

# ***TRACK AND FIELD***

(Revised 3-20-13)

1. The conference track and field championship will be determined by a track meet with all schools participating with both boys and girls teams.
2. The conference meet will be a one day meet (semi-finals and finals) held the Friday prior to the OHSAA district meet. The current OHSAA order of events will be followed. The starting time of the meet will be 4:30 p.m. If the meet is delayed due to weather conditions, the latest restart for the meet will 10:00 PM (if the meet cannot be restarted by 10 PM, the meet will continue on Saturday at 10:00 AM at the point at which it was delayed) . If the meet is cancelled due to inclement weather, the makeup date is the Saturday after the scheduled Friday date with events beginning at 10:00 AM.
3. The host school/meet director will be determined by the approved schedule of rotation among the conference schools.
4. Conference Meet Procedures
  - A. A notification letter will be sent by the designated meet director three (3) weeks prior to the meet date and will contain the following information.
    1. Complete time schedule
    2. Entry form
    3. Scratch meeting time and place
    4. Description of track facilities, including restriction of foot wear
    5. Locker room assignments (if available)
    6. Eating facilities, location, etc.
    7. Publicity information reminder.
  - B. Entry Form
    1. Enter two (2) athletes per open event.  
Eligible substitute may be entered at scratch meeting.
    2. Times posted on entry. (Honest times are of the essence.)
  - C. Officials Hired by Commissioner
    1. 2 – Starters, 1 - Referee , 1 Head Field Judge, 2 – Clerks, 1 – Umpire  
5 – Field Event Officials .
  - D. Volunteer Staff
    1. It will be the responsibility of the meet director to have sufficient volunteer staff to handle the meet. Adult volunteers are encouraged to be used whenever possible.
5. All events must be completed before the league championship will be determined.
6. The OCC Commissioner or designee must be in attendance on the day of the meet.
7. No single athlete event shall score points.

**EVENTS ARE AS FOLLOWS ON CHAMPIONSHIP DAY:**

COACHES MEETING – 3:00 PM

Girls Pole Vault – 3:15 PM – followed by boys' pole vault

FIELD EVENTS – 3:15 PM Finals in Shot Put and Discus will begin no later than 15 minutes after prelims.

Long Jump- Open Pit til 4:30 PM  
Three prelim jumps – top nine to Finals. Boys' Final First

High Jump - Girls first followed by the boys. Starting heights will be determined by the 12<sup>th</sup> highest competitor's entry minus 2 inches.

Pole Vault - Girls first followed by the boys. Starting heights will be determined by the 12<sup>th</sup> highest competitor's entry minus 3 inches.

Shot Put - Order – Boys, Girls and then Wheel chaired athletes (if applicable) 3 Prelim Throws – 9 to Finals

Discus - Girls followed by boys. 3 Prelim Throws – 9 to Finals

PRELIMS – 5:00 p.m.

Girls 200m Dash\*

Boys 200m Dash\*

Girls 3200m Relay (Final) (Note: Must be a one hour time period between 3200 Relay and 1600m Run)

Boys 3200m Relay (Final)

Girls 100m Dash\*

Boys 100m Dash\*

Girls 100m Hurdles\*

Boys 110m Hurdles\*

\*2 heats each – Top Three (3) places to the finals, plus next two fastest times

**FINALS – Thirty (30) minutes after the conclusion of the prelims.**

Girls 100m Hurdles  
Boys 110m Hurdles  
Girls 100m Dash  
Boys 100m Dash  
Wheelers 100m Dash (if applicable)  
Girls 800m Relay  
Boys 800m Relay  
Girls 1600m Run  
Boys 1600m Run  
Girls 400m Relay  
Boys 400m Relay  
Girls 400m Dash\*  
Boys 400m Dash\*  
Wheelers 400m Dash (if applicable)  
Girls 300m Hurdles\*  
Boys 300m Hurdles\*  
Girls 800m Run  
Boys 800m Run (including Wheelers)  
Girls 200m Dash  
Boys 200m Dash  
Wheelers 200m Dash (if applicable)  
Girls 3200m Run  
Boys 3200m Run  
Girls 1600m Relay  
Boys 1600m Relay

\* Two heat each – Top eight times in second heat, next eight slower times in first heat.

## Track

**Awards:** Coach of Year - plaque (one per boys and girls)  
Runner of the Year - plaque (one per boys and girls)  
Field Athlete of the Year – plaque (one per boys and girls)

**Process:** The boys' and girls' coaches will meet at the end of the OCC Meet to vote on Coach of the Year and figure Runners and Field Athletes of the Year.

**Procedures:** Coach of the Year will take nominations from the coaches and use the 5-3-1 voting method to decide.  
Runner and Field Athletes of the Year will be determined by points scored in the OCC Meet plus any additional points for breaking OCC records during the OCC Meet.

### Determining Runner and Field Athletes of the Year

Total Points as followed by system below

1. Number of points scored in OCC Championships as individual.
2. Number of teams points scored on relay divided by 2
3. Individual winner establishes new OCC record will receive ten (10) additional points
4. Individual winner ties an OCC record will receive five (5) additional points
5. If individual is on winning relay that establishes a new OCC record, athlete to receive additional five (5) points
6. If individual is on winning relay that ties a OCC record, athletic will receive additional two and one-half (2 ½) points

Athlete with the highest point total is Runner or Field Athlete of the Year.