

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
2010 STATE TRACK AND FIELD TOURNAMENTS

COACHES INFORMATION BULLETIN

Alternate members of a relay team that participate in the tournament will be reimbursed for the cost of the alternate member's admission. Please note that all tickets will be \$10.00 for all admissions on each day of the tournament.

Friday and Saturday GENERAL INSTRUCTIONS

ADMITTANCE PROCEDURES

Contestants and coaches must have an Admittance Pass for entrance to the stadium each day. Anyone leaving the stadium for the Discus and shot put events outside the stadium will be stamped for re-admittance to the stadium. You may get stamped at the southeast side or the west side entrance gate.

Saturday Finals

Coaches will be required to obtain Admittance Passes for their Saturday final session admittance. These passes may be obtained beginning at 8:00 A.M. Saturday at the school admissions area located on the southeast side of the stadium. **These passes are also available for coaches and contestants no longer qualified for competition.**

PARKING

There will be a **limited number** of spaces for school vans reserved on the south side of the stadium. Schools busses and vans will also be able to drop off participants near the participant entrance area on the southeast side. Please enter at the northwest entrance to the lot. All others attending the tournaments should be directed to enter campus from the Ackerman Road entrance and park in the lots to the south of the Jesse Owens Stadium. On Saturday, there are four high school graduations at the Value City Arena on Lane Avenue, which is south of Jesse Owens. It is advisable to avoid entering the area via Lane Avenue.

CONTESTANT PROCEDURES

Assigned Numbers and Uniforms

The complete track and field uniform consists of shoes, school-issued tops, bottoms or a one piece uniform. **Note: All members of relays who choose to wear visible shirts or undergarments that extend below the uniform tops and/or bottoms must wear the same, solid color undergarment.** Hats and caps are prohibited. Each uniform top must include the school assigned number permanently attached and visible on the back. Temporary, pinned-on numbers are illegal. **REMINDER: NO JEWELRY PERMITTED (WRISTWATCHES EXCLUDED). Only soft hair control material is permitted.** All questions or concerns should be directed to the meet REFEREE.

Verification of Sporting Conduct Legal Equipment & Uniforms

Please find enclosed in your packet a "Coach's Verification Form" for certifying that your athletes are **all legally attired and equipped, free of jewelry and will conduct themselves appropriately** in keeping with the ideals of sporting conduct and ethical behavior during these tournaments. **Please sign this form and return it to the area where you picked up your admission packet.** **Note: REMEMBER: Each competitor is limited to participating in four events during this two-day state tournament.**

Reporting Procedures

Report to the Clerk of the Course 10 minutes before the event is scheduled. The Reporting Area is located at the north end of the track on the **EAST** side. Field event contestants report to field event judge 20 minutes before event is scheduled. **Weighing and gauging for the shot put and discus events shall begin one hour prior to the scheduled start time for the event.** Contestants shall report to the competition areas, which are outside the stadium to the west.

Shoes and Spikes

Maximum spike length is gauged to 1/4". No event will be delayed for a contestant to obtain proper equipment. In the Shot Put and Discus, only flat-soled shoes will be permitted.

Starting Blocks

Starting blocks will be provided with the exception of the Moye blocks. Contestants wishing to use Moye style blocks may provide their own Moye blocks.

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Fully Automatic Timing and Printouts

Printouts of the finish will be available for viewing by a coach only upon request and only at the conclusion of each semifinal division on Friday. If, during the tournament, you believe that an athlete was incorrectly placed, contact Dale Gabor, Games Committee Chairperson, to request a review. **DO SO IMMEDIATELY.**

Relay Check-In Form

- a) Relay Check-In Cards provided by the OHSAA shall be used.
4x100 M - Pink 4x400 M - White
4x200 M - Blue 4x800 M - Green

The names and numbers of 4-6 athletes must be clearly printed on the form and must include the number, first and last name and grade in school of each athlete.

- b) The Relay Team (4, 5, or 6 individuals) officially becomes an entry when the Relay Check-In Form is handed to the Clerk for the Semifinal or Final Relay, whichever is first.
- c) Once the Relay Team is officially entered, there may be no additions or changes to the form.
- d) The Relay Check-In Form of qualifying teams for the Finals shall be provided to the Clerk who will check in individually the four who will compete in the Finals.

Batons

Batons will be provided. No other batons may be used. Batons must be returned after completion of the relays in the semifinals. However, the teams may keep the batons after the finals on Saturday.

Relay Markers

Cut tennis balls will be provided as relay markers. No other markers are permitted.

Qualifying Relay Teams

All relay teams will be timed in the semifinal heats. The teams with the fastest eight times in the two semifinal heats qualify for the finals unless a tie occurs. In case of a tie, Rule 5-8-4 will apply. Timing to one-thousandth of a second shall be used.

AWARDS

The first eight place winners in each event will receive awards. The presentation of awards will be made on Friday or Saturday following the finals of the event. Photographs will be taken following the awards presentation. **It is imperative that the coach sends the place winner to the award stand area after the event is completed; however, athletes are never held in the awards area if they must leave to report to another event.** Awards area personnel are very experienced in this process, and all attempts will be made to fully accommodate the athletes. If awards are not obtained at the assigned time, they will be available later at the awards area - located in the infield of the stadium.

MEDICAL FACILITIES

First aid stations for spectators are available under the stadium on the west side. A volunteer tournament physician and Licensed Athletic Trainers who are employees of The Ohio State University will be available near all venues. They are identified with OSU shirts and available to assist athletes. If your athlete becomes injured or ill, please contact an athletic trainer or the physician who will be stationed inside the track. Please do not report to the spectator first aid station without consulting with tournament medical personnel.

APPEALS PROCEDURE

If a coach believes a rule has been misapplied or misinterpreted, an appeal may be filed with the Referee. Such appeal must be in writing. Forms for an appeal may be obtained in the press box at the announcer's area. Appeals on judgment decisions are not permitted. The Referee will consider all written appeals. The decision of the Referee will be final. **PLEASE BRING THE APPEAL FORM BACK TO THE PRESS BOX, AND THE REFEREE WILL BE SUMMONED.**

FINISH LINE

There is one finish line for all track events: It is located at the south end of the west straight side.

SPECIFIC EVENT INSTRUCTIONS

RELAY - 4x800 METERS

EVENT 1 - girls
2 - boys

Report to the Clerk at the north end of the track, east side. The lead-off runner of each team must have a Relay Check-In Card (GREEN) to give to the Clerk. Please PRINT the number, full name and grade in school of each team member and school name on the relay card and sign as required. The start will be staggered for two turns and run in lanes around the first two turns. Runners may break for the pole after passing the cut-balls at the north end of the west straight side. The 2-3-4 runners will exchange California style at the south end of the west straight side at the relay exchange zone area.
BLUE TO BLUE. Start WHITE line. NO PRELIMINARIES - FINAL ONLY

USE GREEN RELAY CHECK-IN CARD

33" HURDLES-100 METERS

EVENT 3 - girls

Report to the Clerk at the north end of the track, east side. **SEMIFINALS AND FINALS** will be run on the west side of the running track. First four who place in each semifinal heat qualify for the finals. The start is located at the north end of west straight side at the WHITE Line. Hurdles on YELLOW marks--weights on 33" slot and - 33" High.

39" HURDLES-110 METERS
EVENT 4 - boys

Report to the Clerk at north end of the track, east side. SEMIFINALS AND FINALS will be run on the west side of the running track. First four who place in each semifinal heat qualify for the finals. The start is located at the north end of the west straight side, WHITE line. Hurdles on BLUE marks 39" high, weights on 39" slot.

DASH - 100 METERS
EVENT - 5 - girls
6 - boys

Report to the Clerk at north end of the track, east side. SEMIFINALS AND FINALS will be run on the west side of the track. First four who place in each semifinal heat qualify for the finals. The start is located at the north end of the west straight side, WHITE line.

RELAY - 4X200 METERS
EVENT 7 - girls
EVENT 8 - boys

Report to the Clerk at the north end of the track, east side. The lead-off runner of each team must have a Relay Check-In Card (BLUE) to give to the Clerk. Please PRINT the number, full name and grade in school of each team member and school name on Relay Check-In Card and sign as required. This start will be staggered for four turns, and each team must run in the assigned lane the entire distance of the race. Runners are cautioned to run in the assigned lane for the entire leg, to stay in the lane after handing the baton, and not to run on the line to the left. The race will start at the BLACK line on the track. The exchange between the first and second runners will be on the east side of the track, south end, between the BLACK TRIANGLES. The exchange between the second and third runners will be on the west side between the BLACK TRIANGLES. The exchange between the third and fourth runners will be on the east side between the YELLOW TRIANGLES. The teams with the fastest eight times from both semifinal heats will qualify for the final. Rule 5-5-6 applies if there is a tie for the 8th qualifying place. NO ATHLETIC TAPE IS PERMITTED TO BE USED ON THE TRACK FOR MARKING PURPOSES.

RUN - 1600 METERS
EVENT 9 - girls
10 boys

Report to the Clerk at north end of the track, east side. The start will be staggered for one turn and runners must run within the assigned lane for one full curve. The runners may break for the pole as soon as they have one full running stride advantage and have passed the cut-balls. Start on the GREEN Line.

RELAY - 4X100 METERS
EVENT 11 - girls
12 - boys

Report to the Clerk at the north end of the track, east side. The lead-off runner of each team must have a Relay Check-In Card (PINK) to give to the Clerk. Please PRINT the number, full name and grade in school of each team member and school name on the relay card and sign as required. The start will be staggered for two turns and each team will run in the assigned lane the entire distance of the race. Runners are cautioned to run in the assigned lane for the entire leg; to stay in the lane after handing the baton, and not to run on the line to the left. The race will start on the WHITE lines on the track. The exchange between the first and second runners will be on the south end, east side of the track between the YELLOW TRIANGLES. The exchange for the second and third runners will be on the north end, east side of the track between the YELLOW TRIANGLES. The exchange between the third and fourth runners will be on the north end, west side of the track between the YELLOW TRIANGLES. The teams with the fastest eight times from both semifinal heats will qualify for the final. Rule 5-5-6 applies if there is a tie for the 8th qualifying place. NO ATHLETIC TAPE IS PERMITTED TO BE USED ON THE TRACK FOR MARKING PURPOSES.

USE PINK RELAY
CHECK-IN CARD

DASH - 400 METERS
EVENT 13 - girls
14 - boys

Report to the Clerk at north end of the track, east side. The event will start at the WHITE lines. The start will be staggered for two turns and runners will run the entire race in the assigned lanes. Runners are cautioned to run in the assigned lane and not to run on the line to the left. The first four who place in each semifinal heat will qualify for the finals.

30" HURDLES - 300 METERS
EVENT 15 - girls

Report to the Clerk at the south end of the track, east side. The event will start at the south end, east side of the track at the WHITE lines. The first four who place in each semifinal heat will qualify for the finals. Hurdles on BLACK marks - 30" High, weights on 30" slot.

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36" HURDLES - 300 METERS
EVENT 16 - boys

Report to the Clerk at the south end of the track, east side. The event will start at the south end, east side of the track at the WHITE lines. The first four who place in each semifinal heat will qualify for the finals. Hurdles on BLACK marks - 36" High, weights on 36" slot.

RUN - 800 METERS
EVENT 17 - girls
18 - boys

Report to the Clerk at the north end of the track, east side. This race will be staggered for two turns and run in lanes around the first two turns. Runners may break to the pole when they have one full running stride advantage and have passed the cut-balls at the north end, west side of the track. Start on the WHITE line.

DASH - 200 METERS
EVENT 19 - girls
20 - boys

Report to the Clerk at north end, east side of the running track. This race will be run around the north curve. It will start on the WHITE lines at the north end, east side of the track. Runners must stay in the assigned lane the entire distance of the race. They must not run on the line to the left. The first four who place in each semifinal heat qualify for the finals.

RUN - 3200 METERS
EVENT 21 - girls
22 - boys

Report to the Clerk at the north end of the track, east side. The start will be staggered for one turn and runners must run within the assigned lane for one full curve. The runners may break for the pole after they have one full running stride advantage and have passed the cut-balls Start, GREEN lines.

RELAY - 4X400 METERS
EVENT 23 - girls
24 - boys

Report to the Clerk at the north end of the track, east side. The leadoff runner of each team must present a Relay Check-In Card (WHITE) to the Clerk. Please PRINT the number, full name and grade in school of each team member and school name and sign as indicated. The race will start at the BLUE line. The start will be staggered for **three** turns and the first runner for each team must run in the lane assigned. The number two runner must run in the assigned lane for the first turn and may break for the pole after crossing the **WHITE** break line at the start of the back straight away. The last two legs will not be run in lanes, and the California style exchange will be used for the second and third exchange. The assigned umpires will give instructions regarding the exchanges including entry onto and leaving the track. The exchange zone is located on the west side of the track, BLUE to BLUE. The teams with the fastest eight times from both semifinal heats will qualify for the final. Rule 5-5-6 applies if there is a tie for the 8th qualifying place.

USE WHITE RELAY
CHECK-IN CARD

DISCUS THROW
EVENT 25 - girls
26 - boys

Report to the head discus judge at the discus pad located outside northwest side of the stadium. Discus implements must be supplied by the individual or be school-issued and will be weighed in at the site beginning one hour prior to the event. Once the implement is weighed and verified as legal, it may not be removed from the competition area until the conclusion of competition. Note: legal implements do not necessarily become "common implements." Permission to use an implement must be obtained from its owner. **The throwing sector shall be 34.92°.**

HIGH JUMP
EVENT 27 - girls
28 - boys

Report to the head high jump judge at the high jump pit north end of the stadium infield. Only 1/4" or less gauged spikes permitted. Flat-soled shoes are also permitted. Use vinyl tape only for marking starting and checkpoints. It is recommended that competitors wear shoes with heel spikes.

LONG JUMP
EVENT 29 - girls
30 - boys

Report to the head long jump judge at the long jump pit on the east side of the track. Only 1/4" or less gauged spikes permitted. Flat-soled shoes are also permitted. As per NFHS Rule, a maximum of two colored blocks for marking starting and checkpoints off the runway will be provided. **ATHLETIC TAPE IS NOT PERMITTED ON THE RUNWAY FOR MARKING PURPOSES.**

SHOT PUT
EVENT 31 - girls
32 - boys

Report to the head shot put judge at the pad located outside the stadium after having the implement weighed at the tent located near both the shot put and discus areas. Weigh-ins begin one hour prior to the event. Note: legal implements do not necessarily become "common implements." Permission to use an implement must be obtained from its owner. Shot implements must be supplied by the individual or be school-issued and will be weighed in at the site. Once the implement is weighed and verified as legal, it may not be removed from the competition area until the conclusion of competition. **The throwing sector shall be 34.92°**

POLE VAULT
EVENT 33 - girls

Report to the pole vault judge who will be in charge of equipment check-in at the vaulting pit south end of the stadium infield at least one hour before competition is scheduled. Only 1/4" or less gauged spikes permitted. Flat-soled shoes are also permitted. Colored

blocks for marking starting and checkpoints off the runway will be provided. Coaches are required to submit the card verifying each vaulter's weight and the pole rating of each pole to be used for warm-ups and competition that is in the school packet. **NO ATHLETIC TAPE MAY BE USED ON THE RUNWAY FOR MARKING PURPOSES.**

ADDITIONAL INFORMATION:

- 1) Coaches, managers, and other school personnel are **not permitted at track level** once competition begins for the long jump, pole vault and high jump. All individuals connected with a competitor must be positioned in the stadium seats or in the designated coaches' areas.
- 2) **For coaches of high jump and pole vault -**
There is a designated area at each event, trackside, where you may sit. In order to sit in this area you must wear the "coach pass" suspended around your neck. One "coach pass" is provided per competitor and is not valid for admission to the stadium. (if a school has more than one competitor, only one "coach pass" is provided.) The pass is valid only during the time your competitor is competing, and this is designated on the pass. You are not permitted anywhere else at track level once track and field competition begins except to move to or from the stadium seats.
- 3) In the **shot and discus**, coaches and other school personnel must be seated in the bleachers or behind the barriers. These restrictions also apply to spectators. **In addition, the shot put and discus areas shall be closed to all competitors prior to the beginning of competition each day (i.e., Prior to the arrival of officials and support personnel who will declare the areas open for warm-ups) and after the conclusion of competition for the day (i.e., All sessions have concluded and officials have left the areas).**
- 4) **No contestant may warm up or lounge on the infield grass.** Those warming up on the track shall run in a counterclockwise direction only.
- 5) **Use of alcohol, tobacco, and illegal drugs in any form is prohibited at all times.**
- 6) Umpires will provide materials for relay team members to **mark checkpoints.**
- 7) **No chalk or athletic tape is permitted as a marking device.**
- 8) By games committee adoption the following rules apply:
 - a) **All competitors in track events who are wearing a two-piece uniform shall compete with their tops tucked into their uniform bottoms to facilitate the reading of hip numbers.**
 - b) **The following areas of competition are so designated as areas where competitors may not remove any portion of the team uniform, except shoes.**
 - All areas proximate to field events
 - The track infield area
 - The track itself and all areas within the confines of the track
- 9) **Electronic devices and video reproduction** – Coaches and competitors are restricted from viewing any device which can reproduce images of participants until all competition is concluded for the day and the coaches and competitors have left the stadium and other competition areas. All other electronic devices such as cell phones and radios must be turned off or placed in a mode that will not distract another competitor or interfere with the competition
- 10). **Lost and Found** – Report to the Track Management building at the Northeast end of the track.