

Mid-Ohio Athletic Conference
Track and Field Championships
May 8,10 2018
Marion Harding Stadium



1. There will NOT be a general coaches meeting. Coaches should pick up their packets Tuesday at the Main Gate when they arrive.
2. Limit of 2 (two) entries per school for individual events, 1 (one) entry per school for relay events. Heats and flights will be assigned by the meet directors according to the entries.
3. Scoring will be 10-8-6-4-3-2-1 in all events (7 places).
4. Team Awards: Championship Trophy for first-place team.
5. Shot Put/Discus: Two flights of 8 each. 3 preliminary throws, Top 9 to the finals for 3 additional throws. We will use a common implement format for these events.
6. 8-10 minutes warm-up between flights.
7. Long Jump; separate pits for boys/girls. Boys will jump into the west pit and girls will jump into the east pit. 40-minute open pit for 3 preliminary jumps. Top 9 advance to finals for 3 additional jumps.
8. The starting height for the High Jump and Pole Vault will be determined by entries.
9. 1/8" spikes or flats for the High Jump, Long Jump and Running Events. Flats only for shot and discus. No spikes in the stands.
10. Markings on the track and in the field events should be with chalk. No tape please.
11. Starting blocks will be provided by the host school.
12. No team camps on the football field (infield). All camps should be outside the fence that surrounds the outside of the track.
13. The area of competition in which uniforms are needed to remain shall include; inside the fence directly surrounding the track, and reasonable areas around the shot put, discus, pole vault, long jump and high jump.

14. Once the running events begin, any athlete NOT competing in the current event will not be permitted on the infield.
15. There will be an OhioHealth trainer available to help with injuries/health needs.
16. Timers, umpires, and those persons covering a field event should report 30-40 minutes prior to the start of the event.
17. Host school will provide measuring tapes, rakes, hurdle crew, stop watches, etc.
18. Each school has an assigned event (see next page). Please submit the names of these workers as soon as possible to Sean Kearns, Athletic Director at Marion Harding. (skearns@mcspresidents.org). We want to avoid forcing coaches into working events at the meet.
19. Admission Prices: Adults - \$7, Students - \$5. Accepted passes: MOAC, CDAB.
20. If you have questions or concerns, please contact Marion Harding Athletic Director Sean Kearns at (740) – 223 – 4634, or through above email.

Team Worker Assignments

Buckeye Valley: Shot Put

Ontario: Girls Long Jump (East Pit)

Clear Fork: Boys Long Jump (West Pit)

Marion Harding: High Jump

North Union: Discus

River Valley: Exchange Zone Judges (3)

Pleasant: Pole Vault

Galion: Exchange Zone Judges (3)

MOAC Track and Field Championships
Coaches Information Sheet

Shot and Discus

2 flights; 8-10 minutes 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-minute open pit

3 jumps in 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 height TBD, raise 2" increments until 5'0", then 1" increments.

Boys; start height TBD, raise 2" increments until 6'0", then 1" increments.

Pole Vault

5 alive format

Girls; start height TBD, raise 6" increments until 9'0", then 3"

Boys; start height TBD, raise 6" increments until 12'0", then 3"

***Coaches, please remind your athletes...if they need to be excused to compete in another event. 15-minute time limit. Have them sign out, then sign back in. Please be courteous to judges and inform them before the event starts that checking out may be a necessity. Thank You.

MOAC Track and Field Championships

Schedule of Events – May 8

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 (Boys – west pit) (Girls – east pit)
*40-minute open pit
*Girls and Boys Finals (Top 9) run simultaneously.
- 5:15 Girls 4x800m relay - FINAL
Boys 4x800m relay – FINAL

Semifinals

- 5:50 Girls 100m Hurdles (2 heats)
Boys 110m HH (2 heats)
- 6:05 Girls 100m dash (2 heats)
Boys 100m dash (2 heats)

***10-minute rest period

- 6:25 Girls 400m dash (2 heats)
Boys 400m dash (2 heats)
- 6:50 Girls 300m hurdles (2 heats)
Boys 300m hurdles (2 heats)
- 7:05 Girls 200 m dash (2 heats)
Boys 200 m dash (2 heats)

*Time schedule for semifinals is tentative.

***Top 8 times** in semifinals will advance to finals

MOAC Track and Field Championships

Schedule of Events - May 10

All events are FINALS

- 4:30 National Anthem
- 4:35 Girls 100m hurdles
Boys 110m HH
- 4:40 Girls 100m dash
Boys 100m dash
- 4:50 Girls 4x200m relay
Boys 4x200m relay
- 5:00 Girls 1600m run
Boys 1600m run
- 5:20 Girls 4x100m relay
Boys 4x100m relay
- 5:30 Girls 400m dash
Boys 400m dash
- 5:50 Girls 300m hurdles
Boys 300m hurdles
- 6:05 Girls 800m run
Boys 800m run
- 6:20 Girls 200m dash
Boys 200m dash
- 6:35 Girls 3200m run
Boys 3200m run
- 7:05 Girls 4x400m relay
Boys 4x400m relay
- 7:30 Presentation of Championship Trophy

***Times on schedule are approximate; each event will follow previous without delay.

