

MOAC Red Field Event Assignments

Buckeye Valley - Boys Shot Put

Fairbanks - Girls Discus

Johnathon Alder – Girls High Jump

Marion Harding – Girls Long Jump

North Union - Girls Shot Put

River Valley – Boys Long Jump

Marion Pleasant – Pole Vault both boys and girls

Marion Pleasant – Boys High Jump

Northmor - Boys Discus

MOAC TRACK & FIELD CHAMPIONSHIP

COACHES INFORMATION SHEET

SHOT & DISCUS

2 FLIGHTS 8-10 MIN WARMUP BETWEEN FLIGHTS.

3 SINGLE THROWS IN PRELIMS

TOP 9 TO FINALS 3 SINGLE THROWS IN FINALS

REVERSE ORDER IN FINALS 9-8-7-6-5-4-3-2-1

LONG JUMP

"40 MIN OPEN PIT"

3 JUMPS IN THE PRELIMS

TOP 9 TO FINALS 3 SINGLE JUMPS IN FINALS

REVERSE ORDER IN FINALS 9-8-7-6-5-4-3-2-1

HIGH JUMP

5 ALIVE FORMAT

GIRLS---START @ ???? RAISE 2" INCREMENTS UNTIL 5'0 THEN 1"

BOYS---START @ ???? RAISE 2" INCREMENTS UNTIL 6'0 THEN 1"

POLE VAULT

5 ALIVE FORMAT

BOYS---START @ ???? RAISE 6" INCREMENTS UNTIL 12'0 THEN 3"

GIRLS---START @ ???? RAISE 6" INCREMENTS UNTIL 9'0 THEN 3"

COACHES REMIND YOUR ATHLETES THEY NEED TO BE EXCUSED FROM A FIELD EVENT TO COMPETE IN ANOTHER EVENT. THERE IS A 15 MINUTE TIME LIMIT. SIGN OUT THEN SIGN IN. IT WOULD HELP IF THE ATHLETE TOLD THE JUDGE THEY ARE IN ANOTHER EVENT BEFORE COMPETITION STARTS SO ADJUSTMENTS CAN BE MADE AND THE MEET WILL CONTINUE WITHOUT DELAYS.

MOAC TRACK & FIELD FINALS

- 4:00** BOYS DISCUS followed by GIRLS DISCUS
GIRLS POLE VAULT followed by BOYS POLE VAULT
- 4:30** GIRLS SHOT PUT followed by BOYS SHOT PUT
GIRLS and BOYS LONG JUMP- 40 min OPEN PIT- GIRLS TOP 9 IN FINALS BOYS TOP 9
IN FINALS – SEPARATE PITS
GIRLS AND BOYS HIGH JUMP- SAME TIME DIFFERENT PITS
- 5:15** GIRLS 4 X 800 RELAY - FINAL
BOYS 4 X 800 RELAY - FINAL

MOAC TRACK SEMI-FINALS

- 5:50** GIRLS 100 METER HURDLES (2 HEATS)
BOYS 110 METER HURDLES (2 HEATS)
- 6:05** GIRLS 100 METER DASH (2 HEATS)
BOYS 100 METER DASH (2 HEATS)

10 MINUTE REST PERIOD

- 6:25** GIRLS 400 METER DASH (2 HEATS)
BOYS 400 METER DASH (2 HEATS)
- 6:50** GIRLS 300 METER HURDLES (2 HEATS)
BOYS 300 METER HURDLES (2 HEATS)
- 7:05** GIRLS 200 METER DASH (2 HEATS)
BOYS 200 METER DASH (2 HEATS)

IN THE SEMI-FINALS THE **TOP 8 TIMES** WILL ADVANCE TO THE FINALS.

TIME SCHEDULE FOR THE SEMI-FINALS IS TENTATIVE

MOAC TRACK & FIELD FINALS

- 4:30 NATIONAL ANTHEM**
- 4:35** GIRLS 100 METER HURDLES- BLUE then RED
BOYS 110 METER HURDLES- BLUE then RED
- 4:45** GIRLS 100 METER DASH- BLUE then RED
BOYS 100 METER DASH- BLUE then RED
- 5:00** GIRLS 4 X 200 METER RELAY- BLUE then RED
BOYS 4 X 200 METER RELAY- BLUE then RED
- 5:15** GIRLS 1600 METER RUN- BLUE then RED
BOYS 1600 METER RUN- BLUE then RED
- 6:00** GIRLS 4 X 100 METER RELAY- BLUE then RED
BOYS 4 X 100 METER RELAY- BLUE then RED
- 6:15** GIRLS 400 METER DASH- BLUE then RED
BOYS 400 METER DASH- BLUE then RED
- 6:35** GIRLS 300 METER HURDLES- BLUE then RED
BOYS 300 METER HURDLES- BLUE then RED
- 6:55** GIRLS 800 METER RUN- BLUE then RED
BOYS 800 METER RUN- BLUE then RED
- 7:15** GIRLS 200 METER DASH- BLUE then RED
BOYS 200 METER DASH- BLUE then RED
- 7:30** GIRLS 3200 METER RUN – BLUE
GIRLS 3200 METER RUN - RED
BOYS 3200 METER RUN – BLUE
BOYS 3200 METER RUN - RED
- 8:25** GIRLS 4 X 400 METER RELAY- BLUE then RED
BOYS 4 X 400 METER RELAY- BLUE then RED
- 8:45** PRESENTATION OF CHAMPIONSHIP TROPHIES

TIME SCHEDULE IS TENTATIVE, EACH EVENT WILL FOLLOW WITHOUT DELAY

MOAC TRACK SCRATCH SHEET – GIRLS

SCHOOL _____

EVENT

SCRATCH

REPLACEMENT



Ohio High School Athletic Association
4080 Roselea Place
Columbus, Ohio 43214
(p) 614.267.2502
(f) 614.267.1677
Web Site: www.ohsaa.org

SAMPLE POLE VAULT CERTIFICATION FORM

Directions: Please complete all blanks and sign. This form shall be handed to the head pole vault official when the vaulter(s) report. Presenting an improperly completed form or if no form is presented will result in the vaulter(s) being excluded from competition. PLEASE PRINT. Include first and last name.

SCHOOL _____ DATE: _____

COMPETITOR	NUMBER	VAULTER'S WEIGHT	POLE RATING(S)

COACH'S SIGNATURE



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
4080 Roselea Place, Columbus, Ohio 43214
(p) 614.267.2502
(f) 614.267.1677
Web site: www.ohsaa.org

**OHSAA TRACK AND FIELD COACH'S VERIFICATION OF SPORTING CONDUCT/LEGAL
EQUIPMENT AND UNIFORMS
FOR USE IN REGULAR SEASON COMPETITION**

SCHOOL NAME _____

DIVISION _____ BOYS _____ GIRLS _____

HEAD COACH'S NAME _____

OHSAA standards require contest officials to enforce all NFHS rules relating to sporting conduct, ethical behavior and legal uniforms and equipment. Acts that intend to demean opposing competitors, team members, spectators and officials are not in keeping with the ideals of interscholastic athletics and will not be tolerated. Let this competition reflect mutual respect!

NFHS track and field and cross-country rules require the referee to meet with the head coach and captains to explain the expectations of good sporting conduct throughout this competition. In addition, the head coach is responsible for verifying to the referee/starter that all competitors are properly equipped (legal uniforms, legal equipment and no jewelry) in compliance with NFHS rules.

In all OHSAA tournament competition and in any multi-team or invitational competition that would make it difficult for the referee to meet personally with all coaches and captains, all coaches shall agree to the following:

Coach's Verification

I certify to the tournament referee that all contestants under my supervision are legally equipped, attired in legal uniforms and free of all jewelry in accordance with NFHS rules. I further certify that all student-athletes and other team personnel have been advised of their responsibilities relative to good sporting conduct during this competition. In addition, I understand and accept responsibility for adhering to the OHSAA participation limitation of four events per individual athlete per tournament contest.

Coach's Signature _____ Date: _____

Please return this form to area designated by the meet officials or games committee.