



Mark Wagner
Director of Athletics

To: All GLC Athletic Directors and Track Coaches
From: Mark Wagner, Athletic Director
Re: 2022 GLC Championship Track Meet Information

All entries will be entered using the Baumspage system. Late entries and changes past the deadlines will not be 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 10:00am the first day of the event.** Please e-mail me substitutions if you are having trouble with Baumspage substitutions, but subs will not be allowed after the time stated above.

- **Entry window opens: Friday, 4/29/22 at 8:00am**
- **Entry window closes: Sunday, 5/8/22 at 5:00pm**
- **Scratch/Substitutions: None online, 10:00am 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 for free. Anyone not in 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 and \$5 for students each day.
- 5/10/22 -Please have your buses park in the parking lot at St. Christopher School located at 20141 Detroit Road in Rocky River.
5/12/22 – Buses will park at 20001 Center Ridge Rd, Rocky River, OH (Fitworks)
- Meet Packets will be available when you arrive.
- Implements should be weighed at the Field House at the south end of the home stands.
- 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 10:00am** on the first date that the event is contested.
- All scoring questions should be given to our GLC Official Scorer in the Press Box or to the Head Referee.
- All results will be posted on the concession stand at the southeast end of the track as soon 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.**
- We will have new meet programs available to the 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) 356-6800 with any questions about the meet. I look forward to seeing you at the GLC Track Meet.



Mark Wagner
Director of Athletics

GENERAL INFORMATION FOR COACHES & ATHLETES

GLC BOYS & GIRLS TRACK & FIELD CHAMPIONSHIP
Rocky River 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)
 - Coach's Uniform and Sportsmanship Verification Forms (return to Mark Wagner)
 - Pole Vault Certification Card (given to the umpire at the Pole Vault event)
 - Meet Program for each day
- Results will be posted on the wall of the Concession Stand at the southeast end of the track as soon as they become available.
- Meet results will be posted to Baumspage. There will be no results packets at the end of the meet.
- No running or walking on the football playing field during the meet.
- Do your warm-up exercises on the backstretch between events or when some lanes are not in use.
- ¼" spikes are the required length on the track, long jump, pole vault and high jump.
- Address any rulings to the Head Track and Field Referees of the GLC Meet. This year it will be Dan Potopsky.
- Starting blocks will be available.
- Check the time schedules posted on the Concession Stand. Report **ON TIME** to the correct bullpen. There will be a bullpen at the north end of the Track, by the entrance. 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. Tongue depressors and tennis balls only are used on the track for relay starting marks. **No Chalk!! No Tape!!**
- **Camp sites will be on the northeast and southeast sides of the stadium, outside of the 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 of the track. If you are not competing in high jump or pole vault events, stay away from the area. Please observe from the stands.
- 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.
- Please **DO NOT WEAR SPIKES IN THE BLEACHERS!!**
- 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 side of the Concession Stand or announced. Report suspected errors in results or scoring to the **Computer Scoring Official** at once.
- The Concession Stand will be open.

- 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 rule applies to body suits and leotards. Trunks are worn over the body suits or leotards.
- Restrooms are located near the Concession Stand.
- 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 before 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. 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.

- Long Jump – North Olmsted
- High Jump – Westlake
- Pole Vault – Bay Village
- Shot Put – Elyria Catholic
- Discus – Rocky River
- Finish Line – Buckeye/Fairview/Lakewood

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!

2022 Boys & Girls Great Lakes Conference Championship Track and Field Meet Rocky River High School

Tuesday, May 10

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 (i.e., fastest time in heat 1; 2nd fastest time in heat 2, etc.).

- | | | |
|-----|------|---------------------|
| 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

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

Thursday, May 12

Finals

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

FIELD EVENTS

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

Only scratches and substitutions will be accepted after the entry deadline. No substitutes are allowed after 10:00am 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).