

TRACK AND FIELD

(Revised 4-20-12)

1. The conference track and field championship will be determined by a track meet with all schools participating with both boys and girls teams.
2. The conference meet will be a one day meet (semi-finals and finals) held the Friday prior to the OHSAA district meet. The current OHSAA order of events will be followed. The starting time of the meet will be 4:30 p.m. If the meet is delayed due to weather conditions, the latest restart for the meet will 10:00 PM (if the meet cannot be restarted by 10 PM, the meet will continue on Saturday at 10:00 AM at the point at which it was delayed) . If the meet is cancelled due to inclement weather, the makeup date is the Saturday after the scheduled Friday date with events beginning at 10:00 AM.
3. The host school/meet director will be determined by the approved schedule of rotation among the conference schools.
4. Conference Meet Procedures
 - A. A notification letter will be sent by the designated meet director three (3) weeks prior to the meet date and will contain the following information.
 1. Complete time schedule
 2. Entry form
 3. Scratch meeting time and place
 4. Description of track facilities, including restriction of foot wear
 5. Locker room assignments (if available)
 6. Eating facilities, location, etc.
 7. Publicity information reminder.
 - B. Entry Form
 1. Enter two (2) athletes per open event.
Eligible substitute may be entered at scratch meeting.
 2. Times posted on entry. (Honest times are of the essence.)
 - C. Officials Hired by Commissioner
 1. 2 – Starters, 1 - Referee , 1 Head Field Judge, 2 – Clerks, 1 – Umpire
5 – Field Event Officials .
 - D. Volunteer Staff
 1. It will be the responsibility of the meet director to have sufficient volunteer staff to handle the meet. Adult volunteers are encouraged to be used whenever possible.
5. All events must be completed before the league championship will be determined.
6. The OCC Commissioner or designee must be in attendance on the day of the meet.

EVENTS ARE AS FOLLOWS ON CHAMPIONSHIP DAY:

COACHES MEETING – 3:00 PM

Girls Pole Vault – 3:15 PM – followed by boys' pole vault

OTHER FIELD EVENTS – 4:30 p.m.

Long Jump- Open Pit til 6:00 PM
Three prelim jumps – top nine to Finals. Boys' Final First

High Jump - Girls first followed by the boys. Starting heights to be determined at coaches meeting

Pole Vault - Starting height to be determined at coaches meeting

Shot Put - Boys followed by girls. 3 Prelim Throws – 9 to Finals

Discus - Girls followed by boys. 3 Prelim Throws – 9 to Finals

PRELIMS – 5:00 p.m.

Girls 200m Dash

Boys 200m Dash

Girls 3200m Relay (Final) (Note: Must be a one hour time period between 3200 Relay and 1600m Run)

Boys 3200m Relay (Final)

Girls 100m Dash

Boys 100m Dash

Girls 100m Hurdles

Boys 110m Hurdles

2 heats each – Top Three (3) places to the finals, plus next two fastest times

FINALS – Thirty (30) minutes after the conclusion of the prelims.

Girls 100m Hurdles

Boys 110m Hurdles

Girls 100m Dash

Boys 100m Dash

Girls 800m Relay

Boys 800m Relay

Girls 1600m Run

Boys 1600m Run

Girls 400m Relay

Boys 400m Relay

Girls 400m Dash*

Boys 400m Dash*

Girls 300m Hurdles*

Boys 300m Hurdles*

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls 3200m Run

Boys 3200m Run

Girls 1600m Relay

Boys 1600m Relay

* Two heat each – Top eight times in second heat, next eight slower times in first heat.