

**OAC TRACK & FIELD
OUTDOOR CHAMPIONSHIPS
MAY 11-12, 2007
BALDWIN-WALLACE COLLEGE**

Teams Competing

Baldwin-Wallace, Capital, Heidelberg, John Carroll, Marietta, Mt. Union, Muskingum, Ohio Northern, Otterbein, Wilmington

Awards

The first place team for both the men and the women will receive OAC trophies.

Meet Scoring

We will score eight places (10-8-6-5-4-3-2-1) in all events, except the exhibition hammer throw event, which is non-scoring.

Entry Fee

No entry fee will be taken from individual schools. The OAC office will send the host institution a check for any expenses one month before the championship date. The host institution is required to submit all gate receipts to the OAC office within three weeks after the Championships. The OAC office will be responsible for invoicing the participating schools the difference between the approved budget and gate receipts. (if gate receipts exceed the approved budget, the OAC office will be responsible for sending checks to the participating schools).

Entry Procedures: ENTRY E-MAIL SITE: bereab@aol.com

Send your entry through your Hy-Tek Team Manager as a ZIP File attached to an e-mail to host school's e-mail. Before sending the e-mail attachment, print out your entries to check for accuracy. **All entries need to be at the host school by the Tuesday before the meet May 8th at 7:00 pm.** The ZIP file will have the time you created it. **If your e-mail cannot accept/send a ZIP file and/or you have to send/receive the file as an ABC file, please let the host institution or other schools know so they can send out or change your file from an ABC to a ZIP file.**

Please send any "special" information on your athletes to the host school's e-mail to promote our athletes during the meet.

All information from your meets for the week ending the Sunday before the OAC meet needs to be in to the League office by 6:00 PM Sunday evening. You should receive your final rankings the Monday before the meet May 7th at noon. If there are any mistakes, you should contact Lindsay Rickel by 4 p.m. on Monday. The OAC will then be able to contact the host school with any changes by 6:00 PM Monday. This gives you until 7:00 pm on Tuesday to declare your initial entries.

Number of Entries

Athletes will qualify for the OAC meet by meeting the OAC standards for that event during the 2007 outdoor season. To officially meet the standard, the competitor's time or distance must appear in the OAC Outdoor Honor Roll. We will use the honor roll for verification. It is each coach's professional responsibility to keep the list updated and accurate.

Some standards may be adjusted one week prior to the week of OAC Championship competition. The OAC Track & Field Chair and two other coaches will look at the standards at this time and make any necessary adjustments during a conference call. Once any standards are updated, each coach will receive an e-mail with any changes.

Each school is allowed one entry in each event by right of membership. A wild card entry is available for one (1) athlete per gender for one event.

Exception: If an athlete is qualified and in the top ten on the honor roll, you may exceed the four athlete maximum. Only one relay team from each school per event may compete.

If a coach feels that there are extenuating circumstances that have not allowed a competitor to achieve his/her qualifying marks, the coach can attend the coaches meeting on Thursday night and appeal to the Game's committee.

For all entries, the athlete's/relay's **best** time should be listed.

Final Declarations

Final Declaration for men and women must be made by phone between the hours of 11:00 AM and 1:00 PM on the Thursday before the meet May 10th. Phone: 440-826-3322. If you have a wild card entry, you will also declare your entry for each gender.

Even if you have no scratches to report, please confirm your entries! At this time, you should also report any changes in performance resulting from a meet earlier in the week. **A scratch after this final declaration period eliminates the athlete from the entire meet.**

After this final declaration, the only alteration that a coach may make is a scratch in any individual events or a substitution in a relay. Scratching an athlete from an individual event will eliminate that athlete from competition during the remainder of the meet.

Athletes must participate honestly in all trials and finals in which they are entered or they will be barred from all remaining events in the meet.

Meet Numbers

We will use only Hip Numbers given to the athletes by the clerks before each event. We may put hip numbers on both sides of each runner.

Drawing of Heats

At 1:00 PM on Thursday May 10th, the meet will be seeded using *Hy-Tek Meet Manager* in **Bill Taraschke's office, Rm 187 of Higgins Rec Center**. Coaches are welcome to attend. We will post heat/flight sheets on the host school's web page after 3:00 PM on Thursday. We will also have all entries in best to worst order up on the web page by Wednesday morning. Mistakes, concerns or challenges to entries should be brought to our attention ASAP or at the latest by 10:00 AM on Thursday. If necessary, corrected heat/flight sheets will be up on our web page by 4:00 PM on Thursday.

Conducting the Running Events

The following events will be run as finals: 800m; 1500m; 5000m; 3000m steeplechase; 10,000m and all relays. There will be semi-finals in all other running events unless any event scratches down to a final. A double waterfall may be used in the distance events. If the fields are too large in the distance races for one (1) section, coaches will be asked to vote on dividing fields into more sections. The 3200 meter relay will have positions randomly assigned.

Format for setting up the 100m, 200m, 400m, 110hh, 400imh:

- a) Heats will be formed by splitting competitors by times
- b) Competitors will be randomly assigned to lanes within their heat
- c) If we have 2 less runners than the number of lanes on the track, we will center the heat(s).
- d) If we have 7 competitors in a heat, we will not use lane 1.
- e) Heat winners and the next fastest times to a total of eight (8) qualify for the final
- f) Preferred lanes for finals (4,5,3,6,2,7,1,8)

Format for setting up the 400m relay and 1600m relay:

- a) 10 teams: 2 sections; 5 in slow/5 in fast (4,5,3,6,2)
- b) 9 teams: 2 sections; 4 in slow/5 in fast (4,5,3,6,2)
- c) 8 teams or less: 1 section: 4 teams in each heat (4,5,3,6,2,7,1,8)

Format for setting up the 3200m relay:

- a) 1 section, randomly assigned positions, waterfall start

Conducting the Field Events (Next Page)

Conducting the Field Events

Format for setting up the long jump, triple jump, shot put, javelin, discus, and weight throw:

Competitors will be randomly assigned to flights not larger than 12 or smaller than 5. Each competitor will receive three (3) preliminary attempts. The top nine (9) performances in each event will qualify for the finals where the order will be in reverse of the performances in the preliminaries for three (3) final attempts. Ties will be broken in accordance with NCAA rules. There will be a ten-minute warm-up period between flights and between preliminaries and finals.

Format for setting up the high jump and pole vault:

The order of competition will be random. Both the starting heights and the incremental changes will be set with the NCAA qualifying standard in mind. When there is a large field the four/five alive procedure will be used.

Meet Conduct

NCAA & OAC Rules

Spikes and Blocks

Spikes: ¼ inch spikes are permitted except for the pole vault runway which is 1/8 inch spikes.

Blocks: BWC will provide 8 regular blocks. If you need Moye Blocks or want to bring your own, make certain that only ¼ inch spikes are in the base plates of the blocks.

Facility: The track is 8 lanes of Mondo. Jumping surfaces are the same as the track. Throwing surfaces are concrete, except for the Javelin, which is thrown on the grass.

Weigh-Ins

All throwing implements must be weighed-in during the times listed below. Only implements that pass the weigh-in inspection will be allowed to be used during competition. Weigh-ins will take place in the hallway between the two locker rooms. Enter by way of the door next to the **Men's Locker Room Door**.

Friday Weigh-In: 1:30- 2:30 PM

Saturday Weigh-In: 8:30 – 9:30 AM

Coaches Meeting

We will have a coaches meeting at **6:30 PM** on Thursday May 10th in the **Athletic Conference Room** of the Rec Center. All coaches are invited. Food will be provided.

Results

Results will be posted on the wall outside of the press box. Running scores will be at the bottom of each result page. Results of Friday's events and lane assignments for Saturday's finals will be available at the finish line following the final race on Friday. At the conclusion of the meet on Saturday, final results will be distributed to each coach and will also be available on the web at **bw.edu** Coaches wishing to download from Hy-Tek Meet Manager for their Team Managers, may do so after the meet.

Athletic Trainer

The Athletic Training Room is located under the score board on the South end of the Stadium. You may enter from the women's/men's Locker rooms, or the door to right of the Men's Locker room. An **Athletic Trainer** will be available during the competition to assist with injuries or emergencies. Heat and ice will be available during competition. The training room will have a cold whirlpool, e-stim, and ultra sound for treatments. Athletes must have a note with treatment instructions from their own athletic trainers. Taping will be done by our trainers, but you must supply the taping materials.

Stadium Training Room: 440-826-3567

Locker Rooms

Locker Rooms will be available in the stadium.

Concessions

Concessions stands will be available.

Parking

Vans & Cars: may park in the parking lot next to the stadium.

Buses: **Buses must not park at the stadium!** Parking is available on Maple St which is on the East Side of the stadium, or at the Student Union parking lot located on Tressel St. two blocks from the stadium.

Additional parking is available at the High School after school hours.

Admission

Spectators will be charged for admission. Adults \$5 (2 day pass for \$8). Non-OAC students \$2. OAC students are free.

Timing and Scoring

2 Fully Automatic Timing Finish Lynx systems and Hy-Tek for scoring the meet.

Phone Numbers

Bill Taraschke: office: 440-826-3322; Cell: 440-376-2510; Home: 440-826-1306

Fax: 440-826-2192

Kevin Ruple/Cory Blackson: 440-826-2327

Athletic Trainers:

Andrea Rugley: Office: 440-826-8051; Cell: 440-221-0083

Shannon Markuz: Office: 440-826-5870; Cell: 216-310-18763475/Stadium: 440-826-3567

Athletic Director: Steve Bankson: 440-826-2039