

ANNA HIGH SCHOOL TRACK & FIELD

Head Girls Coach: Bryan Ricoh, Head Boys Coach: Dean Stewart

Assistant Coaches: Jim Osborne and Jason Christman

Meet Manager: Dean Stewart

Athletic Director: Mike Muehlfeld

SUSTITUTIONS OR CHANGES

Make running event changes in the press box.

Make field event changes at the event.

COACHES FORMS

Turn in coaches' verification form in press box.

Turn in pole vault verification form at the event.

1/4" SPIKES ONLY - Needle spikes are not allowed.

NO TAPE! - Chalk and cut tennis balls will be used for marking checkpoints.

STAY OUT OF TRACK INFIELD – Only participating athletes should be in the infield of the track. Coaches, stats, may be on the infield of the track.

4X800 RELAY AND 3200 METER RUN

We will run the boys and girls together in the 4x800 relay and 3200 meter run.

ORDER OF EVENTS

FIELD EVENTS - 4:30 PM

Shot Put: Order of competition: girls, boys. Each competitor will get four throws.

Discus: Order of competition: boys, girls. Each competitor will get four throws.

Long Jump: Order of competition: boys, girls. Each competitor will get four jumps.

High Jump: Order of competition: girls, boys. Starting height will be determined the day of meet.

Pole Vault: Order of competition: boys, girls. Starting height will be determined the day of meet.

RUNNING EVENTS - 4:45 PM

Make sure your athletes check out from any field events they are in before they go to participate in a running event. The athlete should return to the field event as soon as possible following the completion of their running event.

Results will be available at baumspage.com. You can e-mail meet management at: dstewart@annaschools.org

SUSTITUTIONS OR CHANGES

Make running event changes in the press box. All running event changes should be made by 4:45. Make field event changes at the event.

COACHES FORMS

Turn in coaches' verification form in press box.

Turn in pole vault verification form at the event.

1/4" SPIKES ONLY - Needle spikes are not allowed.

NO TAPE! - Chalk and cut tennis balls will be used for marking checkpoints.

STAY OUT OF TRACK INFIELD – Only participating athletes should be in the infield of the track. Coaches, stats, and non participating athletes need to be on the outside of the track.

ORDER OF EVENTS

FIELD EVENTS -4:30 PM

Shot Put: Order of competition: girls, boys. Each competitor will get four throws.

Discus: Order of competition: boys, girls. Each competitor will get four throws.

Long Jump: Order of competition: boys, girls. Each competitor will get four jumps.

High Jump: Order of competition: girls, boys.

Pole Vault: Order of competition: boys, girls.

Results will be available at baumspage.com. You can e-mail meet management at: dstewart@anna.k12.oh.us.



Ohio High School Athletic Association
4080 Roselea Place
Columbus, Ohio 43214
(p) 614.267.2502
(f) 614.267.1677
Web Site: www.ohsaa.org

SAMPLE POLE VAULT CERTIFICATION FORM

Directions: Please complete all blanks and sign. This form shall be handed to the head pole vault official when the vaulter(s) report. Presenting an improperly completed form or if no form is presented will result in the vaulter(s) being excluded from competition. PLEASE PRINT. Include first and last name.

SCHOOL _____ DATE: _____

| COMPETITOR | NUMBER | VAULTER'S WEIGHT | POLE RATING(S) |
|------------|--------|------------------|----------------|
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COACH'S SIGNATURE



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
4080 Roselea Place, Columbus, Ohio 43214
(p) 614.267.2502
(f) 614.267.1677
Web site: www.ohsaa.org

OHSAA TRACK AND FIELD COACH'S VERIFICATION OF SPORTING CONDUCT/LEGAL EQUIPMENT AND UNIFORMS FOR USE IN REGULAR SEASON COMPETITION

SCHOOL NAME _____

DIVISION _____ BOYS _____ GIRLS _____

HEAD COACH'S NAME _____

OHSAA standards require contest officials to enforce all NFHS rules relating to sporting conduct, ethical behavior and legal uniforms and equipment. Acts that intend to demean opposing competitors, team members, spectators and officials are not in keeping with the ideals of interscholastic athletics and will not be tolerated. Let this competition reflect mutual respect!

NFHS track and field and cross-country rules require the referee to meet with the head coach and captains to explain the expectations of good sporting conduct throughout this competition. In addition, the head coach is responsible for verifying to the referee/starter that all competitors are properly equipped (legal uniforms, legal equipment and no jewelry) in compliance with NFHS rules.

In all OHSAA tournament competition and in any multi-team or invitational competition that would make it difficult for the referee to meet personally with all coaches and captains, all coaches shall agree to the following:

Coach's Verification

I certify to the tournament referee that all contestants under my supervision are legally equipped, attired in legal uniforms and free of all jewelry in accordance with NFHS rules. I further certify that all student-athletes and other team personnel have been advised of their responsibilities relative to good sporting conduct during this competition. In addition, I understand and accept responsibility for adhering to the OHSAA participation limitation of four events per individual athlete per tournament contest.

Coach's Signature _____ Date: _____

Please return this form to area designated by the meet officials or games committee.

SCRATCH / SUBSTITUTION FORM

Name of School _____

Head Coach _____

Head Coach's Signature _____

EVENT # _____ **EVENT NAME** _____

Heat / Section _____ Lane / _____

Scratch / _____ Replace with / _____

EVENT # _____ **EVENT NAME** _____

Heat / Section _____ Lane / _____

Scratch / _____ Replace with / _____

EVENT # _____ **EVENT NAME** _____

Heat / Section _____ Lane / _____

Scratch / _____ Replace with / _____

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Scratch / _____ Replace with / _____