



Matt Spellman
Athletic Director

To: All GLC Athletic Directors and Track Coaches
From: Matt Spellman, Athletic Director
Re: 2018 GLC Track Championship Meet Information – Tuesday, May 8 at 4pm & Thursday, May 10 at 4pm

All entries will be entered using the Baumspage system. Late entries and changes past the deadline will be not accepted. Please double check entries; there should be no mistakes with the entries being entered online. The meet will be seeded on Monday evening. **Substitutions will be allowed until 10am the first day of the event.** Please email me substitutions if you are having trouble with the Baumspage substitutions, but subs will not be allowed after the time stated above.

- **Entry window opens: Monday, April 30, 2018 at 8am**
- **Entry window closes: Sunday, May 6, 2018 at 5pm**
- **Scratch/Substitutions: None online, 10am on the first day the event is contested.**

Meet Logistics

- When you arrive at the meet, there will be a sign-in sheet for all coaches. Athletes who are dressed will be admitted free. Anyone not in a uniform who is not a coach, administrator, or bus driver must have a ticket or GLC Pass to be admitted. No individual school ID's will get you into the meet. The admission price is \$7 for adults/seniors and \$5 for students each day.
- Please have all buses drop your team off at the east entrance to the stadium, loop back around, and park parallel to the sidewalk running from the high school to the stadium.
- Meet Packets will be available at the pavilion when you arrive.
- Implements should be weighed at the pavilion.
- We will have a coaches meeting at 3:45pm at the finish line with the head referee and field referee.
- Please do all scratches in the bullpen or at the event. **No substitutions will be allowed after 10am on the first date that the event is contested.**
- All scoring questions should be given to our GLC Official Scorer in the Pressbox or to the head referee.
- All results will be posted on the back of the maintenance shop to the left of the restrooms as they become available.
- All results will be posted on Baumspage. There will be no results packets after the meet is over.
- All relay cards and pole vault verifications are enclosed **in the meet packets**. Please scan and email the Coaches Verification Form to me at matt.spellman@bayschoolsohio.org.
- We will have new meet programs available to head coaches on Thursday, with scratches and substitutions included for that day.

Starting Heights: We are following the District Policy of starting heights, along with some suggestions from coaches and AD's for the following heights:

- **Girls High Jump – 4'2"**
- **Girls Pole Vault – 6'6"**
- **Boys High Jump – 5'2"**
- **Boys Pole Vault – 8'6"**

Please do not hesitate to contact me at 440-617-7430 with any questions about the meet. I look forward to seeing you at the GLC Track Championship Meet.

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GENERAL INFORMATION FOR COACHES AND ATHLETES
GLC TRACK & FIELD CHAMPIONSHIP
Bay High School

- Your meet packet will be given to you upon your arrival. The packet will include the following:
 - Relay Cards (given to the clerk for relay races)
 - Coaches' Uniform and Sportsmanship Verification Forms (return to Matt Spellman)
 - Pole Vault Certification Card (given to the umpire at the Pole Vault event)
 - Meet Program for each day
- Results will be posted on the back of the maintenance building to the left of the restrooms.
- Meet results will be posted on Baumspage. There will be no results packets at the end of the meet.
- Athletes that are warming up for their event can warmup on the north end of the field. Cones will be placed on the field to designate the area you can use for warmups.
- Do your warm-up exercises on the backstretch between events or when some lanes are not in use.
- ¼" spikes are required length of the track, long jump, pole vault, and high jump.
- Address any rulings to the head track and field referees of the GLC Meet.
- Starting blocks will be available.
- Check the time schedules posted on the maintenance building. Report ON TIME to the correct bullpen. There will be a bullpen at the northwest corner of the track for all events except for the 200 M Dash and the 300 M Hurdles. Listen for the call on the PA.
- Lead-off runner of the relay must have a relay card to present to the clerk in the bullpen.
- Know how your race is run. Know where your relay exchange zones are before the race. Tongue depressors and tennis balls only are used on track for relay starting marks. **NO CHALK!! NO TAPE!!**
- Camp sites will be on the south side, southwest side, or southeast side of the stadium outside the track fence.
- Coaches and all contestants not competing **MUST** remain in the stands or in areas outside of the fence around the track. No rest areas or camps are permitted inside the track. If you are not competing in high jump or pole vault events, stay away from the area. Please observe from the stands or outside the track.
- Please use available trash cans for orange peels, bottles, cans, cups, trash, etc. PLEASE!!
- You are responsible for your own equipment and valuables. Do not leave them unattended.
- Stay away from the finish line area. Do not ask for times from officials after the races. They are instructed **NOT** to give them to you. Wait until the results are posted on the maintenance building. Report suspected errors in results or scoring to the computer scoring official at once.
- The concession stand will be open on the northeast corner of the stadium next to the home bleachers.
- Know the rule about running on the lane line to your left. You might be disqualified if you run three (3) or more consecutive steps on or over the lines. **STAY OFF THEM!**

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- Be sure you are wearing a school-issued uniform. Relay teams must have identical uniforms. When two or more relay team members wear apparel under the jersey, it must be the same color. The same rules apply to body suits and leotards. Trunks are worn over the body suits or leotards.
- Restrooms are located just south of the home bleachers.
- All lapped runners will be allowed to continue running on the inside lane or may move to an outer lane of their choice. Officials will not designate where to run.
- Be sure you do not break passing lane markers on all break races (800, 1600, 3200, 4x800, 4x400).
- A competitor may wear a watch.
- Athletes are to stay out of the school building at all times.
- **A trainer will be available at the infield.**
- There will be a coaches hospitality room in the north end of the pressbox. Snacks and waters will be provided throughout the event.

TEAM RESPONSIBILITIES

Each school will be responsible to run the following events. Please have coaches and volunteers to manage the event.

- Long Jump – Parma
- High Jump – Holy Name
- Pole Vault – Bay
- Shot Put – Normandy
- Discus – Elyria Catholic
- Finish Line – Valley Forge/Rocky River

Thank you and good luck!! We hope you have a great experience. Your cooperation will be of great help in making the meet a successful one!

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**2018 Great Lakes Conference Track and Field Championship Meet
Bay High School**

Tuesday, May 8th

Preliminaries

FINAL

- 1. 5:30 Girls 4x800 M Relay
- 2. 5:45 Boys 4x800 M Relay

SEMI-FINALS – Top 8 times advance, heats will be seeded

- 3. 6:00 Girls 100 M Hurdles
- 4. 6:05 Boys 110 M Hurdles
- 5. 6:10 Girls 100 M Dash
- 6. 6:15 Boys 100 M Dash
- 7. 6:20 Girls 400 M Dash
- 8. 6:25 Boys 400 M Dash
- 9. 6:30 Girls 300 M Hurdles
- 10. 6:35 Boys 300 M Hurdles
- 11. 6:40 Girls 200 M Dash
- 12. 6:45 Boys 200 M Dash

FIELD EVENTS

- 4:00 Girls Long Jump
- Girls Discus**
- Boys High Jump
- Boys Shot Put**
- Girls Pole Vault

Thursday, May 10th

Finals

- 1. 5:30 Girls 100 M Hurdles
- 2. 5:37 Boys 110 M Hurdles
- 3. 5:45 Girls 100 M Dash
- 4. 5:52 Boys 100 M Dash
- 5. 5:55 Girls 4x200 M Relay
- 6. 6:02 Boys 4x200 M Relay
- 7. 6:10 Girls 1600 M Run
- 8. 6:17 Boys 1600 M Run
- 9. 6:25 Girls 4x100 M Relay
- 10. 6:30 Boys 4x100 M Relay
- 11. 6:35 Girls 400 M Dash
- 12. 6:40 Boys 400 M Dash
- 13. 6:50 Girls 300 M Hurdles
- 14. 6:55 Boys 300 M Hurdles
- 15. 7:00 Girls 800 M Run
- 16. 7:05 Boys 800 M Run
- 17. 7:10 Girls 200 M Dash
- 18. 7:15 Boys 200 M Dash
- 19. 7:20 Girls 3200 M Run
- 20. 7:35 Boys 3200 M Run
- 21. 7:50 Girls 4x400 M Relay
- 22. 8:00 Boys 4x400 M Relay

FIELD EVENTS

- 4:00 Boys Long Jump
- Boys Discus**
- Girls High Jump
- Girls Shot Put**
- Boys Pole Vault

Only scratches and substitutions will be accepted after the entry deadline. No substitutes are allowed after 10am on the first date that the event in question is contested.

All seeding is being done by the Hy-tek Scoring Program used by the OHSAA.

**** Shot Put and Discus format: Preliminaries will include three throws (2,1) and Finals will include three throws (1,1,1).**

Awards will be presented on Thursday throughout the meet. Once the event is over, please make sure the athletes stay on the infield so they can be recognized on the podium.

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