

LEL Championship Meet Changes

Location: Cleveland Heights **Date:** Thursday, May 14 **Time:** field- 3pm running- 4pm

Major Changes

- 1.) We will have a reputable timing crew this year with an impeccable efficiency and accuracy record.
- 2.) No team will have to provide any volunteers to work the meet. Cleveland Heights will staff the entire meet.
- 3.) I am prepared for strong opinions on this next matter; please contact me to discuss it further if you wish. My contact info is at the bottom of this page.

We will eliminate the preliminary round of the dash events at the LEL championship this year. In the past we ran a prelim for the 100m, 200m, and 100h/110h. Here is the rationale for this change:

- With the number of teams currently participating in the LEL, we have low entry numbers. With 2 entries per team, there will never be more than 2 heats of any event.
- We use fully automatic timing, which makes the composite placing of 2 heats very accurate. If this method is good enough for the 300h and the 400m, then it will work for the short dashes as well. The last heat will be the fast heat of each event. I will personally look through each entry time and verify it based on milesplit.com listings. Coaches, if you want your kid to end up in the fast heat, make sure they run that event at a meet that shows up online during the season. Dual meets, relays splits, etc. will not count. This is only fair way to do this.
- What are the chances that we will have a lightning delay at the LEL meet? Based on past years, there is a very high chance. Eliminating the preliminary round increases our chances of finishing our championship meet in one day. The preliminary round was a carryover from when our meet used to be two day, when the conference was larger.
- We will all be preparing our high level athletes for a long run into the post season. Limiting the number of events that beat up their body at the end of the season will only help everyone. A talented, work-horse kind of athlete will want to run four events always. Two dashes and two relays place the burden of 6 races on their body. None of us are in the business of abusing kid.
- Our timing crew is unable to start running events before 4pm on a weekday (trust me; they are worth the later start). Eliminating the prelims will help to make the meet a more manageable length of time.
- In what meaningful meet (district, regional, etc.) do the kids ever have to run the same event twice in one day? None. Towards the end of the season, we are all trying to prepare our kids for their highest potential level of competition. I believe that the conference meet is a good way for the teams to finally start putting together the exact composition of their post season team.

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