

**OHSAA 7th & 8th Grade
State Track & Field Championships
Fulton Field, Lancaster, OH
May 11, 2019**

Congratulations on qualifying to the 3rd Annual OHSAA 7th & 8th Grade State Track & Field Championships.

Coaching Verification Download Eligibility Verification Form from www.baumspage.com.
You and your school administrator must sign this form.
BRING IT TO THE MEET WITH YOU

Parking & Facility The meet will be held at Lancaster High School's Fulton Field Athletic Complex at 1312 Granville Pike, Lancaster, Ohio 43130. Enter Lancaster High School campus from State Route 37. Parking for coaches, contestants, and spectators is in the school lots or along the streets adjacent to the north end of Fulton Field. **Caution: State Route 37 may be under construction near the event site. Traveling from the north on Rt 37, the highway is open to the event site. Traveling from the west, remain on E. Fair Ave. to the event site.**

Competitor Transportation Private vehicles transporting competitors and school vans must park in the above-mentioned sites. School busses will disembark students at the north end of Fulton Field Athletic Complex on Arbor Valley Drive, and then park in provided bus parking located at the south end of Fulton Field. Travel south on Arbor Valley Dr. Travel east (left) at the intersection of Arbor Valley Drive and East Fair Ave. Turn left into the parking area indicated by "Contestant Bus Parking" sign.

Coaches' Packets & Gates Coaches' packets are available at the North Gate of Fulton Field Athletic Complex beginning at 7:30 AM on May 11th. Facility gates open at 7:30 AM.

Handicap Spectator and
Seated Athlete Information Vehicles transporting seated athletes and vehicles with handicap identification should enter Fulton Field athletic facility from 901 East Fair Ave for reserved parking. Golf car transport from parking to the south admission gate of the track will be provided. Seated athlete's coach can obtain competition packet from the officials' tent at the south gate to Fulton Field.

Meet Pass Gate Policy 1-4 Qualifying Athlete(s) + 1 Coach
5-8 Qualifying Athletes + 2 Coaches
8 + Qualifying Athletes + 3 Coaches

Spectators All spectators of school age and older--\$6.00

Live Results onthemarktiming.com

Official Meet Merchandise Ares Sportswear is the official merchandiser for OHSAA. Official meet T-Shirts will be available for purchase.

Official Meet Batons	Official engraved “Junior High Track & Field Championships” meet batons are available for purchase for \$5.00 each
Team Camps	No team camps permitted in or under the home side the bleachers. Teams may establish camps behind the visiting bleachers or in the field south of the track. See facility map.
Athlete Uniform:	<p>The complete track and field uniform consists of shoes, school-issued or school approved tops, bottoms or one-piece uniform. Note: All members of relays who choose to wear a visible shirt or undergarment below the uniform top and/or bottom: Rule 3-1-7 – “Any visible garment worn underneath the uniform top and/or bottom is now considered a foundation garment. Foundation garments are NOT subject to logo/trademark/reference or color restrictions” Further, “all relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.”</p> <p>Hats and caps are prohibited.</p> <p>The referee has the authority to ask a competitor to remove an accessory if it is not properly secured, if it poses a danger to a competitor, or if it could damage equipment. Further, competitors will be asked to remove inappropriate or disrespectful accessories.</p> <p>If unsure about the legality of uniform or other apparel, coaches should check with the Meet Referee PRIOR TO ENTRING IN AN EVENT.</p> <p>Competition numbers are not required on the Junior High level and, therefore, will not be issued for this competition.</p>
Coaching Areas	Coaches must wear identifying lanyard to remain in the designated field event coaching areas. No coaches or athletes are permitted inside the track, except at the Awards Area.
Field Event Athletes	Report to your event site at least 20 minutes prior to start time. Spike limit is 1/4” in the High Jump, Long Jump, and Pole Vault. Only flat soled shoes are permitted in the Shot Put and Discus.
Track Event Qualifiers	Report to the Clerk at least 20 minutes prior to start time. Spike limit is ¼”. Only meet management provided starting blocks may be used, except for personally provided Moyer standing start blocks. Block holders will be provided—no exceptions.
Clerk Stations:	All track events report to the Flag Pole, except 200M Dash and 200M Hurdles. 200M Dash and 200M Hurdles report to the 200M starting line.

Relay Check-In Card A completed and coach signed relay card must be given to the Clerk at time of check-in. All relay team members must check in together. Official Meet batons will be issued and may be kept after the race.

4 X 100M - Pink 4 X 200M - Blue 4 X 400M – White

Relay Markers Provide your own cut tennis balls or use those provided. No other markers, including chalk are permitted on the track surface.

Team Scoring & Awards The first 8 placers in each event will score points for their school team. Scoring is: 10-8-6-5-4-3-2-1. The first 8 places will earn a medal award at the Awards Podium immediately after their event. Award winners will be ushered to the Awards area by meet officials. Podium pictures will be taken and offered for optional sale after the meet. Athletes who must prepare for a future event will NOT be held in the awards area.

Medical Treatment Certified athletic trainers are on site near the finish area. If your athlete becomes ill or injured, report with your student to this area.

Appeals Procedure If a coach believes a rule has been misapplied or misinterpreted, an appeal may be filed with the Referee. Such appeal must be in writing. Appeal Forms can be obtained at the Awards Tent on the infield. Return the Appeal Form to the Awards Tent where the Referee will be summoned. The Referee will rule on all written appeals. Appeals on judgment decisions will not be honored. The decision of the Referee is final.

Finish Line There is one finish line, located on the home bleacher side, for all track events.

Spectators Spectators must remain in or near bleacher seating. No spectators or coaches allowed in the competition areas. With visible lanyard, coaches' will be permitted in designated coaching areas of the field events.

Announcer **No** 1st, 2nd or 3rd calls for events will be made. Refer to published meet time schedule.

Field Events Time Schedule	9:30 AM	Boys and Girls High Jump Finals competed simultaneously at separate pits Boys and Girls Pole Vault Finals competed simultaneously at separate pits Boys and Girls Long Jump Preliminaries & Finals completed simultaneously at separate pits (2 Flights of 12) Boys Shot Put Preliminaries & Finals (2 Flights of 12) Girls Discus Preliminaries & Finals (2 Flights of 12)
	11:00 AM	Seated Boys and Girls Shot Put Preliminaries and Finals competed simultaneously at same circle
	11:45 AM	Boys Discus Preliminaries and Finals (2 Flights of 12) Girls Shot Put Preliminaries and Finals (2 Flights of 12)

Track Events Time Schedule

11:25 AM Welcoming Address and National Anthem

All Races are Seeded Timed Finals

11:30	Girls 100M Hurdles	3 Heats
11:43	Boys 110M Hurdles	3 Heats
11:54	Girls 100M Dash	3 Heats
12:04	Boys 100M Dash	3 Heats
12:14	Boys & Girls 100M Dash	Seated & Combined
12:19	Girls 1600M Run	1 Section
12:27	Boys 1600M Run	1 Section
12:36	Girls 4 X 100M Relay	3 Heats
12:57	Boys 4 X 100M Relay	3 Heats
1:20	Girls 400M Dash	3 Heats
1:32	Boys 400M Dash	3 Heats
1:44	Girls & Boys 400M Dash	Seated & Combined
1:50	Girls 4 X 200M Relay	3 Heats
2:11	Boys 4 X 200M Relay	3 Heats
2:33	Girls 200M Hurdles	3 Heats
2:42	Boys 200M Hurdles	3 Heats
2:52	Girls 800M Run	2 Sections (12)
3:00	Boys 800M Run	2 Sections (12)
3:09	Girls 200M Dash	3 Sections
3:18	Boys 200M Dash	3 Heats
3:28	Girls 4 X 400M Relay	3 Heats
3:43	Boys 4 X 400M Relay	3 Heats
4:00-4:15	Boys & Girls Team Awards	

Boys' Shot Put

Check in personal shots for legality and weight accuracy at blue building near shot put circles between 8:15—9:15 AM
 Legal implements will be provided for those who need them
Check in at Shot Put area no later than 9:10 AM
 Two circle seeded flights of 12 throwers each
 3 preliminary throws; top 9 to finals for 3 more throws
 All throws tallied toward final best effort

Girls Discus

Check in personal discus for legality and weight accuracy At blue building near shot put circles between 8:15—9:15 AM
 Legal implements will be provided for those who need them
Check in at discus area no later than 9:10 AM
 Two circle seed flights of 12 throwers each
 3 preliminary throws; top 9 to finals for 3 more throws
 All throws tallied toward final best effort

Boys' Discus

Check in personal discus for legality and weight accuracy
If implements not already checked in, report to the blue building near shot put circles between 9:45—10:15 AM for 2nd implement check in
Legal implements will be provided for those who need them
Check in at discus area no later than 11:25 AM
Two circle seed flights of 12 throwers each
3 preliminary throws; top 9 to finals for 3 more throws
All throws tallied toward final best effort

Girls' Shot Put

Check in personal shots for legality and weight accuracy
If implements not already checked in, report to the blue building near shot put circles between 9:45—10:15 AM for 2nd implement check in
Legal implements will be provided for those who need them
Check in at Shot Put area no later than 11:25 AM
Two circle seeded flights of 12 throwers each
3 preliminary throws; top 9 to finals for 3 more throws
All throws tallied toward final best effort

B & G Combined Seated Shot Put

Check in personal shots for legality and weight accuracy at the blue building near shot put circles at 10:00 AM.
Legal shots will be provided for those who need them
Check in at the Shot Put area no later than 10:40 AM
Six throws in the competition
Boys and Girls will be separated for awards consideration
Event is non-team scoring

Boys' and Girls' Long Jump

Check in at long jump area no later than 9:10 AM
No runway markings are allowed on runway surface—markings are allowed on outside of white lined runway
Competed simultaneously at two adjacent pits
Two circle seeded flights of 12 jumpers each
3 preliminary jumps; top 9 to finals for 3 more jumps
All jumps tallied toward final best effort

Boys' and Girls' Pole Vault

Check in poles at pole vault area no later than 9:10 AM
Coach must present signed **white** pole verification card at time of pole check in
No runway markings are allowed on runway surface—markings are allowed on outside edge of runway
Competed simultaneously at two adjacent landing mats
One random draw flight of all jumpers listed in top 24 performance list (may be more or less than 24 competitors)
Starting height 3" lower than lowest qualifying height
Height increments to be determined after declaration of finalists

Boys' and Girls' High Jump

Check in at high jump area no later than 9:10 AM

Chalk marking and/or tape permitted on approach apron

Competed simultaneously at two adjacent landing mats

One random draw flight of all jumpers listed in top 24 performance list
(may be more or less than 24 competitors)

Starting height 2" lower than lowest qualifying height

Height increments to be determined after declaration of finalists

Girls' 100M 30" Hurdles

Report to Clerk at flag pole no later than 11:10 AM

Starting line is white

10 Hurdles on Yellow spacing marks

3 heats on time; competitors can score from any heat

Boys' 110M 33" Hurdles

Report to Clerk at flag pole no later than 11:23 AM

Starting line is white

10 Hurdles on Blue spacing marks

3 heats on time; competitors can score from any heat

Girls' 100M Dash

Report to Clerk at flag pole no later than 11:34 AM

Starting line is white

3 heats on time; competitors can score from any heat

Boys' 100M Dash

Report to Clerk at flag pole no later than 11:44 AM

Starting line is white

3 heats on time; competitors can score from any heat

Seated B&G 100M Dash

Report to Clerk at flag pole no later than 11:54 AM

Starting line is white

Race is boys and girls combined with separate awards

Event is non-team scoring

Girls' 1600M Run

Report to Clerk at flag pole no later than 11:59 AM

Starting line is white in lane 1 and green in lanes 2-8

3 runners per lane

Run the first curve in your lane; break at the green break line after
establishing one full stride length ahead of your closest inside competitor

1 Final heat

Boys' 1600M Run

Report to Clerk at flag pole no later than 12:07 PM

Starting line is white in lane 1 and green in lanes 2-8

3 runners per lane

Run the first curve in your lane; break at the green break line after
establishing one full stride length ahead of your closest inside competitor

1 Final heat

Girls' 4 X 100M Relay	<p>Report to the Clerk at the flag pole as a 4-member unit no later than 12:16 PM</p> <p>All team members must be dressed according to rule Lead off runner must have completed Pink relay card Starting line is white Only official meet batons, given at starting line may be used. Batons may be kept by team after the race Teams will run entire race in their assigned lane Exchange zones are yellow to yellow triangles All runners are cautioned to remain in their lane after baton hand-off 3 heats on time; competitors can score from any heat</p>
Boys' 4 X 100M Relay	<p>Report to the Clerk at the flag pole as a 4-member unit no later than 12:37 PM</p> <p>All team members must be dressed according to rule Lead off runner must have completed Pink relay card Starting line is white Only official meet batons, given at the starting line may be used. Batons may be kept by team after the race Teams will run entire race in their assigned lane Exchange zones are yellow to yellow triangles Runners are cautioned to remain in their lane after baton hand-off 3 heats on time; competitors can score from either heat</p>
Girls' 400M Dash	<p>Report to the Clerk at the flag pole no later than 1:00 PM</p> <p>Starting line is white Competitors will run in their lane during the entire race 3 heats on time; competitors can score from any heat</p>
Boys' 400M Dash	<p>Report to the Clerk at the flag pole no later than 1:12 PM</p> <p>Starting line is white Competitors will run in their lane during the entire race 3 heats on time; competitors can score from any heat</p>
Seated B & G 400M Dash	<p>Report to the Clerk at the flag pole no later than 1:24 PM</p> <p>Starting line is white Competitors will remain in their lane during the entire race Race is boys and girls combined with separate awards Event is non-team scoring</p>
Girls' 4 X 200M Relay	<p>Report to the Clerk at the flag pole as a 4-member unit no later than 1:30 PM</p> <p>All team members must be dressed according to rule Lead off runner must have completed Blue relay card Starting line is dashed white Only official meet batons, given at the starting line may be used. Batons may be kept by team after the race Teams will run entire race in their assigned lane Exchange zone for runners 1-2 are green to green triangles Exchange zone for runners 2-3 are green to green triangles Exchange zone for runners 3-4 are yellow to yellow triangles All runners are cautioned to remain in their lane after baton hand-off 3 heats on time; competitors can score from any heat</p>

Boys' 4 X 200M Relay

Report to the Clerk at the flag pole as a 4-member unit no later than 1:51 PM

All team members must be dressed according to rule

Lead off runner must have completed **Blue** relay card

Starting line is dashed white

Only official meet batons, given at the starting line may be used.

Batons may be kept by team after the race

Teams will run entire race in their assigned lane

Exchange zone for runners 1-2 are green to green triangles

Exchange zone for runners 2-3 are green to green triangles

Exchange zone for runners 3-4 are yellow to yellow triangles

All runners are cautioned to remain in their lane after baton hand-off

3 heats on time; competitors can score from any heat

Girls' 200M 30" Hurdles

Report to the Clerk on the football field behind the 200M starting line no later than 2:13 PM

Starting line is white

Competitors will run in their lane during the entire race

5 Hurdles are on white spacing marks

3 heats on time; competitors can score from any heat

Boys' 200M 30" Hurdles

Report to the Clerk on the football field behind the 200M starting line no later than 2:22 PM

Starting line is white

Competitors will run in their lane during the entire race

5 Hurdles are on white spacing marks

3 heats on time; competitors can score from any heat

Girls' 800M Run

Report to the Clerk at the flag pole no later than 2:32 PM

Starting line is white

2 Final Seeded Sections of 12 competitors each

2 runners per lane, lanes 1 through 6

Run the first two curves in your lane; break at the green break line at the top of the home straight-a-way after establishing one full stride length ahead of your closest inside competitor

Boys' 800M Run

Report to the Clerk at the flag pole no later than 2:40 PM

Starting line is white

2 Final Seeded Sections of 12 competitors each

2 runners per lane, lanes 1 through 6

Run the first two curves in your lane; break at the green break line at the top of the home straight-a-way after establishing one full stride length ahead of your closest inside competitor

Girls' 200M Dash

Report to the Clerk on the football field behind the 200M starting line no later than 2:49 PM

Starting line is white

Competitors will run in their lane during the entire race

3 heats on time; competitors can score from any heat

Boys' 200M Dash

Report to the Clerk on the football field behind the 200M starting line no later than 2:58 PM

Starting line is white

Competitors will run in their lane during the entire race

3 heats on time; competitors can score from either heat

Girls' 4 X 400M Relay

Report to the Clerk at the flag pole as a 4-member unit no later than 3:08 PM

All team members must be dressed according to rule

Lead off runner must have completed **White** relay card

Only official meet batons, given at the starting line may be used

Starting line is white for lane one and blue for lanes 2-8

Batons may be kept by team after the race

The first runner will run entire race in their assigned lane

Exchange zone for runners 1-2 is blue to blue triangles

The second runner will run the first curve in their assigned lane; breaking at the beginning of the backstretch straight-a-way when at least one full stride length is established between them and their closest inside competitor

After the break for runner 2 and for runners 3 & 4, competitors will not be running in lanes

Exchanges will be California style and determined by meet officials at the exchange zone

Exchange zone for runners 2-3 is blue to blue line

Exchange zone for runners 3-4 is blue to blue line

In-coming runners are cautioned to remain in their lane after baton hand-off

3 heats on time; competitors can score from any heat

Boys' 4 X 400M Relay

Report to the Clerk at the flag pole as a 4-member unit no later than 3:23 PM

All team members must be dressed according to rule

Lead off runner must have completed **White** relay card

Only official meet batons, given at the starting line may be used

Starting line is white for lane one and blue for lanes 2-8

Batons may be kept by team after the race

The first runner will run entire race in their assigned lane

Exchange zone for runners 1-2 is blue to blue triangles

The second runner will run the first curve in their assigned lane; breaking at the beginning of the backstretch straight-a-way when at least one full stride length is established between them and their closest inside competitor

After the break for runner 2 and for runners 3 & 4, competitors will not be running in lanes

Exchanges will be California style and determined by meet officials at the exchange zone

Exchange zone for runners 2-3 is blue to blue line

Exchange zone for runners 3-4 is blue to blue line

In-coming runners are cautioned to remain in their lane after baton hand-off

3 heats on time; competitors can score from any heat