

Inter-Valley Conference
MIDDLE SCHOOL TRACK & FIELD CHAMPIONSHIPS
At EAST CANTON STADIUM

TUESDAY, APRIL 30TH 2019

RULES AND REGULATIONS

1. – **ALL ENTRIES MUST BE SUBMITTED ONLINE AT: www.baumspage.com BY 9:00 pm ON SATURDAY, APRIL 27TH. SEE INSTRUCTION SHEET FOR DIRECTIONS.** NOTE: ONLY 2 ATHLETES PER EVENT MAY BE ENTERED AND EACH SCHOOL MAY ENTER ONLY ONE RELAY TEAM IN EACH OF THE RELAY EVENTS. ATHLETES ARE ALLOWED TO CONTEST A MAXIMUM OF THREE (3) EVENTS.
2. – **ONLY 1/4” OR LESS PYRIMID SPIKES** WILL BE PERMITTED. ANYTHING LONGER WILL RESULT IN DISQUALIFICATION
- 3 – **COACHES MEETING WILL TAKE PLACE AT 3:30 PM** AT THE FINISH LINE TENT.... ALL SCRATCHES WILL TAKE PLACE THERE FOR RUNNING EVENTS. FIELD EVENTS WILL SCRATCH AT THE SITE. **ONLY EMERGENCY REPLACEMENTS WILL BE ALLOWED AFTER 4:30**
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 3:30 PM. - AT THE CONCESSION STAND. RUNNING EVENT SEMI-FINALS WILL BEGIN AT 4:30 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 STARTING LINE OF THOSE EVENTS, 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 TURF IN THE NORTHEAST CORNER OF THE FIELD. HIGH JUMP IS BEHIND THE SCOREBOARD ON THE WEST END OF THE STADIUM. LONG JUMP IS BEHIND THE FENCE, ACROSS THE TRACK FROM THE LONG JUMP PIT. 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. PLEASE USE ALL APPROPRIETE GATES. NO FENCE JUMPING
10. – WE WILL SCORE SEVEN PLACES. 10 – 8 – 6 – 4 – 3 – 2 – 1 - WITH AWARDS FOR THE TOP 6 PLACES. HEAD COACHES WILL MEET IN THE PRESS BOX AT THE CONCLUSION OF THE 4 X 400 RELAY TO GET THEIR ATHLETES’ AWARDS AND MEET RESULTS.
11. – TEAM AWARDS WILL BE FOR THE TOP 2 TEAMS.

12. – INVITATIONAL T-SHIRTS WILL BE AVAILABLE THIS YEAR FOR \$12-\$20.
13. – GATE PRICES WILL BE \$4.00 FOR ADULTS - \$3.00 FOR STUDENTS
14. – SPECTATORS AND COACHES CAN NOT BE IN COMPITITION AREAS.
ATHLETES WHO ARE NOT JUMPERS WILL NOT BE ALLOWED NEAR THE JUMP RUNWAYS.
NO ATHLETE SHOULD BE ON THE TURF FIELD UNDER ANY CURCUMSTANCES.
15. – NO TAPE OR ADHESIVE MARKERS ON THE TRACK / JUMPING AREA.
16. – RESTROOMS ARE AVAILABLE AT THE CONCESSION STAND AND PORTA-JOHNS.
17. – CONCESSION STAND WILL BE WELL STOCKED WITH FOOD AND BEVERAGES.
18. – ATHLETIC TRAINER AND EMERGENCY PERSONEL WILL BE ON SITE.
19. – TEAM BUS PARKING WILL BE AT THE SOUTHEAST CORNER OF THE STADIUM, NEAR THE BUS GARAGE. ATHLETE “DROP OFF” AND “PICKUP” CAN TAKE PLACE AT THE SOUTHEAST GATE.
20. – ATHLETE’S BEHAVIOR IS THE RESPONSIBILITY OF THEIR COACHES. PLEASE POLICE YOUR TEAM’S AREA. A BAG WILL BE PROVIDED FOR TRASH.
21. – 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!
22. – RESULTS WILL BE POSTED DURING THE MEET AND CAN BE FOUND AT www.baumspage.com WITHIN AN HOUR OR SO AFTER THE MEET.

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FIELD EVENTS:

4:00 PM **GIRLS LONG JUMP** (OPEN PIT FROM 4:00 – 5:15 - 4 JUMPS, NO FINALS)
 BOYS POLE VAULT (5 ALIVE) **GIRLS TO FOLLOW BOYS** (5 ALIVE)
 GIRLS DISCUS (4 THROWS, NO FINALS)
 BOYS SHOT PUT (4 THROWS, NO FINALS)
 GIRLS HIGH JUMP (5 ALIVE) **BOYS TO FOLLOW GIRLS** (5 ALIVE)

5:30 PM **BOYS LONG JUMP** (OPEN PIT 5:30-6:45, 4 JUMPS, NO FINALS)
 GIRLS SHOT PUT (4 THROWS, NO FINALS)
 BOYS DISCUS (4 THROWS, NO FINALS)

RUNNING EVENTS: ROLLING SCHEDULE

4:30 PM

FINAL GIRLS 100 METER LOW HURDLES – 3-4 HEATS
FINAL BOYS 110 METER HIGH HURDLES (33”) – 3-4 HEATS
FINAL GIRLS 100 METER DASH – 3-4 HEATS
FINAL BOYS 100 METER DASH – 3-4 HEATS
FINAL GIRLS 1600 METER RUN – 2 HEATS
FINAL BOYS 1600 METER RUN – 2 HEATS
FINAL GIRLS 4 X 100 METER RELAY – 2 HEATS
FINAL BOYS 4 X 100 METER RELAY – 2 HEATS
FINAL GIRLS 400 METER DASH – 3-4 HEATS
FINAL BOYS 400 METER DASH – 3-4 HEATS
FINAL GIRLS 4 X 100 METER RELAY – 2 HEATS
FINAL BOYS 4 X 100 METER RELAY – 2 HEATS
FINAL GIRLS 200 METER HURDLES – 3-4 HEATS
FINAL BOYS 200 METER HURDLES – 3-4 HEATS
FINAL GIRLS 800 METER RUN – 2 HEATS
FINAL BOYS 800 METER RUN – 2 HEATS
FINAL GIRLS 200 METER DASH – 3-4 HEATS
FINAL BOYS 200 METER DASH – 3-4 HEATS
FINAL GIRLS 4 X 400 METER RELAY – 2 HEATS
FINAL BOYS 4 X 400 METER RELAY – 2 HEATS
***RESULTS / AWARDS**

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Welcome teams and Coaches

Thank you for reading all information. We will be back at East Canton this year at our new track facility. Once again, we will try to run an organized meet for the coaches, parents, fans and your athletes.

Please enter the meet through www.baumspage.com as many meets are done through this website. There is no entry fee for the IVC meet. Please type ALL your athlete's names correctly on the baumspage website as we would like to list all rosters on the meet program and if there is a "scratch" the athlete can only be replaced by an athlete on your roster. All scratches/replacements should take place at the coaches meeting at 3:30 pm on the day of the meet.

Other than not having semi-final heats, we will conduct this meet like most championship meets. Prepare your athletes to report "on time" according to the meet schedule, and to the correct location. Bull Pens will be used for all running events. There will be no reporting to the starting line. There will only be two (2) athletes from each school allowed to contest each event and only one (1) relay team per school in the relay events.

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 3:30 pm 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**