

2016 WRC Track Meet

The SPIRE Institute

Wednesday, May 11th

Location: The SPIRE Institute

Games Committee:

The Games Committee will be made up of all head coaches in the conference who have an interest in being on the committee. The Games committee will be responsible for communicating with Spire, The Principals and Athletic Directors of the Western Reserve Conference. The Games Committee shall email all pertinent information in regards to the conference meet to each school's, Principal, A.D. and Head Coach.

Marks are due **Tuesday, May 10th at 6:30 pm** via Baumspage.com

3 Competitors per event

Standard Invitational format

Entry Window Opens April 28th at 8:00 am

Entry Window Closes Tuesday, May 10th at 6:30 pm

Seed Meeting:

Coaches Seed Meeting will be held at The Morehouse, 4054 Erie Street, Willoughby, OH 44094 on Tuesday, May 10th at 7:00pm.

All marks must be verifiable.

At this point, the coaches will determine starting heights and heat assignments.

The games committee reserves the right to question the validity of marks.

All pass lists will be required at this time.

Awards:

1st Place

2nd Place

3rd Place

Team Camps:

No team camps will be allowed inside, especially around the concession stand.

NO OUTSIDE FOOD!!

Workers/Volunteers:

Each program (boys and girls are separate) will be required to provide two volunteer workers for the track meet. Please refer to the attached work sheet to see your given responsibilities. Please email Jim Mormino at james.mormino@weschools.org with a list of your workers and volunteers. A list of volunteers and workers will be with the gate workers.

Bus Parking/Athlete Parking

Buses will park in the northeast parking lot. Please drive straight back to the end of the facility and turn left to go around the indoor track facility. Park in the last lot and enter the stadium from the north end.

Spectator Parking

All spectators will park in the northwest and west lots. They can enter the stadium by the throws stadium or through the Indoor Fields/Courts building.

Athletes Arriving Late:

Please send a list of athletes arriving late to Jim Mormino at james.mormino@weschools.org. This list will be given to the workers at the gate. If your name is not on the list you will be required to pay admission.

Gate:

Admission will be charged as cars enter the parking lot. Please notify your parents of this. Cost: \$5.00 per person

Pass List:

Please send Jim Mormino at james.mormino@weschools.org a pass list of potential administrators and coaches that will be attending the track meet.

Times/Distances/Marks:

All marks must be verifiable. The games committee must be able to find marks on Baumspage, Milesplit or in the News-Herald. If we cannot find a verifiable mark the athlete will be given a NT, ND, NH and seeded accordingly. Sprint times and jumps strongly aided by wind should not be used, but this will be left to the discretion of each coach.

Flights/Heats:

Flights are set up in the Shot and Discus with the final flight consisting of the top eight competitors according to their verifiable seed marks.

100m/200m/110H/100H:

Semi-finals will be formed by placing runners with the best times in different heats based on verifiable seed times. Preferred lanes will be 4-5-6-3-2-7-8-1. The winners of each heat and the next 5 fastest times will advance to the finals. The "Team Split" feature in Hytek software will be utilized to avoid having two athletes from the same school in any preliminary heat.

400m/300m Hurdles:

Three heats against time. The third heat will consist of the fastest eight competitors according to their verified seed marks.

800m:

At least half the field, up to 16 competitors, will be assigned to the first heat. A natural break based on seed times will be used by the Games Committee to determine exactly how many will be in the first heat.

1600m/3200m:

There will be one heat of each race with up to 6 competitors placed per two-lane alley for a one-turn stagger.

Long Jump/Discus/Shot Put:

These events will be contested with finals. Each athlete will receive three attempts. We will take the top nine to finals and each athlete will receive 3 additional attempts. Long jump will be open pit for 45 minutes for the first three attempts. Finals in all three events will be in order from last to first.

Time Schedule for Conference Track and Field Meet.

1:00 pm	Coaches Meeting
1:00- 2:00	Implements weighed and inspected
2:15	Field events begin: Boys Pole Vault Girls Pole Vault Boys Long Jump Open Pit for 45 min Girls High Jump Boys Discus/Girls Discus to follow Girls Shot/Boys Shot to follow Boys High Jump begins at 3:15 pm Girls Long Jump to follow boys- 3:15pm start on second runway
4:45	Running Events - Semi-finals begin 4*800m G 100m Hurdles-Girls 110m High Hurdles-Boys 100m Dash G/B 4*800m Relay B 200m Dash G/B

Finals are to begin no earlier than 6:00pm and no sooner than 20 minutes after the first heat of the girls 200m begins

Five minutes before the finals of the 100m Hurdles National Anthem will be performed