

**INTER-VALLEY CONFERENCE
MIDDLE SCHOOL
TRACK & FIELD CHAMPIONSHIPS
(AT East Canton High School Stadium)
MONDAY, MAY 9TH 2016**

RULES AND REGULATIONS

1. - **ALL ENTRIES MUST BE SUBMITTED ONLINE AT: www.baumspage.com BY 9:00pm ON THURSDAY, MAY 5TH. SEE INSTRUCTION SHEET FOR DIRECTIONS.**
2. - **ONLY 1/8" PYRIMID SPIKES WILL BE PERMITTED. ANYTHING LONGER WILL RESULT IN DISQUALIFICATION**
3. - **COACHES MEETING WILL TAKE PLACE AT 4:15 PM AT THE FINISH LINE TENT.... ALL SRATCHES WILL TAKE PLACE THERE FOR RUNNING EVENTS. FIELD EVENTS WILL SCRATCH AT THE SITE. **ONLY EMERGENCY REPLACEMENTS WILL BE ALLOWED AFTER THE RUNNING EVENTS BEGIN.****
4. - ALL **TEAM CAMPS** WILL BE IN AND AROUND THE VISITOR BLEECHERS ON THE NORTH SIDE OF THE STADIUM. NO ATHLETE, COACH OR SPECTATOR SHOULD "CUT THROUGH" THE COMPETITION AREA WHILE THE MEET IS GOING ON.
5. - **FIELD EVENTS WILL BEGIN AT 4:30 PM WITH GIRLS DISCUS, LONG JUMP AND HIGH JUMP, BOYS POLE VAULT AND SHOT PUT. THROWING EVENT IMPLEMENT WEIGH IN WILL BEGIN AT 4:00 PM. - AT THE CONCESSION STAND. RUNNING EVENT SEMI-FINALS WILL BEGIN AT 5:00 PM.**
6. - **BULLPENS WILL BE USED TO "CHECK IN" FOR EVERY RUNNING EVENT. THE BULLPEN FOR THE 200 METER DASH AND 200 METER HURDLES IS BEHIND THE SCOREBOARD, ON THE NORTHWEST CORNER OF OUR STADIUM. BULLPEN FOR ALL OTHER RUNNING EVENTS IS ON THE SOUTH SIDE OF THE HIGH JUMP APRON... IN FRONT OF THE CONCESSION STAND.**
7. - **CHECK-IN FOR ALL FIELD EVENTS WILL BE AT THE SITE OF THE EVENT.**
8. - **COACHING AREAS WILL BE USED FOR ALL EVENTS. POLE VAULT IS IN THE GRASS IN THE NORTHEAST CORNER OF THE FIELD. HIGH JUMP AND LONG JUMP IS BEHIND THE SCOREBORD. DISCUS IS IN THE DUGOUT AT THE DISCUS CAGE. SHOT PUT IS IN THE GRASS, WEST OF THE CIRCLE. RUNNING EVENTS IS OUTSIDE THE TRACK FENCE**
9. **COACHING AREAS ARE FOR COACHES OF THOSE EVENTS ONLY. ATHLETES IN THOSE EVENTS ARE TO GO THERE FOR COACHING. NO ATHLETES, PARENTS OR FANS WHO ARE NOT IN THOSE EVENTS SHOULD BE THERE. ANYONE WHO IS IN THE COACHING AREA WHO IS NOT COACHING OR AN OFFICIAL WILL BE ASKED TO LEAVE OR WILL HELP WITH THE EVENT.**
10. PLEASE **USE ALL APPROPRIETE GATES.** NO FENCE JUMPING
11. - **WE WILL SCORE SIX PLACES. 10 – 8 – 6 – 4 – 2 – 1 - WITH AWARDS FOR EACH PLACE. COACHES WILL MEET IN THE PRESS BOX AT THE CONCLUSION OF THE 4 X 400 RELAY TO GET THEIR ATHLETE'S AWARDS AND MEET RESULTS.**

12. – TEAM AWARDS WILL BE FOR THE TOP TEAM. (BOYS AND GIRLS)
13. – IVC T-SHIRTS MAY BE AVAILABLE THIS YEAR FOR \$12-\$15.
14. – GATE PRICES WILL BE \$3.00 FOR ADULTS \$2.00 FOR STUDENTS
15. – SPECTATORS AND COACHES CAN NOT BE IN COMPITITION AREAS.
ATHLETES WHO ARE NOT JUMPERS WILL NOT BE ALLOWED ON THE JUMP RUNWAYS.
16. – NO TAPE OR ADHESIVE MARKERS ON THE TRACK / JUMPING AREA.
17. – RESTROOMS ARE AVAILABLE
18. – CONCESSION STAND WILL BE WELL STOCKED WITH FOOD AND BEVERAGES.
19. – ATHLETIC TRAINER AND EMERGENCY PERSONEL WILL BE ON SITE.
20. – TEAM BUS PARKING WILL BE AT THE WEST OF THE STADIUM, IN THE BIG PARKING LOT. ATHLETE “DROP OFF” AND “PICKUP” CAN TAKE PLACE AT THE NORTHWEST GATE.
21. – ATHLETE’S BEHAVIOR IS THE RESPONSIBILITY OF THEIR COACHES. PLEASE POLICE YOUR TEAM’S AREA. A BAG WILL BE PROVIDED FOR TRASH.
22. – EACH SCHOOL IS WELCOME TO HAVE A COACH HELP IN ANY EVENT. IF A COACH IS AT THE SITE OF ANY EVENT AND NOT IN THE “COACHING AREA”, THEY WILL BE ASSIGNED A DUTY FOR THE DURATION OF THAT EVENT!
23. – RESULTS WILL BE POSTED ON THE PRESSBOX DURING THE MEET AND CAN BE FOUND AT www.baumspage.com WITHIN AN HOUR OR SO AFTER THE MEET.

INTER-VALLEY CONFERENCE MIDDLE SCHOOL TRACK & FIELD CHAMPIONSHIPS

FIELD EVENTS:

4:30 PM **GIRLS LONG JUMP** (OPEN PIT FROM 4:30 TO 5:10 PM) 4 JUMPS
 BOYS POLE VAULT (5 ALIVE) **GIRLS TO FOLLOW BOYS** (5 ALIVE)
 GIRLS DISCUS (4 THROWS)
 BOYS SHOT PUT (4 THROWS)
 GIRLS HIGH JUMP (5 ALIVE) **BOYS TO FOLLOW GIRLS** (5 ALIVE)

5:30 PM OR AFTER OTHER GENDER IS COMPLETE
 BOYS LONG JUMP (OPEN PIT 5:30-6:15) 4 JUMPS
 GIRLS SHOT PUT (4 THROWS)
 BOYS DISCUS (4 THROWS)

RUNNING EVENTS: ROLLING SCHEDULE-

5:15 PM SEMI-FINAL GIRLS 100 METER HURDLES – 30”
 SEMI-FINALS BOYS 110 METER HURDLES – 33”

 SEMI-FINALS GIRLS 100 METER DASH
 SEMI-FINALS BOYS 100 METER DASH

 SEMI-FINALS GIRLS 200 METER DASH
 SEMI-FINALS BOYS 200 METER DASH

 SHORT BREAK FOR OFFICIALS \ TIMERS

6:15 PM **FINAL GIRLS 100 METER HURDLES**
(approx.) **FINAL BOYS 110 METER HURDLES**
 FINAL GIRLS 100 METER DASH
 FINAL BOYS 100 METER DASH
 FINAL GIRLS 1600 METER RUN
 FINAL BOYS 1600 METER RUN
 FINAL GIRLS 4 X 100 METER RELAY – 2 HEATS
 FINAL BOYS 4 X 100 METER RELAY – 2 HEATS
 FINAL GIRLS 400 METER DASH – 3 HEATS
 FINAL BOYS 400 METER DASH – 3 HEATS
 FINAL GIRLS 4 X 200 METER RELAY – 2 HEATS
 FINAL BOYS 4 X 200 METER RELAY – 2 HEATS
 FINAL GIRLS 200 METER HURDLES – 3 HEATS
 FINAL BOYS 200 METER HURDLES – 3 HEATS
 FINAL GIRLS 800 METER RUN
 FINAL BOYS 800 METER RUN –
 FINAL GIRLS 200 METER DASH
 FINAL BOYS 200 METER DASH
 FINAL GIRLS 4 X 400 METER RELAY – 2 HEATS
 FINAL BOYS 4 X 400 METER RELAY – 2 HEATS
 ***RESULTS / AWARDS**

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2016**

Welcome teams and Coaches

East Canton is very pleased to be hosting the Inter-Valley Conference Middle School Track and Field Championships for 2016. We will try to run an organized meet for you and your athletes.... We will need your help.

Please enter the meet through www.baumspage.com as many meets, including the District meet in high school, are done through this website. There is no fee to enter the IVC Meet. Please try to enter the names of your entire roster, even if an athlete is not going to compete at the IVC meet, we want to get their name in the program as part of your team. We cannot replace a scratched athlete with an athlete who is not on your roster on the baumspage website.

We will run this meet like most championship meets. Please prepare your athletes to report to a bullpen to “check in” for all running events and make sure they “check in” for their field events at those sites. We will be on a rolling time schedule, but will try not “rush” the meet. It is a school night for these kids, so we want to be completed by 8:30 pm.

The meet will be timed using Finishlynx Timing and scored with Hytek Meet Manager. Results will be posted and can be found soon after the meet at the baumspage website.

All rules and regulations are enclosed and questions can be answered at the coaches meeting at 4:15 on the day of the meet.

Feel free to call me (Tom Loy) anytime with concerns regarding the meet. My number is (330) 284-4784

**Yours in Track & Field,
Coach Tom Loy
East Canton Track & Field**