

East Palestine High School

Reminders to Coaches

1. Please review OHSAA uniform and jewelry rules with your athletes – they will be enforced.
2. Restricted areas are inside the fence around the track and the fences at the throwing areas. Coaching boxes are provided at the long jump and high jump – 1 coach per school please.
3. No electronic devices will be allowed inside the restricted areas.
4. We will use a rolling time schedule. The order of events is listed on Baumspage.
5. Tennis balls and tongue depressors are OK to use at exchange zones – no tape please.
6. Jumping surface markings – tape on the surface is OK at the high jump, not at the long jump.
7. Spike length – 1/8", 1/4" for recessed sockets.
8. Provide your own legal batons, throwing implements and starting blocks.
9. Tuck in jerseys for running events.
10. 10 minute time limit when excused from field event to running event – please communicate with event judges when your athlete needs to be excused.
11. Shot put, discus and long jump will consist 4 trials per athlete.
12. Long jump will be open pit – all competing athletes must check in before the competition begins.