

2024 CUYAHOGA HTS. DIVISION III TRACK & FIELD TOURNAMENT

Wednesday May 15, 2024 & Friday May 17, 2024

Cuyahoga Heights High School

May 15th – Field Events start at 2:30pm / Running Events start at 4:30pm

May 17th – Field Events start at 4:00pm Running Events start at 5:30pm

Entries will be online again this year using MileSplit . Athletes not listed on MileSplit will not be able to participate once the window has closed.

Important Dates:

Entry window will open at 8:00am May 1st and closes at 6:00pm on Sunday May 12th.

Scratch window will close on Wednesday May 15th at 12:00pm and again on Friday May 17th at 12:00pm. Email the verification form to me by Friday May 10th. Eligibility certificates are not required to be sent.

Long Jump open pit practice on May 15th will be from 1:00-2:20pm. Trials begin at 2:30pm and close at 4:15pm. If the trials are completed before the finish time, we will have the Field Referee verify the results and we will begin finals.

Shot & Discus practice on May 15th will be from 1:00-2:20pm. Trials begin at 2:30pm. Practice on May 17th will be from 2:30-3:50pm. Trials begin at 4:00pm (in flights).

No tape or chalk of any kind will be permitted as markers. Only ½ tennis balls or tongue depressors.

Event results will be posted on MileSplit, www.lightning.com and behind the press box once the event has been verified.

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.

Pole Vault verification cards will be in your packet the day of competition.

Schedule of events will be in your packet.

Hy-tek will automatically seed each event.

Bib Requirements Any athlete entered in 1 or more events (including up to 8 relay team members) will be assigned/issued a bib number. Athletes entered up to the scratch/sub window closing will be included in the team packet. Clerks will have a limited number of bibs to provide those athletes who are a last-minute replacement for relays. Lost bibs from Day 1 to Day 2 must also be replaced. Assigned bibs will be in your packet on Day 1 of competition for all athletes participating.

Trophies will be awarded to Champion and Runner up Boys and Girls teams.

Advancements – Top 9 Field Events, 8 fastest sprints & relays and 8/Heat Distance

Scoring: Individual Scoring 10,8,6,5,4,3,2,1 (8 places)
Relay Scoring 10,8,6,5,4,3,2,1 (8 places)

Weigh-ins for Shot & Discus will be in the building outside of the fence, north of the finish line: May 15th – 1:00-2:15pm May 17th – 2:30-3:45pm

The field event finals will begin after the Field Referee has certified the standings and attempts. The qualifiers will be announced over the PA system.

CUYAHOGA HEIGHTS SCHOOLS PROCEDURES OF SEVERE WEATHER. Please read and alert your athletes, coaches, and bus driver of these procedures.

COMPETITIVE AREA will be in and around the track and all areas outside of the track (fence), where the field events are being contested.

Restrictive Area: All coaches, spectators, and non-participants are to leave the area inside the fence once the running events begin. Coaches with competitors in the field events that are inside the fence are permitted inside the fence and are permitted to meet with the athlete on the track near that competitive area. Only one coach per event is allowed. Once the competitor is no longer in competition, he/she and coach must leave the area inside the fence. Any violation of this notice (announcement), may lead to the disqualification of the athlete.

The Shot and Discus pads are concrete. All shots and discus must be weighed and marked by the official. Any implement presented after the closing time will not be permitted. There will be no sharing of different school implements.

Long Jump (Open Pit) – We would like the athletes who are also entered in the 100m hurdles, 110m hurdles & 100m to take their jumps as early as possible. This would help speed up the event and prevent delays when that individual is entered in an early running event.

THE DISTRICT DOES NOT FURNISH TOWELS IN CASE OF INCLEMENT WEATHER. IT IS THE RESPONSIBILITY OF EACH SCHOOL TO FURNISH THEIR OWN TOWELS.

Coaches will be able to pick up their packet inside the building behind the Press Box. The Head Coach or designee will be given the packet after he/she hands in the signed OHSAA Verification of Sporting Conduct/Legal Equipment and Uniform form if they haven't emailed them beforehand. He/she will be given their packet. Reminder... We need 1 form for the Boys and 1 form for the Girls.

There will be a table set up inside the building directly behind the Press Box where coaches can make scratches, spelling corrections and pick up their packets.

Batons and Blocks will be furnished but athletes may use their own school blocks.

Coaches need to make sure their uniforms are legal.

Cuyahoga Heights will have a Games Committee.

Appeal forms will be in the Press Box.

Length of spikes are ¼" or smaller pyramid for shoes and blocks.

Coaches must obtain a waiver from BJ Duckworth, Director of Track and Field for the OHSAA, if their athlete requires a waiver to the typical uniform regulations for religious, medical or other reasons. This is the coach's responsibility and will be enforced according to the rule.

Timing recall – In the event of a malfunction of the timing system, the timing crew has the authority to recall to prevent runners from unnecessary task of completing a race and having to re run the race at a later time. This rule is the only in effect with the pre-approval of the Games Committee. Timing Crews, Tournament Managers and/or referees, in the pre-meeting with coaches should alert coaches to what device will be used to recall said race.

High Jump & Pole Vault Practice

Wednesday, 1:00-2:20pm. Event begins at 2:30pm

Friday, 2:30-3:50. Event begins at 4:00pm

TICKETS:

There is a page of instructions to share. Tickets will be purchased on-line and at the gate. The cost of admission is \$8.00 for adults & senior citizens) and \$5.00 for students.

BULLPENS:

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.

Gates for spectators open at 1:30pm on Wednesday and 3:00pm on Friday.

Concession Stand will be open both days

**THE PRE-MEET MEETING WITH THE COACHES WILL TAKE PLACE AT 2:00pm
INSIDE THE HIGH SCHOOL WHERE YOU PICK UP YOUR PACKETS ON
WEDNESDAY. COACHES WILL BE ASKED TO SIGN IN TO VERIFY ATTENDANCE.**

Tim Skoczen – Site Manager

6376 Brecksville Rd

Independence, OH 44131

Cell – 216-701-0502 / tjskoczen@gmail.com

CUYAHOGA HEIGHTS DIVISION 3 DISTRICT (SEMIS/FINALS)
WEDNESDAY MAY 15, 2024

2:30 PM FIELD EVENTS

GIRLS: HIGH JUMP, SHOT PUT

BOYS: POLE VAULT, LONG JUMP (OPEN PIT) DISCUS

4:30 PM RUNNING EVENTS

1	G	4 X 800 METER RELAY	TOP 4 TO REGIONAL
2	B	4 X 800 METER RELAY	TOP 4 TO REGIONAL
3	G	100 METER HURDLES	8 FASTEST
4	B	110 METER HURDLES	8 FASTEST
5	G	100 METER DASH	8 FASTEST
6	B	100 METER DASH	8 FASTEST
7	G	4 X 200 METER RELAY	8 FASTEST
8	B	4 X 200 METER RELAY	8 FASTEST
9	G	1600 METER RUN (IF NECESSARY)	8/HEAT
10	B	1600 METER RUN (IF NECESSARY)	8/HEAT
11	G	4 X 100 METER RELAY	8 FASTEST
12	B	4 X 100 METER RELAY	8 FASTEST
13	G	400 METER DASH	8 FASTEST
14	B	400 METER DASH	8 FASTEST
15	G	300 METER HURDLES	8 FASTEST
16	B	300 METER HURDLES	8 FASTEST
17	G	800 METER RUN	8/HEAT
18	B	800 METER RUN	8/HEAT
19	G	200 METER DASH	8 FASTEST
20	B	200 METER DASH	8 FASTEST
21	G	3200 METER RUN (IF NECESSARY)	8/HEAT
22	B	3200 METER RUN (IF NECESSARY)	8/HEAT
23	G	4 X 400 METER RELAY	8 FASTEST
24	B	4 X 400 METER RELAY	8 FASTEST

~RUNNERS MAY USE ½ TENNIS BALLS OR TONGUE DEPRESSORS

~NO TAPE OR CHALK IS PERMITTED ON THE TRACK

~SCHOOLS ARE TO SUPPLY THEIR OWN MARKERS

~RESULTS WILL BE POSTED ON: [MileSplit](http://MileSplit.com) and Lightningtiming.com

CUYAHOGA HEIGHTS DIVISION 3 DISTRICT (FINALS)
FRIDAY, MAY 15 , 2024

4:00 PM - FIELD EVENTS

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

5:30 PM - RUNNING EVENTS

- 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

~RUNNERS MAY USE ½ TENNIS BALLS OR TONGUE DEPRESSORS
~NO TAPE OR CHALK IS PERMITTED ON THE TRACK
~SCHOOLS ARE TO SUPPLY THEIR OWN MARKERS
~RESULTS WILL BE POSTED ON: : [MileSplit](http://MileSplit.com) and Lightningtiming.com

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

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

Cuyahoga Heights High School Bull Pen & Field Events



Cuyahoga Heights Track & Field Track Markings

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

**Cuyahoga Heights
Ralph P Adams Stadium
Track
Inclement Weather Policy**

- **Visiting Schools should first attempt to return to school buses that brought them to the event**
- **If buses are not present, teams will be brought into the cafeteria, Flip Saunders Gymnasium, Pool Lobby and North Gym as needed.**
- **Spectators will be asked to return to their cars and if need be, can be sheltered in the building in specified rooms or the cafeteria**

NORTHEAST OHIO

Post Season

TICKET

INFORMATION



SECTIONAL / DISTRICT TOURNAMENTS

Baseball, Softball, Boys Tennis, Track & Field

\$8

adult

\$5

student



Online and Gate prices are the same.
Cash will only be accepted at high school venues. All non-high school venues will be online ticket sales only.
All Boys Tennis Sites will be online only!

SCAN QR CODE

TO PURCHASE
TICKETS NOW



Information:

- 1) All post-season tournament events at all levels will be ticketed.
- 2) All tournaments will be open for **public sale** by visiting the website: www.ohsaa.org/tickets
- 3) Anyone who attends (outside of team personnel (coaches) and media) must have a ticket.
- 4) All questions about ticketing please talk to your school's athletic department or contact the OHSAA. **Please do not contact the Tournament Manager.**
- 5) Questions from fans/participating schools inquiring about tickets: www.ohsaa.org/tickets (great link on this area to answer all your questions)

TICKETS

Sectional, District, Regional and State Tournaments



Officials Needed!

Coaches Can Help!



YOUR ROLE

COACHES CAN HELP BY:

- Inviting officials to your parent meetings to talk about the need for officials.
- Encouraging parents, volunteers, and students to become a registered official.
- Promoting sportsmanship at parents meetings.
- Ensure people are aware of the valuable role officials play in fair and safe competition.
- Be a good host.

- Create a profile on myOHSAA.org
- Pay for the course
- Complete required coursework
- Attend required local and state educational meetings each year
- Contact a local secretary
- Begin officiating, make your own schedule and have fun!
- **Courses can be taken year round!**

REGISTER

NOW!



SCAN ME



