



RIVERSIDE HIGH SCHOOL
DIVISION I TRACK & FIELD DISTRICT CHAMPIONSHIP
585 Riverside Drive, Painesville Twp., Ohio 44077

Meet Manager: Dave Bors

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Track & Track Markings:

Only ¼" (or less) pyramid spikes are allowed. Starting blocks and batons will be provided. Tongue depressors or ½ tennis balls will be allowed as markings on the track during relays. No tape is allowed on the track surface. **No one other than meet officials and timing officials are permitted on the football field during competition. There are NO warmups on the football field.**

Electronic devices for athletes are not permitted within the track area or at the field event venues.

Reporting Areas:

The "Reporting Areas" for all running events is the southeast corner of the track (near the small set of bleachers), with the exception of the 200m dash and the 300m hurdles which will check in at the respective starting lines. Coaches are not permitted within the athlete reporting area.

Field Events:

¼" pyramid spikes may be worn for the high jump, long jump and pole vault. Chalk or ½ tennis balls may be used to mark approach areas. Please bring your own discus and shot put implements. These must be weighed and marked by the head field judge inside the main entrance to the Field House. Venues will open one hour prior to the start of competition and only with approved/inspected implements.

A time limit for athletes that leave a field event will be communicated to all coaches before the meet. Any extenuating circumstance must be presented to the event official or field referee.

Coaches:

Upon arrival, coaches will check in at the timing tent near the finish line to pick up a packet that will include heat sheets, field event flights, and required forms. Weigh-ins are at the main entrance to the Field House, next to the main gate to the stadium. Once the meet has started, **no one is permitted on the football field.** Only high jump, long jump and pole vault coaches and participants will be permitted in those competition areas.

- Team Camps:** Camps may be set up under the Visitor's bleachers or in the Visitor's side bleachers. No tents are allowed in the bleachers. There are to be no team camps within the track, on the football field, or in the Home bleachers.
- Timing Recall:** Note, by rule, in the event of a malfunction by the timing system, timing crews have the authority to recall a race to prevent runners from unnecessarily completing a race and having to re-run the race at a later time. This rule is only in effect with the pre-approval of the Games Committee. Coaches will be informed at the coaches meeting what device will be used to recall a race.
- Uniform Waiver:** Do you have an athlete who requires a waiver to the typical uniform regulations for religious, medical, or other reasons? If so, you **MUST** obtain a waiver from Dale Gabor, Director of Track & Field for the OHSAA, in order for the athlete to compete. This is a coach's responsibility and will be enforced according to the rule. There are no appeals or exceptions to this regulation. Contact Dale at dgabor@ohsaa.org
- Bus Parking:** Buses should enter the school from the stadium entrance off Rt 84 and drop off teams at the main gate to the stadium. Buses will be greeted in the parking lot and directed to park over in the Lake County Historical Society gravel lot (415 Riverside Drive, Painesville, OH 44077).
No buses may be parked in the main school/stadium lot.
The stadium will open at 2:30pm each day. Please note that Riverside dismissal is at 2:15pm. It is best to be at the stadium after 2:30pm.
- Restrooms:** Public restrooms are available on the west side of the main entrance to the Field House. Athlete-only restrooms will be available on the south side (stadium side) of the Field House.
- Athletic Trainers:** University Hospital trainers will be available. Their tent will be located in the north end of the Visitor's stands.

** Meet t-shirts and concessions will be on sale each day of the meet.*