

## 2024 TRACK COACHES & ATHLETIC DIRECTORS

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### SUBJECT

**CVC METRO DIVISION TRACK & FIELD TOURNAMENT**  
**Tuesday May 7 & Thursday May 9, 2024**  
**Cuyahoga Hts. High School**

- 1 Entries will be made on Milesplit. You should already have a roster on Milesplit and if not, you can simply add your team's roster and make changes when needed. Athletes not listed on the Milesplit Roster page will not be able to participate after the entry window closes.**
- 2 Important Dates:**
  - Entry window will open at 8:00 AM April 16, 2024**
  - Entry Window will close at 6:00 PM May 6, 2024**
  - Scratch Window will close at Noon 12:00 PM on May 7 & May 9.**
- 3 Long Jump will be Open Pit. Practice 3:30-4:20 Trials 4:30-5:45.**
- 4 No tape or chalk of any kind will be permitted as markers.**
- 5 Results of the meet will be posted on: [www.milesplit.com](http://www.milesplit.com)**
- 6 Relay slips will be in your packet the day of the event. The 4 runners must report as a team. Partial teams will not be entered.**
- 7 Pole Vault Verification cards will be in your packet the day of competition.**
- 8 Schedule of events will be in your packet.**
- 9 Site Manager's email is: [tjskoczen@gmail.com](mailto:tjskoczen@gmail.com)**
- 10 Hytek's Meet Manager will seed the events just as it does for the District.**
- 11 Event results will be posted in the Press Box after they are certified.**
- 12 Scoring: Individual Scoring 10,8,6,5,4,3,2,1**  
**Relay Scoring 10,8,6,4,3,2,1**



- 25 THE CONFERENCE DOES NOT FURNISH TOWELS IN CASE OF INCLEMENT WEATHER. IT IS THE RESPONSIBILITY OF EACH SCHOOL TO FURNISH THEIR OWN TOWELS.**
- 26 Coaches will be able to pick up their packet in the school cafeteria. The Head Coach or designee will be given the packet after he/she hands in the signed OHSAA TRACK AND FIELD VERIFICATION SPORTING CONDUCT LEGAL EQUIPMENT AND UNIFORM FORM.**
- 27 Cuyahoga Hts. Metro Division will have a GAMES COMMITTEE.**
- 28 Coaches will be able to make scratches when they pick up their packets or directly with personnel in the press box.**
- 29 Batons will be provided.**
- 30 Blocks will be provided. Any school bringing their own blocks will be responsible for taking the blocks to the appropriate event.**
- 31 The High Jump and Pole Vault.  
Practice 3:15 PM to 4:20 PM  
Events will begin at 4:30 PM**
- 32 The gates for spectators will be opened at 3:30 PM on both days.**
- 33 BULLPEN: The bullpen for all running events except the 100m/110m hurdles, 100m dash, 300m hurdles, and 200m dash will be on the turf endzone at the North end of the track near the Long Jump. For the 100m/110m hurdles, 100m dash, 300m hurdles, and 200m dash, participants should report to the area behind the starting line for that event.**



CHAGRIN VALLEY CONFERENCE  
METRO DIVISION  
CONFERENCE WORKERS ASSIGNMENTS  
2024

The CVC Schools listed below will be responsible for running and supervising the following events. The number of workers required is also listed next to the school. The Schools are required to furnish workers for both days.

<u>EVENT</u>	<u>TUESDAY</u>	<u>THURSDAY</u>
Hurdles & Exchanges	Cuyahoga Hts	Cuyahoga Hts
High Jump	G Brooklyn (2)	B Brooklyn (2)
Discus	B Lutheran West (2) & Trinity (2)	G Lutheran West (2) & Trinity (2)
Long Jump	B Fairview (3)	G Fairview (3)
Shot Put	G Independence (2) & Richmond Ht (2)	B Independence (2) & Richmond Hts (2)
Pole Vault	B Cuyahoga Hts. (3)	G Cuyahoga Hts. (3)

Each of the above schools will provide the necessary personnel. In parenthesis is the number of volunteers needed to run that event. **(TAPE MEASURERS, CLIPBOARDS, PENCILS, AND MARKERS ARE THE RESPONSIBILITY OF THE SCHOOLS IN CHARGE OF THAT EVENT).** Field event sheets will be provided for the officials. Weigh ins for the Shot Put & Discus will be in the stadium fieldhouse garage. Weigh ins are from 3:15 PM to 4:15 PM. Field event officials should report to the check in station in the Press Box no later than 4:10 PM. The workers should be QUALIFIED ADULTS.

Meet officials and participating athletes will be permitted in the field event areas and on the track. Spectators are required to be in the bleachers or stands provided. Athletes are not to wear spiked shoes in the bleachers. Coaches, please remind your athletes of this request. Once the field event has been completed all coaches, athletes, and spectators are not permitted inside the fence.

(COACHES ARE NOT PERMITTED INSIDE THE FENCE ONCE THE RUNNING HAS STARTED UNLESS YOU HAVE ATHLETES COMPETING IN THE LONG JUMP OR POLE VAULT. THIS COULD LEAD TO THE DQ OF YOUR ATHLETE/ATHLETES.)

Spikes: ¼" Pyramids

ADMISSION \$ 7.00  
CVC PASSES WILL NOT BE ACCEPTED AT THE GATES  
ADMINISTRATORS MAY SIGN IN AT THE GATE  
THERE WILL BE NO PRESALE OF TICKETS

2024 CVC METRO DIVISION TRACK & FIELD CHAMPIONSHIP  
TUESDAY, MAY 7, 2024 (SEMIS & SELECTED FINALS)

FIELD EVENTS 4:30 PM

BOYS DISCUS, LONG JUMP (OPEN PIT), POLE VAULT  
GIRLS SHOT PUT, HIGH JUMP  
LONG JUMP PRACTICE 3:30-4:20 PM TRIALS 4:30 PM-5:45 PM

<u>EVENT</u>	<u>SCHOOL</u>
POLE VAULT	CUYAHOGA HEIGHTS
HIGH JUMP	BROOKLYN
SHOT PUT	INDEPENDENCE & RICHMOND HTS
DISCUS	LUTHERAN WEST & TRINITY
LONG JUMP	FAIRVIEW

RUNNING EVENTS 5:30 PM

1	5:30	GIRLS	4 X 800 METER RELAY	FINALS
2	5:45	BOYS	4 X 800 METER RELAY	FINALS
3	6:00	GIRLS	100 METER HURDLES	8 FASTEST
4	6:05	BOYS	110 METER HURDLES	8 FASTEST
5	6:15	GIRLS	100 METER DASH	8 FASTEST
6	6:20	BOYS	100 METER DASH	8 FASTEST
7	6:30	GIRLS	400 METER DASH	8 FASTEST
8	6:35	BOYS	400 METER DASH	8 FASTEST
9	6:45	GIRLS	300 METER HURDLES	8 FASTEST
10	6:50	BOYS	300 METER HURDLES	8 FASTEST
11	7:00	GIRLS	200 METER DASH	8 FASTEST
12	7:05	BOYS	200 METER DASH	8 FASTEST

NO FLY ZONES

Results will be posted on [www.milesplit.com](http://www.milesplit.com)

2024 CVC METRO DIVISION TRACK & FIELD CHAMPIONSHIP  
THURSDAY, MAY 9, 2024

4:30 PM - FIELD EVENT FINALS

GIRLS—LONG JUMP (OPEN PIT), DISCUS, POLE VAULT  
BOYS—SHOT PUT, HIGH JUMP

5:30 PM - RUNNING EVENT FINALS

1	GIRLS	100 METER HURDLES
2	BOYS	110 METER HURDLES
3	GIRLS	100 METER DASH
4	BOYS	100 METER DASH
5	GIRLS	4 X 200 METER RELAY
6	BOYS	4 X 200 METER RELAY
7	GIRLS	1600 METER RUN
8	BOYS	1600 METER RUN
9	GIRLS	4 X 100 METER RELAY
10	BOYS	4 X 100 METER RELAY
11	GIRLS	400 METER DASH
12	BOYS	400 METER DASH
13	GIRLS	300 METER HURDLES
14	BOYS	300 METER HURDLES
15	GIRLS	800 METER RUN
16	BOYS	800 METER RUN
17	GIRLS	200 METER RUN
18	BOYS	200 METER RUN
19	GIRLS	3200 METER RUN
20	BOYS	3200 METER RUN
21	GIRLS	4 X 400 METER RELAY
22	BOYS	4 X 400 METER RELAY

RELAYS	START	EXCHANGES
4 X 200	RED	#1,#2 RED, #3 YELLOW
4 X 100	WHITE	#1,#2,#3 YELLOW
4 X 400	ORANGE	#1 WHITE, #2,#3 ORANGE (BREAK LINE GREEN – 3 TURN STAGGER)

RESULTS WILL BE POSTED ON: [www.milesplit.com](http://www.milesplit.com)







**Cuyahoga Heights Track & Field  
Track Markings**

<u>Event</u>	<u>Start Line</u>	<u>Break Line</u>	<u>Exchange Zones</u>
<b>4 x 800</b> (2 turn stagger)	<b>White</b>	<b>Green</b>	<b>Blue to Blue</b> (1,2,3)
<b>4 x 200</b> (4 turn stagger)	<b>Black</b>	<b>none</b>	1. <b>Black to Black</b> 2. <b>Black to Black</b> 3. <b>Yellow to Yellow</b>
<b>4 x 100</b> (2 turn stagger)	<b>White</b>	<b>none</b>	<b>Yellow to Yellow</b> (1,2,3)
<b>4 x 400</b> (3 turn stagger)	<b>Blue</b>	<b>Green</b>	<b>Blue to Blue</b> (1,2,3)
<b>3200m</b> (1 turn stagger)	<b>Green</b>	<b>Green</b>	<b>none</b>
<b>1600m</b> (1 turn stagger)	<b>Green</b>	<b>Green</b>	<b>none</b>
<b>800m</b> (2 turn stagger)	<b>White</b>	<b>Green</b>	<b>none</b>
<b>400m</b> (2 turn stagger)	<b>White</b>	<b>none</b>	<b>none</b>
<b>200m</b>	<b>White</b>	<b>none</b>	<b>none</b>
<b>100m</b>	<b>White</b>	<b>none</b>	<b>none</b>
<b>100m Hurdles</b> (yellow marks to set girls hurdles)	<b>White</b>	<b>none</b>	<b>none</b>
<b>110m Hurdles</b> (blue marks to set boys hurdles)	<b>White</b>	<b>none</b>	<b>none</b>
<b>300m Hurdles</b> (white marks to set hurdles)	<b>White</b>	<b>none</b>	<b>none</b>



# COACHES VERIFICATION FORM



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION  
4080 Roselea Place, Columbus, Ohio 43214  
Ph: 614-267-2502  
Fax: 614-267-1677  
Web site: [www.ohsaa.org](http://www.ohsaa.org)

## OHSAA TRACK AND FIELD COACH'S VERIFICATION OF SPORTING CONDUCT/LEGAL EQUIPMENT AND UNIFORMS FOR USE IN OHSAA TOURNAMENTS

CITY AND SCHOOL NAME \_\_\_\_\_

DIVISION \_\_\_\_\_ BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_

HEAD COACH'S NAME \_\_\_\_\_

OHSAA standards require contest officials to enforce all NFHS rules relating to sporting conduct, ethical behavior and legal uniforms and equipment. Acts that intend to demean opposing competitors, team members, spectators and officials are not in keeping with the ideals of interscholastic athletics and will not be tolerated. Let this competition reflect mutual respect!

NFHS track and field and cross-country rules require the referee to meet with the head coach and captains to explain the expectations of good sporting conduct throughout this competition. In addition, the head coach is responsible for verifying to the referee/starter that all competitors are properly equipped (legal uniforms, including no dangerous jewelry, legal equipment) in compliance with NFHS rules.

In all OHSAA tournament competition and in any multi-team or invitational competition that would make it difficult for the referee to meet personally with all coaches and captains, all coaches shall agree to the following:

### COACH'S VERIFICATION

I certify to the tournament referee that all contestants under my supervision are legally equipped, attired in legal uniforms and free of all dangerous jewelry in accordance with NFHS rules. I further certify that all student-athletes and other team personnel have been advised of their responsibilities relative to good sporting conduct during this competition. **In addition, I understand and accept responsibility for adhering to the OHSAA participation limitation of four events per individual athlete per tournament contest.**

Coach's Signature \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE RETURN THIS FORM TO THE AREA AS DIRECTED BY TOURNAMENT PERSONNEL**

**CVC Metro Division  
Track Championship  
May 7 & May 9**



**TICKETS**

**\$7.00**