

2018 FIRELANDS CONFERENCE MIDDLE SCHOOL TRACK & FIELD CHAMPIONSHIPS

To: Firelands Conference Boys and Girls MS Track Coaches, Athletic Directors and Principals

From: Tom Howell, Misty Ebinger, Keith Landis

Re: Firelands Conference Middle School Track Meet

Site: New London Recreation Park, New London

Entries: Middle School entries should be put in on www.baumspage.com. Middle school entries should be entered by Wednesday, May 9, 2018 at noon. The entry window is currently open. Email Keith Landis at klandis@newlondon.k12.oh.us if you have any questions or issues.

Event Assignment: Each school is required to provide people to help with the meet. For field events, this includes at least one knowledgeable/responsible adult and 3-4 helpers. See below for assignments.

Contacts: Tom Howell, Athletic Director, NLHS, (419) 929-1586, ext. 5133
Misty Ebinger, Varsity Coach, NLHS, (419) 929-1586, ext. 3116
Keith Landis, Varsity Coach, NLHS, (419) 929-1586, 3117

Much of the information in this packet should look familiar to you, as it has been updated previous year's materials. If you have any questions, please contact us. Thanks and good luck!

School Assignments

Monroeville	Long Jump	1 judge, 1 tape handler, 1 spotter, 1-2 rakers
Plymouth	Discus	1 judge, 4 tape handlers/spotters (common implements must be used and entered before 1st thrower)
South Central	Shot Put	1 judge, 4 tape handlers/spotters (common implements must be used and entered before 1st thrower)
Western Reserve	High Jump	1 judge, 2 cross bar attendants
New London	Pole Vault	1 judge, 4 helpers for standards and cross bar
St. Paul,	Hurdle Crew,	Provide athletes to help move hurdles, and adults to aid NL

Mapleton,
Crestview

Finish Line,
Exchange Zones

finish line crew as well as judge exchange zones

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1. Teams will need to set up camp in the grassy areas outside track, under the home bleachers, or in the visitors' bleachers. Please reserve the home bleacher seats and area outside the finish line for spectators.
2. Spikes must 1/4" or shorter, pyramid only.
3. Markings – Use tennis balls (relays only) or tape (jumps only). Marks to the side of runways and lanes.
4. Please refrain from wearing spikes in the bleachers and store throwing implements somewhere other than bleachers.
5. Non-participants and spectators must stay outside of the track.
6. Award packets will be available at the press box after the conclusion of the meet.
7. **Field event judges will supply their own measuring tapes and other necessary tools to conduct their event.**
8. Timers will need to have a back up watch available if needed.
9. We will accept last minute scratches one half hour before field events begin. Bring those scratches to the home locker room by 4:30 pm.
10. Relay cards will not be used. You may switch athletes in relays without prior notice. However, if you make a change, make sure that you inform the finish line clerk so that proper athletes names are on the final results.
11. All contestants must report to the clerk by the third call.
12. Remind sprinters to walk back in their lanes to the blue line at the end of their races.
13. Any implement used for field events must be entered prior to the first flight and will become a common implement used until the completion of the event.
14. Shot put, Discus and Long Jump – each competitor will have four throws/jumps with no finals.
15. 400 M Relay & 800 M Relay – lanes the entire race
16. 1600 M Relay – first runner in lanes, second runner remains in lane through one more curve, last two exchanges are California.
17. Seeding: **Field Events** - Competitors will be seeded worst to best in both order and flight. **Running Events** – Competitors will be seeded solely by times into standard lanes. **No adjustments**, such as splitting teams, will be made.
18. Scoring will be 10-8-6-4-2-1
19. Starting Heights:

	MS Boys	MS Girls
High Jump	4'6	4'0
Pole Vault	7'0	6'0

Heights will be raised in increments (High Jump – 2", Pole Vault -6") until one competitor remains.

20. Field Event Ordering:

High Jump and Pole Vault – best go last – 5 alive

Long Jump, Shot Put, Discus – 2 flights – 8 in each flight – best go last

**2018 FIRELANDS CONFERENCE MIDDLE SCHOOL:
TRACK & FIELD CHAMPIONSHIPS - Thursday, May 10, 2018**

Athlete/Parent Handout

Admission Fee	\$5 adults and \$3 for students. Firelands Conference passes will be honored. Student Pre-sale tickets will not be allowed.
Spikes	1/4" or less (No spikes in the bleachers)
Relay Marks	Tennis balls only; place side the lines of the assigned lane.
Uniform Regulations	Leave jewelry at home; do not wear double-logo undergarments or printed t-shirt undergarments
Sprint Races/ Relays	Following the race, walk back toward the finish line in your lane; do no wander and do not ask the timers for your time.
Report to clerk by 3rd call	The clerk will be located at the west end of the track in the bullpen area for all races except the 200m dash and 200m hurdles. For those, check in with the clerk at the 200 mark.
Throwing events	Common implements will used. Do not store throwing implements in the bleachers.
Team camps	Set up in the grassy areas outside the track and away from the finish line, under the home bleachers, or in the visitors' bleachers. <u>Do not set up in the home bleachers or immediately across from the finish line</u> - this area is reserved for spectators.
Starting Heights	MS Boys: High Jump - 4'6", Pole Vault - 7'0" MS Girls: High Jump - 4'0", Pole Vaults - 6'0"
Shot Put/Discus/ Long Jump	Competitors will have 4 attempts, no finals; will compete in 2 flights, based on entered distances.
Scoring in Races	There will be two flights for all sprint races (400 and shorter), the fastest t times overall will place.
Schedule	4:00 - Coaches pick up packets and field event clipboards at the press box 5:00 - Field events begin with: boys' pole vault, long jump, and shot put; girls' high jump and discus ... switch when finished. 6:00 - Running events begin (girls compete first): 100/110m Hurdles, 100m Dash, 1600m Run, 4x100m Relay

400m Dash, 4x200m Relay, 200m Hurdles, 800m Run, 200m Dash
4x400m Relay

**2018 FIRELANDS CONFERENCE MIDDLE SCHOOL
TRACK CHAMPIONSHIPS - Thursday, May 10, 2018
New London High School**

Entries must be submitted online using the Online Entry Form at www.baumspage.com

Entry Window opens on May 1, 2018 at 11:00 am

Entry Window closes on May 9, 2018 at 12:00 pm

Scratches due at meet

Please note the following:

1. Rosters must be submitted through Baum's Page before the entry deadline.
***Late entries may not be processed or if accepted, are subject to a late entry penalty!!!**
2. All user accounts are deleted every summer. If you don't have an account created during cross country or wrestling, you will need to apply for an account for the current school year.
3. **The entry and scratch windows will close precisely at the time posted above.**

To register online:

1. Go to www.baumspage.com , click the link to Track, then the link to Online Entry System Log in or select this meet and click on the Online Entry Form.
2. If you have an account: Click on Login and enter your user ID/e-mail address and Password. If you forget your user ID and Password, click the help link and select the appropriate solution.
3. If you do not have an account: Click apply and submit an application. Use a valid email address and any password that you can remember.
4. **Submit an intended roster early.** Return later to make correction and final changes. Use **add/modify** athletes to enter your athletes names, grades and competitor number into the database. The list will alphabetize automatically. Enter your complete roster. Use submit event roster to enter athletes, relays and marks. **To enter individual events**, select the athlete from the list and enter a mark. **To enter a relay:** enter a mark and select the 4 anticipated relay team members. List in expected order. Changes may be made before the team competes. **Always click save/submit** and print rosters when you finish to submit the roster. Click the **printable roster and confirmation form** to print a copy for your records. What you see on the **confirmation form** is what will be submitted for the meet. **Return anytime before deadline to make changes.**

5. If there are any problems with the online form, click the help link and submit a help request. Please allow up to 24 hours for a response. Most responses will be in less than 8 hours. Send email to help@baumspage.com, call Gary Baumgartner at 513-424-6201, or Terry Young at 740-753-0561 if you need immediate help.