



2019 Southwestern Conference
Track and Field Championships
Amherst Steele High School
Wednesday May 8th and Friday May 10th



PLEASE NOTE THE FOLLOWING CHANGES WILL REMAIN IN PLACE FOR 2019:

1. Relay events will be run as timed finals on Friday based upon F.A.T. times from the 2019 season. Heat #1 will contain the 10,9,8 and 7th fastest seed times. The top 6 seed times will compete in the next heat of the event.
2. The 800m, 1600m and 3200m will be run as one heat per gender.
3. Top 8 places will score. Nine(9) will make it to finals in field events, eight(8) in running events.
4. For both days, field events will begin at 4:30pm, running events at 5:30pm.
5. There will be two(2) entries in each open running and field event per gender.

- Spike length: 1/4 inch.
- Marking of the track: tennis balls, tongue depressors, or chalk. No adhesives.
- No dressing facilities will be available.
- All events will be scored 10, 8, 6, 5, 4, 3, 2, 1. For open running event prelims, there will be three (3) heats of six/seven (6/7) contestants with the top eight (8) fastest times qualifying for the Finals.
- Relay cards: Relay cards must be turned in to the Clerk of Course when the relay team reports to the Bullpen for check in. Once submitted, no additions or substitutions will be permitted. The Bullpen is located in the SE corner of the track complex.
- Uniforms and numbers: See OHSAA rules here:
<https://ohsaa.org/SchoolResources/uniform/CC-TF>
- Online registration:
Entries must be submitted online to baumspage.com
Entry window closes at noon Tuesday May 7th, 2019
Be sure to include every athlete who could possibly compete

The Online Scratches/Substitutions Form will be accessible after the entry window closes on the 8th at noon for Wednesday May 8th, 2019. To access the Scratch/Substitute Form, select the event and click Get Printable Roster. On the next screen select Scratch/Substitute Form and list your changes in the specific correction box

- Scratches and Substitutions:
Forms will be included in coaches' packets and also be available from the pressbox

On Meet Day:

Field event scratch and substitution forms can be submitted to the field event official at or before 1st call.

For running events in the Prelims on Wednesday May 8th, scratch and substitution forms can be submitted until 4:15pm to JoAnn Kitchen. After 4:15pm, only injury scratch substitutions can be submitted to the appropriate Clerk of Course in the Bullpen at check-in. An athlete can be substituted provided that athlete is listed on the eligibility form.

For running events for the Finals on Friday May 10th, coaches can scratch individuals who have qualified from Prelims, but may not substitute another athlete.

- **Packets:** Coaches can pick up their packets and sign in at the East pass gate entrance of the complex.
- **Admission:** \$6 for adults, \$4 for students and senior citizens age 65 and over
- **Implements:** All shot and discus implements must be weighed in at the wrestling room between 3:30pm and 4:15pm. Approved implements will become part of the common pool of implements.
- **Preliminaries** will be held in the discus, shot put, and long jump with the top nine performers proceeding to the Finals. The pole vault and high jump events will be on the 5 Alive format, or other format determined by the SWC coaches.
- **Time Limits:** The following time limits will apply for the following field events: 90 seconds for pole vault and 60 seconds for all other field events after being called up by the official.
- **Hospitality area:** Food and refreshments will be available to coaches, adult volunteers, and officials at the Football Fieldhouse on the south side of the complex. This area will be open on both days.
- **No tents OR IMPLEMENTS** will be allowed in the stands.
- Except for inclement weather conditions, no one is allowed in any school building.
- Only competing athletes, coaches, officials, and student volunteers will be allowed on the infield. Athletes who have concluded their event must leave the infield. **NO WARM UPS ON THE INFIELD.**
- Teams are expected to police their area and use the available trash cans.
- No electronic devices on the infield.
- No Frisbees, footballs, etc. will be permitted within the field enclosure.

- A trainer will be available.
- Commemorative T-shirts will be available for sale under the bleachers. The design can be found below this information.
- Time schedule: Events will take place on the established time schedule. In the event of inclement weather, a rolling schedule may be adopted.
- In the event of inclement weather, teams and coaches may be asked to move to the high school gym lobby. Do not leave the area as events may resume at any time.
- Results will be posted on Baumspage soon after the meet. During the meet, announcements will be made as soon after the event as possible. Plaques and medals will be awarded on the field. Coaches should encourage their athletes to remain in the area following their event. Results of each event will be posted on the north side of the complex.
- Starting Heights from 2018(Changes may be made based upon entries):
 Boys' High Jump: 5'6" 5'8" 5'10" 6'0" then by 1"
 Girls' High Jump: 4'6" 4'8" 4'10" 5'0" then by 1"
 Boys' Pole Vault: 9'0" 9'6" 10'0" 10'6" 11'0" 11'6" 12'0" 12'6" 13'0" then by 3"
 Girls' Pole Vault: 7'0" 7'6" 8'0" 8'6" 9'0" 9'6" 10'0" then by 3"
- Coaches must provide a copy of the OHSAA Pole Vault Verification Form to the official on site.

We look forward to two days of great competition. Please contact Rob Glatz, meet manager, at rob_glatz@amherstk12.org or 440-225-1891 with any questions or concerns. To all of our coaches and young athletes, the best of luck this season. See you on May 8th and 10th.

