

2021 TRACK COACHES & AHLETIC DIRECTORS

FROM:

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SUBJECT

CVC METRO DIVISION TRACK & FIELD TOURNAMENT
Tuesday May 11, 2021 & Thursday May 13, 2021
Cuyahoga Heights High School

- 1 Entries will be online again this year using Baumspage. You may already have a roster on Baumspage and if not, you can simply add your team's roster on Baumspage and make changes when needed. Athletes not listed on Baumspage Roster Page will not be able to participate after the entry window closes. For help registering your team, refer to the instruction sheet that is in your packet.
- 2 Important Dates:
Entry window will open at 8:00 AM April 11, 2021
Entry Window will close at 6:00 PM May 10, 2021
Scratch Window will close at Noon 12:00 PM on May 11 & May 13.
- 3 Long Jump will be Open Pit. Practice 3:00-4:20 Trials 4:30-5:45.
- 4 No tape or chalk of any kind will be permitted as markers.
- 5 Results of the meet will be posted on: www.baumspage.com
- 6 Relay slips will be in your packet the day of the event. The 4 runners must report as a team. Partial teams will not be entered.
- 7 Pole Vault Verification cards will be in your packet the day of competition.
- 8 Schedule of events will be in your packet.
- 9 Site Manager's email is: tjskoczen@gmail.com
- 10 Hytek's Meet Manager will seed the events just as it does for the District.
- 11 Event results will be posted behind the Press Box after they are certified.
- 12 Scoring: Individual Scoring 10,8,6,5,4,3,2,1
Relay Scoring 10,8,6,4,3,2,1,
- 13 Awards: 1st Place 1st Team Certificate
2nd Place 2nd Team Certificate
Each coach will have 2 additional Honorable Mention Certificates (2 Male & 2 Female)
There will be 2 MVP Awards, 2 Male & 2 Female
1 Field Event Competitor & 1 Running Competitor
Events cannot be combined, Strictly Running & Field Events

- 14 Starting Times for Metro Division Tournament.**
Field Events 4:30 PM and Running Events 5:30 PM
- 15 Finish Lynx will be the Timing System.**
- 16 Advancement field events, top 9 to the Finals, running events 8 fastest**
- 17 Weigh ins for Shot & Discus will be in the building outside of the fence, North of the finish line between 3:15 PM & 4:15 PM.**
- 18 The field even finals will begin after the Field Referee has certified the standings and attempts. The qualifiers will be announced over the PA system.**
- 19 Coaches Meeting: There will be a coaches' meeting 10 minutes after the completion of the boy's 4 x 400 M Relay in the cafeteria directly behind the Press Box. Selection of MVP's, Coaches of the Year, Suggestions and concerns you might have will be on the agenda.**
- 20 Competing Schools: Brooklyn, Cuyahoga Heights, Independence, Lutheran West, Richmond Hts, Trinity, Wickliffe**
- 21 In your packet is a notice titled, CUYAHOGA HEIGHTS SCHOOLS PROCEDURES OF SEVERE WEATHER. Please read and alert your athletes, coaches, and bus driver of these procedures.**
- 22 The Competitive Area will be areas in and around the track and all areas outside the track, (fence), where the field events are being contested. All areas where competition is being conducted for running and field events will be designated as a Competition Area.**
- 23 Restrictive Area, all coaches, spectators, and non-participants are to leave the area inside the fence once the running events begin. Coaches with competitors in the field events that are inside the fence are permitted inside the fence and are permitted to meet with the athlete on the track near that competitive area. Once the competitor is no longer in competition, he/she and coach must leave the area inside the fence.**
- 24 Jerseys are to be tucked into the shorts unless an approved singlet is worn.**
- 25 The Shot and Discus pads are concrete. All shots and discus must be weighed and marked by the weigh in official. This will take place in the building outside the fence, north of the finish line. Weigh in will be Tuesday & Thursday 3:15 PM to 4:15 PM. Any implement presented after the 4:15 PM deadline will not be permitted. There will be no sharing of different school implements.**
- 26 THE CONFERENCE DOES NOT FURNISH TOWELS IN CASE OF INCLEMENT WEATHER. IT IS THE RESPONSIBILITY OF EACH SCHOOL TO FURNISH THEIR OWN TOWELS.**

- 27 Coaches will be able to pick up their packet inside the building behind the Press Box. The Head Coach or designee will be given the packet after he/she hands in the signed OHSAA TRACK AND FIELD VERIFICATION SPORTING CONDUCT LEGAL EQUIPMENT AND UNIFORM FORM.
- 28 Cuyahoga Heights Metro Division will have a GAMES COMMITTEE.
- 29 There will be tables inside the building where coaches will be able to pick up their packets and make scratches.
- 30 Batons will be provided.
- 31 Blocks will be provided. Any school bringing their own blocks will be responsible for taking the blocks to the appropriate event.
- 32 The High Jump and Pole Vault.
Practice 3:15 PM to 4:20 PM
Events will begin at 4:30 PM
- 33 The gates for spectators will be opened at 3:30 PM on both days, Wed. May 11 & Thurs. May 13.
- 34 The bullpen for all running events except the 100m/110m hurdles, 100m dash, 300m hurdles, and 200m dash will be at the North end of the track near the Long Jump. For the 100m/110m hurdles, 100m dash, 300m hurdles, and 200m dash, participants should report to the area behind the starting line for that event.

CHAGRIN VALLEY CONFERENCE
METRO DIVISION
CONFERENCE WORKERS ASSIGNMENTS
2021

The CVC Schools listed below will be responsible for running and supervising the events listed below. The number of workers required are listed below next to the school and they will need to provide workers both days.

EVENT	TUESDAY	THURSDAY
Hurdles & Exchanges	Cuyahoga Hts	Cuyahoga Hts.
High Jump	G Lutheran West (3)	B Lutheran West (3)
Discus	B Indy (3) & Richmond (3)	G Indy (3) & Richmond (3)
Long Jump	B Wickliffe (3)	G Wickliffe (3)
Shot Put	G Brooklyn (3) & Trinity (3)	B Brooklyn (3) & Trinity (3)
Pole Vault	B Cuyahoga Hts. (3)	G Cuyahoga Hts. (3)

Each of the above schools will provide the necessary personnel. TAPE MEASURERS, CLIPBOARDS, PENCILS, AND MARKERS ARE THE RESPONSIBILITY OF THE SCHOOLS IN CHARGE OF THAT EVENT. Field event sheets will be provided for the officials. Weigh-ins for the Shot Put & Discus will be in the building outside the fence North of the finish line. Weigh-ins are from 3:15 PM to 4:15 PM. Field event officials should report to the check in area inside the building behind the Press Box no later than 4:10 PM. The school in charge of the event will be able to pick up the event folder at the table. The workers should be QUALIFIED ADULTS.

Meet officials and participating athletes will be permitted in the field event areas and on the track. Spectators are required to be in the bleachers or stands provided. Athletes are not to wear spiked shoes in the bleachers. Coaches, please remind your athletes of this request. Once the field event has been completed all coaches, athletes, and spectators are not permitted inside the fence.

COACHES ARE NOT PERMITTED INSIDE THE FENCE ONCE THE RUNNING EVENTS HAVE STARTED. THIS COULD LEAD TO THE DQ OF YOUR ATHLETE/ATHLETES.

****NO TENTS ARE PERMITTED IN THE BLEACHERS****

Spikes: ¼" Pyramids

Admission is \$6.00. CVC passes will not be accepted at the gate. Administrators may sign in at the gate. See attached instructions for tickets.

OHSAA TRACK & FIELD

SEVERE WEATHER CONTINGENCY PLAN

In lieu of day 1 suspension:

- Resume meet on day 2
- Resume at the point where the meet was suspended.
- Complete all semi-finals in hurdle and sprint events.
- Proceed to the regular order of events in the finals with times finals in the relays, 1600 meter run, 800 meter run, and 3200 meter run (fastest 8 times place/score, fastest 4 times advance). These events will be re-seeded with the fast section run last if more than one section is required.
- Field events resume at the point where the meet was suspended and then continue to day #2 scheduled events

Note:

- The referee has the authority to suspend or postpone a meet due to the weather and it is suggested that the referee confer with the game committee.
- Furthermore, the referee has the authority to waive the established time schedule if he/she deems it necessary