

WCAL Track and Field Championship Meet
Hillsdale Community Stadium
May 12-13, 2023

April 24, 2023

WCAL Track and Field Coaches,

The 2023 WCAL Track and Field Championships will be hosted at Hillsdale Community Stadium on Friday, May 12th, and Saturday, May 13th by Hillsdale Local Schools. This informational packet contains all details regarding this year's meet. All policies and procedures have been taken from the Wayne County Athletic League Selection and Championship Manual, Constitution, and By-Laws. Please read over this information closely and if you have any questions or concerns, please contact:

Hillsdale Athletic Director: Jodi Long

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419-368-6841, x8516

ITEMS OF IMPORTANCE AND FRIENDLY REMINDERS:

1. WCAL MVP Award has been eliminated per WCAL By-Laws.
2. Baumspage will be used as the official entry for the WCAL Track and Field Championship Meet. All entries must be submitted between the following times:
 - a. Entry window will open Monday, May 1st @ 12:00 pm.
 - b. Entry window will close Thursday, May 11th @ 5:00 pm.
 - c. Scratch window will be open until Friday, May 12th at 12:00 pm.
 - i. Please note the only changes that will be accepted after the scratch window closes will be due to injury or illness.
3. A huge thank you to Smithville who will be providing the FAT system for this event.
 - a. Due to congestion and the FAT system at the finish line, all coaches, athletes, and spectators will be required to stay clear of this area.
4. Each school must provide workers for field events. Please see page 3 for assignments.
 - a. **Coaches must send names of field event workers to Jodi Long no later than Monday, May 8th, so they can be added to the pass list.**
5. Team camps will be permitted in Hillsdale Community Stadium. No tents will be allowed in the bleachers.
6. Turf access will be limited to athletes competing in high jump, long jump, and pole vault in designated areas ONLY. The turf is not to be used as a warm-up area.
 - a. Coaches will have a designated coaching box for these field events.
 - b. Spectators are not allowed inside the fence.
 - c. All coaches, athletes, and spectators will be required to stay clear of the finish line.
7. Results will be posted on the concession stand window.
8. Track spikes of ¼" or less can be worn. No spikes should be worn on the turf.

9. Schools will provide their own batons and markers for all relays.
 - a. Tennis balls and tongue depressors are permitted.
 - b. Please do not mark the track with tape, chalk, or stones.
 - c. Chalk may be used to mark steps for high jump, long jump, and pole vault. Pencils, plastic silverware, bottlecaps, tape, etc. are not permitted on the runways or in the turf.
10. Throwing implements will be weighed in the concession stand prior to competition.
11. All uniform rules will be enforced.
12. All track and field venues will require paid entry for spectators.
 - a. Adults: \$7.00
 - b. Students: \$4.00
13. **Parking is extremely limited at Hillsdale Community Stadium.**
 - a. Additional parking is available at the current high school where spectators can walk to the stadium or ride a shuttle to and from the track.
 - b. Please share this information with parents and spectators.**
14. T-shirts will be available for purchase for \$15 on both days of competition until they are sold out. Pre-orders are due by May 5th.
15. Hospitality food, snacks, and beverages will be provided for coaches and officials in the press box on Saturday.

GAMES COMMITTEE

The games committee will consist of the two (2) starters, the meet manager, head coaches from the previous host school, and the head coaches from next year's host school. The games committee will make decisions on:

- Starting heights for high jump and pole vault
- Weather conditions and schedule adjustments due to inclement weather
- Appeals of rulings or timing results

SCORING

Events will be scored: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1

EXCHANGE ZONE JUDGES

Head coaches will serve as exchange zone judges, per WCAL By-Laws. Assignments are as follows:

4x100m Relay (Boys and Girls)

- **Exchange Zone 1:** Hillsdale and Rittman
- **Exchange Zone 2:** Dalton and Norwayne
- **Exchange Zone 3:** Smithville and Waynedale

4x200m Relay (Boys and Girls)

- **Exchange Zone 1/3:** Chippewa and Northwestern
- **Exchange Zone 2:** Meet Starters

WCAL Field Event Assignments

Each school must provide workers for the following field events according to the WCAL By-Laws.

All tools (tape measures, rakes, crossbars, etc.) will be provided by Hillsdale. ***Coaches, please be sure to send worker names to Jodi Long no later than Monday, May 8th.*** Workers should arrive prior to the scheduled start time to ensure all events start on time. Please communicate with your workers so everyone is aware!

Long Jump: Hillsdale (Boys - Friday)

1. Judge (1 Adult)
2. Recorder (1)
3. Workers (2)

Chippewa (Girls - Saturday)

High Jump: Hillsdale (Boys - Saturday)

1. Judge (1 Adult)
2. Recorder (1)
3. Workers (2)

Waynedale (Girls - Friday)

Pole Vault: Smithville (Boys - Friday)

1. Judge (1 Adult)
2. Recorder (1)
3. Workers (2)

Smithville (Girls - Saturday)

Shot Put: Northwestern (Boys - Friday)

1. Judge (1 Adult)
2. Recorder (1)
3. Spotters (2 Adults)

Dalton (Girls - Friday)

Discus: Rittman (Boys - Friday)

1. Judge (1 Adult)
2. Recorder
3. Spotters (2 Adults)

Norwayne (Girls - Friday)

2023 WCAL CHAMPIONSHIP MEET SCHEDULE

Friday, May 12

3:30 pm Coaches Meeting

4:30 pm **Field Events Begin:**

Boys Pole Vault
Boys Long Jump
Girls Discus
Boys Shot Put
Girls High Jump

~5:30 pm **Running Events Begin:**

Running Events will begin at the conclusion of the boys pole vault.

Girls 4x800m Relay **FINALS**
Girls 200m Dash Prelims
Boys 200m Dash Prelims
Boys 4x800m Relay **FINALS**
Girls 100m Dash Prelims
Boys 100m Dash Prelims
Girls 100m Hurdles Prelims
Boys 110m Hurdles Prelims

Saturday, May 13

9:00 am Coaches Meeting
(if necessary)

9:30 am **Field Events Begin:**

Girls Pole Vault
Girls Long Jump
Boys Discus
Girls Shot Put
Boys High Jump

10:30 am **Running Events Begin:**

Running Events will begin at the conclusion of the girls pole vault.

Girls 100m Hurdles
Boys 110m Hurdles
Girls 100m Dash
Boys 100m Dash
Seated 100m Dash
Girls 4x200m Relay
Boys 4x200m Relay
Girls 1600m Run
Boys 1600m Run
Girls 4x100m Relay
Boys 4x100m Relay
Girls 400m Dash
Boys 400m Dash
Seated 400m Dash
Girls 300m Hurdles
Boys 300m Hurdles
Girls 800m Run
Boys 800m Run
Girls 200m Dash
Boys 200m Dash
Girls 3200m Run
Boys 3200m Run
Girls 4x400m Relay
Boys 4x400m Relay

LANE ASSIGNMENTS ACCORDING TO SEEDS - EIGHT LANE TRACK

Prelims (100/110m Hurdles, 100m Dash, 200m Dash)

Top 2 in each heat and next 4 fastest times qualify for finals

Lane	Heat 1	Heat 2
1	15	16
2	10	9
3	7	8
4	2	1
5	3	4
6	6	5
7	11	12
8	14	13

Finals (100/110m Hurdles, 100m Dash, 200m Dash)

Lane	Heat 1
1	4th fastest remaining qualifier
2	1st fastest remaining qualifier
3	2nd fastest 2nd place
4	1st fastest 1st place
5	2nd fastest 1st place
6	1st fastest 2nd place
7	2nd fastest remaining qualifier
8	3rd fastest remaining qualifier

Finals (4x100m, 4x200m, 4x400m Relays)

Lane	Heat 1
1	8
2	5
3	4
4	1
5	2
6	3
7	6
8	7

Finals (4x800m Relay)

Lane	Heat 1
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8

Finals (300m Hurdles, 400m Dash)

Lane	Heat 1	Heat 2
1	16	8
2	13	5
3	12	4
4	9	1
5	10	2
6	11	3
7	14	6
8	15	7

Finals (800m Run, 1600m Run, 3200m Run)

Lane	Front
1	1, 9
2	2, 10
3	3, 11
4	4, 12
5	5, 13
6	6, 14
7	7, 15
8	8, 16