

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 for the high jump and long jump – 1 coach per school please.
- 3.** No electronic devices will be allowed in the restricted areas
- 4.** We will use a rolling schedule – 30 minute break between 4x800 and hurdle finals. Order of events is available on Baumspage.
- 5.** Tennis balls and tongue depressors are OK at exchange zones – no tape please.
- 6.** Jumping surface markings – no tape at long jump, OK at high jump
- 7.** Spike length – 1/8", 1/4" for recessed sockets
- 8.** Provide your own legal batons, implements, starting blocks
- 9.** Tuck in jerseys for running events
- 10.** 10 minute rule for being excused from field events, please communicate with event judges if your athlete needs to be excused.
- 11.** Shot put, discus and long jump will consist of 3 preliminary attempts with the best 9 advancing to the finals for 3 additional attempts.
- 12.** Long jump prelims will be open pit – all competing athletes must check in before competition begins.
- 13.** Scratch lines will be used in the long jump, shot put and discus. 1st attempt will be measured if it's legal, then scratch line must be reached.