

**15TH ANNUAL
EAST CANTON
TRACK & FIELD INVITATIONAL**

SATURDAY, APRIL 11TH 2015

RULES AND REGULATIONS

1. – **ALL ENTRIES MUST BE SUBMITTED ONLINE** AT: www.baumspage.com BY NOON ON WEDNESDAY, APRIL 9TH. SEE INSTRUCTION SHEET FOR DIRECTIONS. (NOTE: THIS IS THE SAME ENTRY METHOD THAT YOU MUST USE TO ENTER THE DISTRICT MEET.) Entry Fee is \$60.00 per team (\$120.00 for boys and girls) or \$5.00 for each event entered / per person.
2. – **ONLY 1/8" PYRIMID SPIKES** WILL BE PERMITTED. ANYTHING LONGER WILL RESULT IN DISQUALIFICATION
- 3 – **COACHES MEETING WILL TAKE PLACE AT 9:20 AM** AT THE FINISH LINE TENT.... ALL SRATCHES WILL TAKE PLACE THERE FOR RUNNING EVENTS. FIELD EVENTS WILL SCRATCH AT THE SITE. **ONLY EMERGENCY REPLACEMENTS WILL BE ALLOWED After 9:30**
4. **WHEELCHAIR EVENTS WILL BE CONTESTED....100 DASH, 1600 DASH, 800 METERS AND SHOT PUT FOR BOTH BOYS AND GIRLS. THESE EVENTS WILL NOT BE INCLUDED IN THE TEAM SCORES, BUT WILL BE IN THE OFFICAIL RESULTS. PLEASE CONTACT MEET MANAGEMNET WITH YOUR WHEELCHAIR ENTRIES. (\$5.00 PER EVENT)**
5. - ALL TEAM CAMPS WILL BE IN AND AROUND THE VISITOR BLEACHERS ON THE NORTH SIDE OF THE STADIUM. NO ATHLETE, COACH OR SPECTATOR SHOULD "CUT THROUGH" THE COMPETITION AREA WHILE THE MEET IS GOING ON.
6. – FIELD EVENTS WILL BEGIN AT 10:00 AM WITH GIRLS DISCUS, LONG JUMP AND HIGH JUMP, BOYS POLE VAULT AND SHOT PUT. THROWING EVENT IMPLEMENT WEIGH IN WILL BEGIN AT 8:30 AM. - AT THE CONCESSION STAND. RUNNING EVENT SEMI-FINALS WILL BEGIN AT 10:15 AM. TRIPLE JUMP WILL BE CONTESTED AFTER THE LONG JUMP IS COMPLETED WITH AN OPEN PIT WITH FOUR JUMPS. (SEE MEET SCHEDULE)
7. – BULLPENS WILL BE USED TO "CHECK IN" FOR EVERY RUNNING EVENT. THE BULLPEN FOR THE 200 METER DASH IS BEHIND THE SCOREBOARD, ON THE NORTHWEST CORNER OF OUR STADIUM. THE BULLPEN FOR THE 300 HURDLES IS IN THE INFIELD ON THE NORTH SIDE OF THE STADIUM, NEAR THE POLE VAULT PIT. BULLPEN FOR ALL OTHER RUNNING EVENTS IS ON THE SOUTH SIDE OF THE HIGH JUMP APRON... IN FRONT OF THE CONCESSION STAND.
8. – CHECK-IN FOR ALL FIELD EVENTS WILL BE AT THE SITE OF THE EVENT.
9. – COACHING AREAS WILL BE USED FOR ALL EVENTS. POLE VAULT IS IN THE GRASS IN THE NORTHEAST CORNER OF THE FIELD. HIGH JUMP IS BEHIND THE FENCE ON THE WEST END OF THE STADIUM. LONG JUMP IS BEHIND THE FENCE, ACROSS THE TRACK FROM THE LONG JUMP PIT. DISCUS IS IN THE DUGOUT AT THE DISCUS CAGE. SHOT PUT IS IN THE GRASS, WEST OF THE CIRCLE. RUNNING EVENTS IS OUTSIDE THE TRACK FENCE

10. PLEASE USE ALL APPROPRIETE GATES. NO FENCE JUMPING

11. – WE WILL SCORE SEVEN PLACES. 10 – 8 – 6 – 4 – 3 – 2 – 1 - WITH AWARDS FOR EACH PLACE. MEDALS FOR PLACE 1-3, RIBBONS FOR PLACES 4 -7. HEAD COACHES WILL MEET IN THE PRESS BOX AT THE CONCLUSION OF THE 4 X 400 RELAY TO GET THEIR ATHLETES AWARDS AND MEET RESULTS.

12. – TEAM AWARDS WILL BE FOR THE TOP 3 TEAMS.

13. ADDITIONAL INDIVIDUAL AWARDS WILL ALSO BE PRESENTED TO ATHLETES WITH THE MOST POINT FOR DISTANCE EVENTS; SPRINTS/HURDLES; AND FIELD EVENTS. (TIEBREAKERS ARE: #1-MOST FIRST PLACES, #2-MOST TOTAL POINTS)

14. – INVITATIONAL T-SHIRTS WILL BE AVAILABLE THIS YEAR FOR \$12-\$15.

15. – GATE PRICES WILL BE \$5.00 FOR ADULTS \$3.00 FOR STUDENTS

16. – SPECTATORS AND COACHES CAN NOT BE IN COMPITITION AREAS.
ATHLETES WHO ARE NOT JUMPERS WILL NOT BE ALLOWED ON THE JUMP RUNWAYS.

17. – NO TAPE OR ADHESIVE MARKERS ON THE TRACK / JUMPING AREA.

18. – RESTROOMS ARE AVAILABLE

19. – CONCESSION STAND WILL BE WELL STOCKED WITH FOOD AND BEVERAGES.

20. – ATHLETIC TRAINER AND EMERGENCY PERSONEL WILL BE ON SITE.

21. – TEAM BUS PARKING WILL BE AT THE SOUTHEAST CORNER OF THE STADIUM, NEAR THE BUS GARAGE. ATHLETE “DROP OFF” AND “PICKUP” CAN TAKE PLACE AT THE SOUTHEAST GATE.

22. – ATHLETE’S BEHAVIOR IS THE RESPONSIBILITY OF THEIR COACHES. PLEASE POLICE YOUR TEAM’S AREA. A BAG WILL BE PROVIDED FOR TRASH.

23. – EACH SCHOOL IS WELCOME TO HAVE A COACH HELP IN ANY EVENT. IF A COACH IS AT THE SITE OF ANY EVENT AND NOT IN THE “COACHING AREA”, THEY WILL BE ASSIGNED A DUTY FOR THE DURATION OF THAT EVENT!

24. – RESULTS WILL BE POSTED ON THE PRESSBOX DURING THE MEET AND CAN BE FOUND AT www.baumspage.com WITHIN AN HOUR OR SO AFTER THE MEET.

145TH ANNUAL EAST CANTON TRACK & FIELD INVITATIONAL

FIELD EVENTS:

- 10:00 AM **GIRLS LONG JUMP** (OPEN PIT FROM 10:00-10:50 3 JUMPS, TOP 8 TO FINALS)
BOYS POLE VAULT (5 ALIVE) **GIRLS TO FOLLOW BOYS** (5 ALIVE)
GIRLS DISCUS (3 THROWS, TOP 8 TO FINALS)
BOYS SHOT PUT (3 THROWS, TOP 8 TO FINALS)*WHEELCHAIR THROWERS
GIRLS HIGH JUMP (5 ALIVE) **BOYS TO FOLLOW GIRLS** (5 ALIVE)
- 12:00 NOON **BOYS LONG JUMP** (OPEN PIT 12:00-1:00, 3 JUMPS, TOP 8 TO FINALS)
GIRLS SHOT PUT (3 THROWS, TOP 8 TO FINALS)*WHEELCHAIR THROWERS
BOYS DISCUS (3 THROWS, TOP 8 TO FINALS)
***BOYS AND GIRLS TRIPLE JUMP TO FOLLOW BOYS LJ** (OPEN PIT, 4 JUMPS)

RUNNING EVENTS: ROLLING SCHEDULE-

- 10:15 AM SEMI-FINAL GIRLS 100 METER HURDLES
SEMI-FINALS BOYS 110 METER HIGH HURDLES)
FINAL GIRLS 4 X 800 METER RELAY
SEMI-FINALS GIRLS 100 METER DASH
SEMI-FINALS BOYS 100 METER DASH
***WHEELCHAIR 100-METERS (GIRLS THEN BOYS)**
FINAL BOYS 4 X 800 METER RELAY
SEMI-FINALS GIRLS 200 METER DASH
SEMI-FINALS BOYS 200 METER DASH

20-MINUTE BREAK FOR OFFICIALS \ TIMERS

- FINAL GIRLS 100 METER HURDLES**
FINAL BOYS 110 METER HIGH HURDLES
FINAL GIRLS 100 METER DASH
FINAL BOYS 100 METER DASH
FINAL GIRLS 4 X 200 METER RELAY
FINAL BOYS 4 X 200 METER RELAY
FINAL GIRLS 1600 METER RUN – 2 HEATS
FINAL BOYS 1600 METER RUN – 2 HEATS
FINAL GIRLS 4 X 100 METER RELAY – 2 HEATS
FINAL BOYS 4 X 100 METER RELAY – 2 HEATS
***WHEELCHAIR 400 METER DASH**
FINAL GIRLS 400 METER DASH – 3-4 HEATS
FINAL BOYS 400 METER DASH – 3-4 HEATS
FINAL GIRLS 300 METER HURDLES – 3-4 HEATS
FINAL BOYS 300 METER INTERMEDIATE HURDLES – 3-4 HEATS
FINAL GIRLS 800 METER RUN – 2 HEATS
FINAL BOYS 800 METER RUN – 2 HEATS
***WHEELCHAIR 800 METERS**
FINAL GIRLS 200 METER DASH
FINAL BOYS 200 METER DASH
FINAL GIRLS 3200 METER RUN
FINAL BOYS 3200 METER RUN
FINAL GIRLS 4 X 400 METER RELAY – 2 HEATS
FINAL BOYS 4 X 400 METER RELAY – 2 HEATS
***RESULTS / AWARDS**

**EAST CANTON
TRACK & FIELD INVITATIONAL
2015**

Welcome teams and Coaches

This is the 15th season for the East Canton Invitational. Thank you for the teams that have been here from the start as well as those of you who have recently joined us. Once again, we will try to run an organized early season test for your athletes.

Please enter the meet through www.baumspage.com as many meets, including the District meet, are done through this website. The fee for the Invitational is \$60.00 per team / gender. For teams with small rosters, the fee is \$5.00 per athlete per event. Example: 4 athletes in two events each will cost \$40.00

We will again offer the triple jump for those programs that would like to give some athletes a chance to try something new. The OHSAA Board of control has decided NOT to offer this event in the tourney, but those kids that have done it in the past have enjoyed it...it's about the kids.

We will offer Wheelchair events this year. If you have wheelchair athletes please contact me at the number provided. Cost for wheelchair athletes is \$5.00 per event. They will be able to contest the 100 dash, 400 dash , 800 meters and Shot put. Wheelchair events will not score for the team, but will have official results.

The meet will be timed using Finishlynx Timing and scored with Hytek Meet Manager. Results will be posted and can be found soon after the meet at the baumspage website.

All rules and regulations are enclosed and questions can be answered at the coaches meeting at 9:20 on the morning of the meet.

Feel free to call me (Tom Loy) anytime with concerns regarding the meet. My number is (330) 284-4784

**Yours in Track & Field,
Coach Tom Loy
East Canton Track & Field**