophy awarded to the school with the highest combined score, boys and girls. The most outstanding boy and girl athletes will also receive a special plaque. Awards will be distributed at the completion of the meet. Coaches should pick up all team awards.

No Heat Meeting

Since there are only 8 boys and 8 girls teams involved, a computer program will seed the athletes according to your submitted times through Baum's Page (www.baumspage.com). The deadline for entries is Wednesday, May 3 at 11:59pm. A scratch substitute period will close at 11:59pm on Thursday, May 4. Please be sure to include substitute times.

The Coaches Meeting will be held promptly at 2:30pm May 5 for all coaches outside the Stadium Field House near the shot put practice area.

Heats will be set up on Thursday and will be in your packets when you arrive Friday afternoon. If times are not entered online by Wednesday, May 3, you will not receive preferred lanes.

Running Qualifiers – The top 2 finishers from each heat and the 2 fastest times will qualify to go to the finals.

- Break will be at the conclusion of the 200M preliminaries.
- Finals will take place 45 minutes after the 200M preliminaries.

Start Times

Field events will begin at 3:00 pm and track events will begin at 4:00 pm.

Rocky River Schools...

Globally Competitive • Exceptional Opportunities • Caring Environment • Successful Students

Field Events

Boys and Girls pole vault will run concurrently. The boys pole vault will start at 9' and then 10', progressing by 6" to 13', then by 3" until a winner is decided. The boys high jump will begin at 5'3" and increased to 5'6", then raised by 2" increments to 6'. After 6', it will be raised by 1" increments until a winner is decided.

The boys and girls long jump will be open pit from 4:00pm – 6:00pm. Each participant will get four jumps.

The girls pole vault will start at 6', then 7', and after will progress by 6" until 8'6", then by 3" until a winner is decided. Girls high jump will begin at 4'3" and increased to 4'6", then raised by 2" increments to 5'. After 5', it will be raised by 1" increments until a winner is decided.

Preliminaries will be held in the discus and shot put with the top 9 performers proceeding to the finals. Tie breaking procedures will follow those recommended in the OHSAA Track and Field Coaches Manual.

Entrance Fee

**The entrance fee will be \$200 per team (\$400 per school-INVOICE attached) payable to:
Rocky River High School ATTN: Athletics
20951 Detroit Rd., Rocky River, OH 44116**

All eligibility rules apply. If you have any questions concerning this meet, please call me at 440-356-6800 x 6803 or contact my office via email at wagner.mark@rrcs.org or gretta.maribeth@rrcs.org

Participating Schools (Both boys and girls)

Aurora, Avon Lake, Bay, Elyria, Lakewood, Midview, Rocky River and Westlake

Coaches are not permitted on the infield. This area is to be used solely by event participants and officials only. Thank you for your cooperation.

Due Dates:

- May 3: Deadline for online entries into Baum's Page at 11:59pm.
- May 4: Deadline for scratch substitute entries at 11:59pm.
- May 5: 2:30pm – Coaches Meeting – RRHS Stadium Field House near shot put area.
No scratches at Coaches meeting

Buses:

Buses will be parked at St. Christopher's. In the event of rain, emergency pick up will be at the Wagar Road Entrance.

Team Areas:

Each team will be assigned an area in the Home or Visiting grandstand. Teams should not co-mingle with other teams. All teams must follow the OHSAA COVID-19 Sport Recommendations for Track and Field.

<https://ohsaaweb.blob.core.windows.net/files/Sports/TrackField/2021/TrackFieldModificationsRequirements.pdf>

Attachments: (for coaches only)

- Coaches Agenda
- Time Schedule
- Instructions for entering your roster and events
- INVOICE

BELL INVITATIONAL—May 5th, 2023
COACHES' AGENDA
2:30 PM Meeting

1. Welcome
2. Instructions
3. Spikes- 1/4"
4. Marking of track-tongue depressors, tennis balls
5. No dressing facilities
6. Team buses
7. All events will be scored 10, 8, 6, 5, 4, 3, 2, 1 (8 Place Scoring)
8. Results of each event will be posted on the side of the concession stand soon after the event is completed.
9. Relay Cards—once submitted, no additions. **You must fill in all the information requested. Members of relay teams must be designated prior to competing the first time. Have the lead runner bring the relay card to the clerk.**
10. Uniforms/Numbers- NF- rule 4-
11. Scratches —scratches shall be submitted to the Clerk of Course/head field event official.
12. Bell Check in: Report to the **Outside Field House** to pick up packets.
13. **Recommended** starting Heights:
The boys pole vault will start at 9', then 10', progressing by 6" to 13', then by 3" until a winner is decided. The boys high jump will begin at 5'3" and increase to 5'6", then raised by 2" increments to 6'. After 6', it will be raised by 1" until a winner is decided. The girls pole vault will start at 6', then 7', then 6" until 8'6", then by 3" until a winner is decided. Girls high jump will begin at 4'3" and increased to 4'6", then raised by 2" increments to 5'. After 5', it will be raised by 1" until a winner is decided.
14. Field event/running participants- **Report to both locations**, field event officials will not release participant until the second call of the running event. **All participants must be in the bullpen by the 3rd call or be scratched.**
15. Each school will use their own shot and discus.
16. Field events: the pole vault has a **90 second time limit** after called up. The shot put, discus, long jump, and high jump have a **60 second time limit** after called up.
17. A coach or a person authorized by the Board of Education must be present throughout the competition.
18. Do not wear spikes in the bleachers or building.
19. Stay off the turf field.
20. Please have your athletes place their trash in the waste cans and clean up after the meet around your team's area.
21. No Frisbees or footballs
22. No loud playing music in the stands or around the track area.
23. A trainer will be available.
24. Starting blocks will be available.

****Weather Emergency Procedure—Athletes will be moved to the high school Auditorium, coming through the Stadium doors on the northeast corner of the building. Buses will pick up at the Wagar Road entrance.**

TIME SCHEDULE

3:00 p.m.	Moriah Lydon Girls Pole Vault
3:00 p.m.	Girls High Jump
3:00 p.m.	Girls Shot Put
3:00 p.m.	Victor J. Smole Discus
4:00-6:00 p.m.	Boys/Girls Long Jump - Open Pit
5:00 p.m.	Jim Albrecht Boys Pole Vault
5:00 p.m.	Boys High Jump
5:00 p.m.	Boutall, Hanna & Maimone Girls Discus
5:00 p.m.	Jeff Sinnema Boys Shot Put

Finals in the Shot Put and Discus will immediately follow the prelims. Each qualifier will be given three more attempts. High Jump and Pole Vault continue until completed.

RUNNING EVENTS

4:00 p.m.	Prelims girls 100 meter high hurdles
	Prelims boys 110 meter high hurdles
	Prelims girls 100 meter dash
	Prelims boys 100 meter dash
	Julie Bell Girls 4 X 800 meter relay (Final)
	Al Oldenburg Boys 4 X 800 meter relay (Final)
	Prelims girls 200 meter dash,
	Prelims boys 200 meter dash,

BREAK

45 minute break will be at the conclusion of the Prelims 200 meter dash

Dedication Ceremony and National Anthem
John Campbell Girls 100 meter high hurdles
Charles Mealy Boys 110 meter high hurdles
Marti Skillen Girls 100 meter dash
Jack Clowser Boys 100 meter dash
Pat Gillespie Girls 4 X 200 meter relay
Wayne A. Rositano Boys 4 x 200 meter relay
Bill Bunevich Girls 1600 meter run
Frank Cucciarre Boys 1600 meter run
Julie Achladis Girls 4 X 100 meter relay
Randy Coffelt Boys 4 X 100 meter relay
J. W. Lindsay Girls 400 meter dash
Ed Simmons Boys 400 meter dash
G. E. Rodeen Girls 300 meter low hurdles
Maintenance Dept. Boys 300 meter intermediate hurdles
Sandy Bricker Girls 800 meter run
Jerry Olsen Boys 800 meter run
Concession Stand Volunteers Girls 200 meter dash
Boosters Boys 200 meter dash
Lori Clark Girls 3200 meter run
Jess Bell Boys 3200 meter run
Norm Case Girls 4 X 400 meter relay
Dave Bichsel Boys 4 X 400 meter relay

PRESENTATION OF TROPHIES

2023 Bell Invitational

Rocky River High School – May 5, 2021 - 3:00 PM

Entry Window Opens: 8:00 AM, Friday, April 21

Entry Window Closes: 11:59 PM, Wednesday, May 3

Scratches/Substitutions Due: 11:59 PM, Thursday, May 4

1. **Rosters must be submitted through Baum's Page Online Entry System before the entry deadline.**
 - a. Late entries may not be accepted. If accepted, may be subject to a Late Entry Penalty.
2. Go to www.baumspage.com and use **Online Entries** or **Login** to access your account
 - a. Click the **Help** link and print **Online Entry Instructions for Track** if you need detailed instructions.
 - b. **If you did not have an account last year, use Apply** to create your account.
 - c. **If you had an account last year, you can login using that e-mail address and password.**
3. Use • **Coaches • | Select Teams** to select your **School**.
 - a. Click **Get available teams** and then **Make me the Coach**.
 - b. Note: after selecting your teams, you may need to refresh your screen or Logout and Login again.
4. Use • **Coaches • | Track | Modify Athletes** to enter your athletes on your alphabetic roster.
 - a. You may enter athletes one at a time by filling in name and grade, then **Add Athlete**.
 - b. Or you can **import your complete roster by pasting them** from an Excel file. Use one row per athlete: Number, First Name, Last Name, and Grade. Highlight and paste into textbox, then click **Import Athletes**.
5. Use • **Coaches • | Track | Submit Rosters** to enter athletes, relays, and marks.
 - a. **Include everybody that could possibly compete.** Submit a complete roster before entry deadline.
 - b. **To enter individual events:** Select the athlete from the list and enter a mark.
 - c. **To enter a relay:** Select the 4 anticipated relay team members and enter a time.
(1) List in expected order. Changes may be made before the team competes.
 - d. Click **Submit Roster** to save entries. Use **Get Printable Roster** to print a copy for your records. *Only the athletes listed are entered in the event!
6. The **Online Scratch/Substitution option** is included as part of the entry template. If used, it will only be accessible **after the entry window closes and prior to scratch deadline**.
 - a. Use • **Coaches • | Track | Submit Rosters** to access the entry template.
 - b. A **Scratch/Substitution** box will be available below each event
 - c. List your changes in the correction box | click **Add Scratch Info** | repeat for additional changes.
 - d. The **Scratch/Substitution window will close precisely at the time posted above.**
7. **If there are any problems with the Online Form, click the Contact Us link and submit a Help Request.**
 - a. Please allow up to 8 hours for a response. *Most responses will be in less than 4 hours.
 - b. In an emergency, call **Gary Baumgartner: 513-594-6154 or Terry Young: 740-517-0195.**