

2022 Chagrin Valley Conference Valley Division Track & Field Championships

Jack Lambert Stadium - Crestwood High School, Mantua, Ohio

Prelims - Tuesday, May 10th, 2022, 4:00pm

Finals - Thursday, May 12th, 2022, 4:00pm

Pole Vault Prelims/Finals @ Grand Valley High School

Monday, May 9th, 2022 @ 5:00pm

Crestwood High School is proud to host the Chagrin Valley Conference Valley Division Track and Field Championships

*Presented by the Chagrin Valley Conference and Crestwood Athletics
It is with great pleasure that we welcome you to Jack Lambert Stadium.*

Online Entry: Opens Monday, 5/2 at 7:00 a.m. – Closes Saturday, 5/7 at 11:59 p.m.

Please note the following information:

Gates Open: 3:00 PM

Coaches Meeting: 3:30 PM in the Field House

ORDER OF EVENTS (5/10) - Prelims

Field Events:

Start promptly at **4:00 PM**

Boys Shot – In flights, 1 attempt, 1 attempt, 1 attempt, 9 best go to finals.

Girls Long Jump – 3 Jumps, 9 to Finals, 3 more jumps.

Girls Discus – In flights, 1 attempt, 1 attempt, 1 attempt, 9 best go to finals.

Boys High Jump – Starting height 5'0" for boys, 2" increments to 6'0" for boys, then 1" increments

****If an athlete has to leave a field event to compete in another event, we will allow them 10 minutes from the finish of that event to return, if they do not return in 10 minutes, they will be scratched.***

Track Events:

Preliminaries start promptly at **5:15 PM** - Girls first, then Boys

Girls 4 x 800 (Final)

Boys 4 x 800 (Final)

100/110 meter hurdles - Top 8 to Finals

100 meters - Top 8 to Finals

400 meter - Top 8 to Finals

300 meter hurdles - Top 8 to Finals

200 meters - Top 8 to Finals

*No Chalk or tape permitted on the track
Schools supply their own batons, towels, and marks*

ORDER OF EVENTS (5/12) - Finals

Field Events:

Start promptly at **4:00 PM**

Girls Shot – In flights, 1 attempt, 1 attempt, 1 attempt, 9 best go to finals.

Boys Long Jump – 3 Jumps, 9 to Finals, 3 more jumps.

Boys Discus– In flights, 1 attempt, 1 attempt, 1 attempt, 9 best go to finals.

Girls High Jump – Starting height 4'0" for girls, 2" increments to 5'0" for girls, then 1" increments

****If an athlete has to leave a field event to compete in another event, we will allow them 10 minutes from the finish of that event to return, if they do not return in 10 minutes, they will be scratched.***

Track Events:

Finals start promptly at **5:15 PM** - Girls first, then Boys

100/110 meter hurdles

100 meter

4 x 200 meter relay

1600 meter

4 x 100 meter relay

400 meter

300 meter hurdles

800 meter

200 meter

3200 meter

4 x 400 meter relay

*No Chalk or tape permitted on the track
Schools supply their own batons, towels, and marks*

Awards:

Divisional first and second team All Conference selections will be determined by finishes in each event. Each school may award two male and two female Honorable Mention selections based on nomination of the school.

CVC Track & Field Valley Division Championships RULES AND REGULATIONS

1. Please enter your athletes on www.baumspage.com. Entry window opens Monday, May 2nd, at 7:00 a.m., and closes Saturday, May 7th, at 11:59 p.m.
2. Schools are required Provide Workers for Field Events and Exchange Zones (see list below)
 - a. Shot Put - Crestwood
 - b. Discus - Cardinal
 - c. High Jump - Hawken
 - d. Long Jump - Berkshire
 - e. Pole Vault - Grand Valley
 - f. Hurdles/Exchanges - Beachwood
3. Entries for semi-finals will be assigned with fastest times distributed equally among the heats. All others will be the fastest heat last. All running events will be timed by our own FAT Crestwood CASB FinishLynx timing system Team.

4. Please see ORDER OF EVENTS for heights of the high jump bar. Meet officials may adjust these heights according to entries and weather. If an athlete has to leave to run an event, they must be back to the high jump within 10 minutes after the completion of that event to continue jumping. If not, their jump will be forfeited.
5. If you have scratches or substitutions please make them upon arrival.
6. Shot put and discus are thrown from concrete pads. Jumping surfaces are the same as the track.
7. The track is a rubberized all weather surface. Spikes should be 1/4" or smaller. Shoes will be inspected to protect the track.
8. Shot and discus will be run in 2 flights, 1 attempt, 1 attempt, 1 attempt, best 9 to finals. Team members are responsible for returning their team's implements. Weigh-ins will take place in the garage behind the discus cage upon arrival. Throwing implements will be placed in a common pool.
9. Girl's long jump will be run open pit. Athletes should check in before their jump to be sure the clerk knows their name. Athletes MUST let the clerk know if they have to leave to run an event. If the time expires and the clerk does not know where the athlete is, they will forfeit any remaining jumps. Each athlete gets 4 jumps, no finals will be held.
10. Team scoring will be 8 places: 10, 8, 6, 5, 4, 3, 2, 1
11. Teams must set up tents/camp behind the main grandstands.
12. Only athletes and coaches in uniform will be allowed in with the teams.
13. All tickets to the event will be \$6 Tickets will be available beginning Tuesday, May 12th at 8:00 am for Prelims and 8:00 am on Thursday, May 12th for Finals. All tickets will be sold via Ticket Spicket, using the link below. No tickets will be sold at the gate. All tickets can be found here - [CVC Valley T&F Tickets](#)
14. Concessions will be available from the Crestwood All Sports Booster.
15. Results will be available at www.baumspage.com

On behalf of the Chagrin Valley Conference, Crestwood Athletic Department and the Crestwood All Sports Boosters, we would like to thank you. Good luck at this meet and throughout the PostSeason.