



Amherst Steele High School  
450 Washington St. Amherst, Ohio  
Wednesday, May 8th and Friday, May 10th

1. Relay events will be run as timed finals on Friday based upon F.A.T. times from the 2024 season in one heat. Unverified times will be rejected. Email verification to Rob Glatz if needed.
  2. The 800m, 1600m and 3200m will be run as one heat per gender.
  3. Top 8 places will score. Nine(9) will make it to finals in field events and the top nine(9) times in running events.
  4. For both days, field events will begin at 4:00pm, running events at 5:30pm.
  5. There will be two(2) entries in each open running and field event per gender and one(1) relay.
  6. The Wednesday Schedule can be found here:  
[2024 SWC Track and Field Championship - Wednesday](#)
  7. The Friday Schedule can be found here:  
[2024 SWC Track and Field Championship - FRIDAY](#)
- Spike length: 1/4 inch Pyramid
  - Marking of the track: tennis balls, tongue depressors, or chalk. No adhesives.
  - No dressing facilities will be available.
  - All events will be scored 10, 8, 6, 5, 4, 3, 2, 1. For open running event prelims, there will be two heats of eight with the top eight (9) fastest times qualifying for the Finals.
  - Track markings can be found here:  
[RICHARD S. COOLEY TRACK - TRACK MARKINGS AMHERST STEELE HIGH SCHOOL](#)
  - Relay cards: No relay cards will be used. Any changes should be given to JoAnn Kitchen by 5:00pm on each day. Forms can be found in the pressbox.
  - The clerking tent/bullpen will be located behind the 100M starting line area in the Southeast corner of the facility. Runner numbers must be placed on the RIGHT CHEST and be clearly visible. In relays, only the ANCHOR RUNNER needs to have a number on the right chest.

- Restrooms are located at the main concession stand and adjacent to the pass gate. No locker room facilities will be available.
- Uniforms and numbers: See OHSAA rules here:  
<https://www.ohsaa.org/SchoolResources/uniform/CC-TF>
- Starting blocks will be provided. These premium blocks do not require block holders. Athletes may use their own blocks but are reminded to remove them from the area after competition and take them with them at the completion of the meet.
- Online registration:  
Entries must be submitted online to MileSplit.com  
Entry window closes at 9:00am on Wednesday May 8th, 2024  
Be sure to include every athlete who could possibly compete.
- Scratches and Substitutions:  
Forms will be included in coaches' packets and also be available from the pressbox
- On Meet Day:
- Field event scratch and substitution forms can be submitted to the field event official at or before 1<sup>st</sup> call.
- For running events in the Prelims on Wednesday May 8<sup>th</sup> and Friday, May 10<sup>th</sup>, scratch and substitution forms can be submitted until 5:00pm to JoAnn Kitchen. After 5:00pm, only injury scratch substitutions can be submitted to the appropriate Clerk of Course in the Bullpen at check-in. An athlete can be substituted provided that athlete is listed on the eligibility form.
- For running events for the Finals on Friday May 10<sup>th</sup>, coaches can scratch individuals who have qualified from Prelims, but may not substitute another athlete.
- Athletes in Field Events should check in directly at their event site. To be excused from a field event the competitor must receive permission from the event official prior to departure. Additional procedures will be provided by the event official. Athletes should not leave for a Running Event until the 2nd call. Athletes need to notify officials when they are leaving for another event. Athletes need to return to the Field Event within 10 minutes (approximately) of competing in their other event.
- Packets: No coach packets or heat/flight sheets will be distributed at the meet. All heats and flights will be finalized and posted at our Milesplit meet page before the meet:  
[https://oh.milesplit.com/meets/549393-swc-championships-2023/info#.ZE\\_4G-zMJfU](https://oh.milesplit.com/meets/549393-swc-championships-2023/info#.ZE_4G-zMJfU) All 2024 NFHS and OHSAA General Athletic and Track & Field Rules will be followed.
- Admission: \$8 per ticket. Tickets will be available online at the following website:  
<https://swcohoio.net/tickets/> or with Cash or Credit Card at the Event. They will go on sale at

9:00am the day before the event. To avoid lines, we encourage you to purchase tickets ahead of time.

- Implements: All shot and discus implements must be weighed in at the wrestling room between 2:45pm and 3:45pm.
- Preliminaries will be held in the discus, shot put, and long jump with the top nine performers proceeding to the Finals. The pole vault and high jump events will be on the 5 Alive format, or other format determined by the SWC coaches.
- Time Limits: The following time limits will apply for the following field events: 90 seconds for pole vault and 60 seconds for all other field events after being called up by the official.
- Hospitality area: Food and refreshments will be available in the wrestling room adjacent to the pass gate from 4:00pm to 6:00pm for coaches and officials.(Note: This is the same area implements will be weighed in at.)
- **Use of Infield Areas during a Track Meet \*\*Updated 2023\*\*** To ensure ongoing safety & fairness, the use of infield areas for warmups, coaching or congregating is strictly prohibited! Coaching boxes for coaches will be provided at any field events located in the infield area. Hurdle practice areas will be available in the grass outside the track adjacent to the hurdle starting lines.
- Concessions will be available near the main entrance of the facility. Cash and credit cards are accepted.
- No tents OR IMPLEMENTS will be allowed in the stands.
- Except for extreme inclement weather conditions, no one is allowed in any school building.
- Only competing athletes, coaches, officials, and student volunteers will be allowed on the infield. Athletes who have concluded their event must leave the infield. NO WARM UPS ON THE INFIELD.
- Teams are expected to police their area and use the available trash cans.
- No electronic devices on the infield.
- No Frisbees, footballs, etc. will be permitted within the field enclosure.
- A trainer will be available.
- Commemorative T-shirts will be available for sale near the main ticket gate for \$15. The design can be found at the bottom of this page.
- Time schedule: Events will take place on the established time schedule. In the event of inclement weather, a rolling schedule may be adopted.

- In the event of extreme inclement weather, teams and coaches may be asked to move to the high school gym lobby. Do not leave the area as events may resume at any time.
- During the meet, announcements will be made as soon after the event as possible. Awards will be distributed on the field. Coaches should encourage their athletes to remain in the area following their event. Live results can be found on [www.LightningTiming.com](http://www.LightningTiming.com).
- Starting Heights from 2022(Changes may be made based upon entries):  
Boys' High Jump: 5'6" 5'8" 5'10" 6'0" then by 1"  
Girls' High Jump: 4'6" 4'8" 4'10" 5'0" then by 1"  
Boys' Pole Vault: 9'0" 9'6" 10'0" 10'6" 11'0" 11'6" 12'0" 12'6" 13'0" then by 3"  
Girls' Pole Vault: 7'0" 7'6" 8'0" 8'6" 9'0" 9'6" 10'0" then by 3"
- Coaches must provide a copy of the [OHSAA Pole Vault Verification Form](#) to the official on site.
- Results will be posted on Milesplit.com, will be available LIVE at [www.LightningTiming.com](http://www.LightningTiming.com) and on the scoreboard for races. During the meet, announcement results will be made as soon after the event as possible. Awards will be given at the podium on the 50 yard line. Coaches should encourage their athletes to remain in this area following their event. Podium pics will be posted on Twitter: @RunAmherst.
- Friday's Competition will be Live Streamed and archived at <https://www.youtube.com/cometslive>
- **Discus Parking:**  
Please note, the Discus competition is close to our Nord Middle School. However, the Nord Parking lot does not clear out until 4p. Please park in the Stadium parking lot. Spectators can walk behind the back of the High School, past the tennis courts to reach the Discus competition.

We look forward to two days of great competition. Please contact Rob Glatz, meet manager, at [rob\\_glatz@amherstk12.org](mailto:rob_glatz@amherstk12.org) with any questions or concerns. To all of our coaches and athletes, best of luck this season. See you on May 10<sup>th</sup> and 12<sup>th</sup>!

The 2024 Shirt Design is below. Shirts will be navy blue, short sleeved, blended shirts. They will be for sale for \$15 with cash and PayPal(credit card) accepted.

