

TO:

2018 CHAGRIN DIVISION TRACK & FIELD COACHES AND ATHLETIC DIRECTORS

SUBJECT: CVC Chagrin Division Track & Field Championships  
Monday, May 7, 2018 and Wednesday, May 9, 2018  
@ Orange High School

- 1) Entries will be online again this year through Baum's Page. Athletes not listed on Baum's Roster page will not be able to participate after the entry window closes.
- 2) IMPORTANT DATES:
  - a) Window will open Saturday, April 14 at 7:00 am.
  - b) Entry will close on Sunday, May 6 at 7:00 pm.
  - c) Scratch window will close on Monday, May 7 at 10:00 am and again on Wednesday, May 9 at 10:00 am.
- 3) Long jump will be open pit at Orange.
- 4) NO TAPE WILL BE USED FOR ANY MARKERS! Chalk can be used for the jumps and vault. Tennis balls can be used for relays.
- 5) Results of the meet will be posted on Baumspage.
- 6) No relay cards will be used. Use the scratch sheets to make any changes to the relays.
- 7) Pole Vault verification sheet will be in your packet.
- 8) Schedule of Events for both Monday and Wednesday are enclosed.
- 9) Workers assignment sheets for Monday and Wednesday will be given out on the days of the events. The site manager needs the names of your field event workers.
- 10) Site Managers and Emails are as follows:
  - a) Frank Peters: [fpeters@orangecsd.org](mailto:fpeters@orangecsd.org)
  - b) Katie Hine: [khine@orangecsd.org](mailto:khine@orangecsd.org)
- 11) Hy-tek will automatically seed each event just as it does for district, regional, and state meet events.
- 12) Fully automated timing (FAT) system will be used.
- 13) Event results will be posted at our concession stand area.
- 14) Scoring
  - a) Individual Events - (8 Teams) 8 Score - 10, 8, 6, 5, 4, 3, 2, 1
  - b) Relay Events - 6 score - 10, 8, 6, 4, 2, 1
- 15) Awards
  - a) 1st. Place, First Team Certificate
  - b) 2nd. Place, Second Team Certificate
  - c) Each coach will have 2 additional Honorable Mention Certificates

d) There will be (2) MVP'S – 1 Running MVP and 1 Field Event MVP

16) Starting Times for Chagrin Division

a) Field Events: 4:00 PM

b) Running Events: 5:00 PM

17) Advancement of Field Events – Top (9) to finals in shot, disc, and long jump. Prelims in the throws will consist of 3 throws given one, then one, then one. Prelims in long jump will consist of 3 jumps. The top 9 will advance to the finals where there will be an additional 3 attempts.

18) Weigh In for Shot Put and Discus: 3:00 to 3:45 PM @ west window of the concession stand

19) The finals will begin after the field event referee has verified the preliminary attempts. If the preliminary attempts have been completed before closing time for that event, the event judge will have the field referee verify the events and then begin the finals.

**20) TRACK AND FIELD SPRING MEETING FOR HEAD COACHES: THIS YEAR THE MEETING WILL BE HELD IMMEDIATELY AFTER THE MEET.**

21) COMPETING SCHOOLS - CHAGRIN DIVISION: Beachwood, Chagrin Falls, Geneva, Orange, Painesville Harvey, Perry, West Geauga AND Wickliffe

22) INCLEMENT WEATHER - On the campus of the Orange City Schools is a Thor Guard lightning detection system that can detect thunder/lightning from miles away. If the system detects lightning, there will be a loud 15-second horn sound along with a flashing amber colored strobe light. The strobe light will continue to blink as long as danger exists. When it becomes safe to return outside, there will be 3 five-second horns, in bursts. Additionally, the flashing light will stop blinking. It is recommended that teams return to the safety of their buses if the Thor Guard System is activating a warning. If there is a tornado warning/ watch, then it is recommended that all student-athletes and team personnel proceed to Orange High School, on the lower levels of the school, for safety.

CHAGRIN VALLEY CONFERENCE- CHAGRIN DIVISION

TRACK AND FIELD LEAGUE MEET

2018

The Chagrin Division of the Chagrin Valley Conference will have their Track and Field Championships at Orange High School on Monday, May 7, 2018 and on Wednesday, May 9, 2018. All field events begin at 4:00 PM and running events begin at 5:00 PM.

The CVC schools listed below will be responsible for supervising the following track and field events. We sincerely thank you for your assistance:

<u>EVENT</u>	<u>SCHOOL- including the number of workers</u>
HURDLES & X CHANGES	ORANGE
HIGH JUMP	CHAGRIN FALLS (3)
DISCUS	GENEVA (2), WICKLIFFE (1) – 3 mark, 1 measure, 1 record
LONG JUMP	PERRY (2)- write, mark, rake, measure
LONG JUMP	BEACHWOOD (2)-write, mark, rake, measure
SHOT PUT	HARVEY (2), WICKLIFFE (1) – 2 mark, 1 measure, 1 record
POLE VAULT	WEST GEAUGA (3)

Each of the above schools will provide the necessary personnel: in parentheses are the numbers of volunteers needed to run the above events. (TAPE MEASURES, CLIPBOARDS, PENCILS, AND MARKERS ARE THE RESPONSIBILITIES OF THE SCHOOL RUNNING THAT EVENT). Field Event sheets will be provided for the officials. Field event officials should report to the finish line tent for instructions. PLEASE HAVE ADULT HELPERS IF POSSIBLE!

Meet officials and participating athletes (only) will be permitted in the field event areas on the track. Spectators are required to be in the bleachers or outside the track area. Athletes are not to wear spikes in the bleachers or school building. Once the field events are over, no athletes or spectators are permitted inside the fence.

SPIKES: ¼" OR LESS (PYRAMIDS).

ADMISSION: \$6.00 ADULTS AND \$4.00 STUDENTS

CVC Passes will not be accepted at the gate. Administrators are to sign in at the main gate.

There will be no presale tickets.

RESTROOMS: They are located on the Northeast side of our track.

SCHOOL ADDRESS: 32000 CHAGRIN BLVD., PEPPER PIKE, OH 44124

## 2018 CVC TRACK&FIELD CHAMPIONSHIPS- CHAGRIN DIVISION

### COMPETITIVE AREA

The competitive areas will be areas in and around the track and all areas outside the track where the field events are being contested. All areas where competition is being conducted for running and field events competitions will be designated as a competitive area. FOR THE SAFETY OF THE ATHLETES, ELECTRONIC DEVICES ARE PROHIBITED IN THESE AREAS OF COMPETITION (CELL PHONES, iPods, MP3 PLAYERS, ETC)! BOTH THE SHOT PUT AND DISCUS WILL BE RUN DIRECTLY BEHIND THE PEPPER PIKE LEARNING CENTER, WHICH IS DIRECTLY EAST OF OUR TRACK. (To assist coaches and athletes, an aerial map displaying the aforementioned competitive areas at Orange High School will be mailed to all coaches in the Chagrin Division for their review.)

### RESTRICTIVE AREA

All coaches, spectators, and non-participants are to leave the area inside the track before the running events begin. Coaches are not permitted to be inside the fence area once the running begins. Coaches with competitors in the field events within the fence may meet with the competitor on the track near the competition area. Coaches are excluded for that field event only. Any violation of this notice, (announcement), may lead to the DQ of your competitor. Only authorized personnel are permitted inside the fence area.

### JERSEY

Jerseys are to be tucked into the shorts (unless an approved singlet uniform is worn).

### SHOT AND DISCUS

Each shot and discus must be weighed in and marked by the weigh in official. This will take place at the west window of the concession stand.

#### Weigh In Time/Dates:

Monday, May 7 3:00-3:45 PM

Wednesday, May 9, 3:00- 3:45 PM

Any implement presented after the closing time will not be permitted to be used in competition or practice. An individual who has had his/her implement designated as any official implement has the right to prohibit anyone else from using it. (This rule has been in effect since 5-3-03)

THE CONFERENCE DOES NOT FURNISH TOWELS. IN CASE OF INCLEMENT WEATHER, IT IS THE RESPONSIBILITY OF EACH SCHOOL TO FURNISH THEIR OWN TOWELS.

CHAGRIN VALLEY CONFERENCE TRACK & FIELD CHAMPIONSHIPS – CHAGRIN DIVISION

Each school shall be permitted 2 entries in each individual event and 1 relay team.

The semi-final heats will be seeded by times submitted.

MONDAY, MAY 7, 2018

FIELD EVENT FINALS: 4:00

Please report to the field event areas by no later than 3:40 pm. Student-athletes will be given adequate time for a safe and effective warm ups. However, we wish to be starting field events by no later than 4:00pm.

GIRLS SHOT PUT – top 9 qualify to finals, and the top 8 score.

BOYS DISCUS – top 9 qualify to finals, and the top 8 score.

GIRLS HIGH JUMP – top 8 score – guide to heights: 4'3", 4'6", 4'8", 4'10", 5'0", 5'1", and 1" thereafter.

BOYS LONG JUMP – top 9 qualify to finals, top 8 score.

BOYS POLE VAULT – top 8 score – guide to heights: 8'0", 9'0", 9'6", 10'0", 10'6", 11', 11'6" and 3" thereafter.

\*\*High jump and pole vault opening heights and increments will be determined based on entries\*\*

5:00 PM RUNNING EVENTS

NOTE: In semi-final running races, the top 2 finishers in each heat along with the next 4 fastest times in the event will advance to the finals.

FINALS:

GIRLS 4x800

BOYS 4x800

5:30 SEMI-FINALS:

GIRLS 100M HURDLES

BOYS 110M HURDLES (5 minutes until the 100 meter dash event)

GIRLS 100M DASH

BOYS 100M DASH (5 minutes until the 400 meter dash event)

GIRLS 400M DASH

BOYS 400M DASH (5 minutes until the 300 meter hurdle event)

GIRLS 300M HURDLES

BOYS 300M HURDLES (5 minutes until the 200 meter dash event)

GIRLS 200M DASH

BOYS 200M DASH

WEDNESDAY, MAY 9, 2018

4:00 PM Field Events

Please report to field events no later than 4:00pm. Student-athletes will be given time to safely complete their warm ups, but we hope to begin as close to 4:00pm as possible. 4:30pm is the cut off time for warm ups. Field event competitions shall begin no later than 4:30pm.

GIRLS DISCUS – top 9 qualify to finals, and the top 8 score

BOYS SHOT PUT– top 9 qualify to finals, and the top 8 score

GIRLS LONG JUMP – top 9 qualify to finals, and the top 8 score

BOYS HIGH JUMP – top 8 score – guide to height: 5’3”, 5’6”, 5’8”, 5’10”, 6’0”, 6’1” add 1” thereafter.

GIRLS POLE VAULT– top 8 score – guide to height: 6’0”, 6’6”, 7’0”, 7’6”, 8’, 8’3” add 3” thereafter.

\*\*High jump and pole vault opening heights and increments will be determined based on entries\*\*

5:00 PM RUNNING EVENT FINALS:

G 100 M HURDLES

B 110 M HURDLES

G 100 M DASH

B 100 M DASH

G 4 X 200 M RELAY

B 4 X 200 M RELAY

G 1600 M RUN

B 1600 M RUN

G 4 X 100 M RELAY

B 4 X 100 M RELAY

G 400 M DASH-

B 400 M DASH

G 300 M HURDLES

B 300 M HURDLES

G 800 M RUN

B 800 M RUN

G 200 M RUN

B 200 M RUN

G 3200 M RUN

B 3200 M RUN

G 4 X 400 M RELAY

B 4 X 400 M RELAY