

April 19, 2018

Dear Suburban League Track Coaches:

The Suburban League meet will be here before we know it. Nordonia High School looks forward to hosting an outstanding league event and we thank you for your assistance in accomplishing this task.

The registration for the Suburban League Track Meet will be entered on-line again this season at Baumspage.com. **Deadline for registration is Monday, May 7 at 7 PM.** The meet will begin with field events at 4 PM and running prelims at 4:30 PM on Tuesday, May 10 and with field events at 4 PM and running finals starting at 5:30 PM on Thursday, May 12. An order of events is attached. Again this year, we are asking each school to provide volunteers to work specific areas of the meet. Please see the attached outline for assignments.

The scoring of events will be done by Hytek. There will be eight places scored within each conference: 1st Place – 10 points, 2nd Place – 8 points, 3rd Place – 6 points, 4th place – 5 points, 5th place – 4 points, 6th place – 3 points, 7th place – 2 points, 8th place – 1 point. All heats and flights will be available on-line prior to the meet. You will receive a hard copy on Wednesday and an updated copy when you arrive for finals on Friday.

Nine athletes will qualify for finals in each of the following field events: Shot Put, Discus, & Long Jump. Scratches for field events will be handled at the event. Scratches for running events must take place 30 minutes prior to the event at the finish line scoring tent.

We encourage you to invite athletes' parents, families and your Middle School athletes to attend the meet.

If you have any questions, please contact me at (330) 908-6001 Office, (330) 416-2372 Cell, or rob.eckenrode@nordoniaschools.org Thank you in advance for your cooperation and help.

Sincerely,

Rob Eckenrode, CAA

Rob Eckenrode, Certified Athletic Administrator
Athletic Director
Nordonia High School

To: Suburban League Track Coaches

From: Rob Eckenrode, AD, Nordonia High School

Date: April 19, 2018

Re: Suburban League Track Meet – May 8 & 10, 2018

TIME: 4:00 PM Tuesday, May 8 and 4:00 PM Thursday, May 10

HEAT SHEETS: Coaches can pick up heat information upon arrival on Tuesday & Thursday. All running event scratches must be turned in to the finish no less than 30 minutes prior to the event. All field event scratches will be handled at the event.

BUSES: Arrive no earlier than 2:30 PM. Any buses arriving prior to 2:30 will be directed around the block until traffic subsides from school dismissal. Buses are to drop off students at the home entrance gate of the stadium. Following drop off the buses will be directed to parking areas in front of the high school and across the street at the bus garage.

SPIKES: 1/4" pyramid spikes only will be permitted on the track. Athletes using illegal spikes will not be permitted to run.

RUNWAY MARKERS: No tape will be permitted on the runways. Tennis balls should be used.

FIELD EVENTS: Implements for throwing events must be weighed in by the field event referee (Home Stands Novelty Shop) prior to the start of the events. All implements will be used by common pool. Recommended heights for the Boys & Girls Pole Vault as well as the Boys & Girls High Jump will be determined based on the seeding heights submitted in Baum's Page.

LOCKER ROOMS: Locker room facilities will **NOT** be available. Athletes and Coaches are asked to use the visitor bleachers for camps. The home bleachers will be reserved for spectators.

AWARDS: Awards will NOT be distributed at the Meet. League Athletic Directors will receive awards after they are engraved at Crown Trophy.

CONCESSIONS: Concession stands will be available throughout both days of the meet.

T-SHIRTS: Ritchie's Sporting Goods will once again be selling Suburban League Track & Field Meet T-shirts at the event.

TEAM AREA: The visitor's bleachers will be designated as the team area.

ENTRIES SUBMITTED:

On-Line at: www.baumspage.com

2018 Suburban League Meet

Each School is permitted to enter 2 participants per event

Entry Window Opens: Sunday, April 29, 2018 @ 12 PM

Entry Window Closes: Monday, May 7, 2018 @ 7 PM

COACHES MEETING: There will be a coaches meeting at 3:30 PM on Tuesday, May 8 in the stadium press box to go over any final meet questions. There will be **NO** scratch meeting. Scratch sheet forms will be provided in your coaches' packet. Please get all scratches to the finish line at least 30 minutes prior to the event. Field event scratches should be made at the event site at the time of the flight.

SCHOOL ASSIGNMENTS: As with any meet, it will only be as good and run as smoothly as the people involved. This is where we need your cooperation. Please have personnel from your school assigned to assist with the following tasks:

Wednesday

Shot Put – Copley, Cuyahoga Falls

Discus – Roosevelt, Hudson

Pole Vault – Highland, Wadsworth

Long Jump – Barberton, Twinsburg

High Jump – Aurora, Brecksville

Finish Line - Nordonia

Hurdle Crew – North Royalton, Revere, Stow, Tallmadge

Friday

Shot Put – Copley, Cuyahoga Falls

Discus – Roosevelt, Hudson

Pole Vault – Highland, Wadsworth

Long Jump – Barberton, Twinsburg

High Jump – Aurora, Brecksville

Finish Line - Nordonia

Hurdle Crew – North Royalton, Revere, Stow, Tallmadge

Volunteers should report to field events by 3:45 PM each day of the meet. Running event volunteers should report to the finish line by 4:15 PM on Wednesday and by 5:15 PM on Friday.

ADMISSION: \$6.00 for adults, \$4.00 for students (separate tickets will be sold for each day) only coaches, and team members **IN UNIFORM** will be admitted free. Suburban League Passes **ARE NOT** accepted for tournaments. Please email the names of your volunteers who will be working to rob.eckenrode@nordoniaschools.org by Monday, May 7 at 12 PM so that they can be added to the pass list.

INFIELD: The entire infield will be roped off and is to be void of spectators and participants. Throwing and jumping areas will also be roped off and only contestants and officials will be allowed in these areas. **STRICTLY ENFORCED DUE TO THE NUMBER OF SCHOOLS COMPETING**

TRAINER: An athletic trainer will be onsite both days of the meet. Athletes that require taping **MUST** provide their own supplies.

SUBURBAN LEAGUE TRACK MEET
TUESDAY, MAY 8, 2018 - ORDER OF EVENTS
Start Times are estimated

Field Events – 4 PM

Boys Pole Vault (Both Conferences)

Boys Discus – American Conference 1st, National Conference 2nd (Separate Final)

Boys Long Jump – American Conference Pit #1, National Conference Pit #2

Girls Shot Put – National Conference 1st, American Conference 2nd (Separate Final)

Girls High Jump – American Conference Pit #1, National Conference Pit #2

Running Event Finals – 4:30 PM – Times are Approximate – Rolling Schedule

4:30 PM Girls 4x800m Relay American Conference

Girls 4x800m Relay National Conference

5:00 PM Boys 4x800m Relay American Conference

Boys 4x800m Relay National Conference

Running Event Semifinals – 5:30 PM – Times are Approximate – Rolling Schedule

5:30 PM Girls 100m Hurdles American Conference

Girls 100m Hurdles National Conference

5:45 PM Boys 110m Hurdles American Conference

Boys 110m Hurdles National Conference

6:00 PM Girls 100m Dash American Conference

Girls 100m Dash National Conference

6:15 PM Boys 100m Dash American Conference

Boys 100m Dash National Conference

6:30 PM Girls 400m Dash American Conference

Girls 400m Dash National Conference

6:50 PM Boys 400m Dash American Conference

Boys 400m Dash National Conference

7:10 PM Girls 300m Hurdles American Conference

Girls 300m Hurdles National Conference

7:30 PM Boys 300m Hurdles American Conference

Boys 300m Hurdles National Conference

7:50 PM Girls 200m Dash American Conference

Girls 200m Dash National Conference

8:00 PM Boys 200m Dash American Conference

Boys 200m Dash National Conference

***** The 8 Fastest Preliminary Times will qualify for Friday's Finals *****

SUBURBAN LEAGUE TRACK MEET
THURSDAY, MAY 10, 2018 - ORDER OF EVENTS
Start Times are estimated

Field Events – 4 PM

Girls Pole Vault (Both Conferences)

Boys Shot Put – American Conference 1st, National Conference 2nd (Separate Final)

Girls Long Jump – American Conference Pit #1, National Conference Pit #2

Girls Discus – National Conference 1st, American Conference 2nd (Separate Final)

Boys High Jump – American Conference Pit #1, National Conference Pit #2

Running Event Finals – 5:30 PM – Times are Approximate – Rolling Schedule

5:30 PM	Girls 100m Hurdles American Conference
	Girls 100m Hurdles National Conference
5:40 PM	Boys 110m Hurdles American Conference
	Boys 110m Hurdles National Conference
5:50 PM	Girls 100m Dash American Conference
	Girls 100m Dash National Conference
5:55 PM	Boys 100m Dash American Conference
	Boys 100m Dash National Conference
6:00 PM	Girls 4x200m Relay American Conference
	Girls 4x200m Relay National Conference
6:15 PM	Boys 4x200m Relay American Conference
	Boys 4x200m Relay National Conference
6:25 PM	Girls 1600m Run American Conference
	Girls 1600m Run National Conference
6:40 PM	Boys 1600m Run American Conference
	Boys 1600m Run National Conference
6:55 PM	Girls 4x100m Relay American Conference
	Girls 4x100m Relay National Conference
7:05 PM	Boys 4x100m Relay American Conference
	Boys 4x100m Relay National Conference
7:15 PM	Girls 400m Dash American Conference
	Girls 400m Dash National Conference
7:25 PM	Boys 400m Dash American Conference
	Boys 400m Dash National Conference
7:35 PM	Girls 300m Hurdles American Conference
	Girls 300m Hurdles National Conference
7:45 PM	Boys 300m Hurdles American Conference
	Boys 300m Hurdles National Conference
7:55 PM	Girls 800m Run American Conference
	Girls 800m Run National Conference
8:05 PM	Boys 800m Run American Conference
	Boys 800m Run National Conference

8:15 PM	Girls 200m Dash American Conference Girls 200m Dash National Conference
8:20 PM	Boys 200m Dash American Conference Boys 200m Dash National Conference
8:25 PM	Girls 3200m Run American Conference Girls 3200m Run National Conference
8:55 PM	Boys 3200m Run American Conference Boys 3200m Run National Conference
9:25 PM	Girls 4x400m Relay American Conference Girls 4x400m Relay National Conference
9:40 PM	Boys 4x400m Relay American Conference Boys 4x400m Relay National Conference