

TRACK & FIELD BYLAWS

2012-2013 and 2013-2014

1.0 OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

- 1.1 All schools will abide by the current rules of the O.H.S.A.A.
- 1.2 The events in the conference meet will be the same as the O.H.S.A.A. State meet.

A. Boys Events:

BOYS DASH	BOYS RELAYS	BOYS FIELD	BOYS RUN	BOYS HURDLES
100 Meters	4 X 100	Shot Put	800 Meter Run	110 Meter High
200 Meters	4 X 200	Discus	1600 Meter Run	300 Meter Low
400 Meters	4 X 400	Long Jump	3200 Meter Run	
	4 X 800	High Jump		
		Pole Vault		

B. Girls Events:

GIRLS DASH	GIRLS RELAYS	GIRLS FIELD	GIRLS RUN	GIRLS HURDLES
100 Meters	4 X 100	Shot Put	800 Meter Run	100 Meter High
200 Meters	4 X 200	Discus	1600 Meter Run	300 Meter Low
400 Meters	4 X 400	Long Jump	3200 Meter Run	
	4 X 800	High Jump		
		Pole Vault		

2.0 SCHEDULING

- 2.1 There will not be a regular season schedule.
- 2.2 There will be a conference meet held the week prior to the District meet.
- 2.3 The meet will be held at a site with an eight lane all-weather track. The Commissioner will secure a site that has adequate facilities to meet the needs of the meet.
- 2.4 The meet will be held on Wednesday and Friday of designated week.
- 2.5 Starting times on Wednesday will be 1:30 p.m. for field events and 4:00p.m. for running events. Starting times on Friday will be 5:00p.m. for field events and 7:00p.m. for running events.
- 2.6 If Wednesday's divisional meet is rained out then the divisional meet will be rescheduled for Thursday and the conference meet will still be contested on Friday. Start times will remain the same.
- 2.7 If Wednesday's divisional meet is rained out and the Thursday reschedule date is rained out then the divisional meet will be moved to Friday and the conference meet will be cancelled. However, if all schools are competing on a Wednesday for their respective district meets the Conference meet will be contested and rescheduled for Saturday. Start times on Saturday will be 3:00p.m for field events and 5:00p.m for running events.
- 2.8 If the Friday conference meet gets rained out it will be cancelled. However, if all schools are competing on a Wednesday for their respective district meets it will be rescheduled for Saturday.
- 2.9 If Wednesday, Thursday, and Friday are rained out then the meet will be held on Saturday and follow the OHSAA order of events. The meet will be scored as a divisional meet. Start times: 3:00p.m for field events and 5:00p.m for running events.
- 2.10 A junior varsity meet will be held the Saturday preceding the conference meet.

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3.0 OFFICIALS

- 3.1 The Commissioner may hire a meet manager to assist with meet management.
- 3.2 The meet manager and/or Commissioner shall secure registered officials for all events.
- 3.3 The Commissioner will contract electronic timing and scoring.

4.0 AWARDS

- 4.1 The finish at the divisional meet will determine the divisional champions.
- 4.2 The finish at the conference meet will determine the conference champion.
- 4.3 A track athlete of the meet and field athlete of the meet will be selected for each division based upon meet performance. Only performances in the meet will be used for selection purposes. Meet software will be utilized to score individual performances. The Commissioner will verify meet performance with timing and scoring. Equal awards will be distributed if necessary based on performance scoring.
- 4.4 Only team awards will be presented at the conclusion of the conference meet. Individual divisional and conference awards will be packaged and distributed.
- 4.5 Medals will be presented to the top 8 finishers, for each event, for the conference meet.

5.0 ALL-DIVISION

- 5.1 All-division will be determined by the athlete's place in the divisional meets.
- 5.2 First team will be presented to the highest finisher in each division, for each event, at the divisional meet.
- 5.3 Second team will be presented to the second highest finisher in each division, for each event, at the divisional meet.
- 5.4 Special mention will be presented to the third highest finisher in each division, for each event, at the divisional meet.

ALL-GWOC

- 5.5 All-GWOC will be determined by the athlete's place in the conference meet. The first place finisher in each event will be recognized as all-GWOC.

6.0 GENERAL GUIDELINES

- 6.1 The Commissioner will distribute meet information.
- 6.2 The Commissioner will make the decision for postponement.
- 6.3 These bylaws apply to boys and girls track.
- 6.4 The host school is responsible for providing equipment that meets rule specifications.
- 6.5 Schools will host the conference meet according to the conference meet site schedule.
- 6.6 Timing and scoring will provide the Commissioner with an electronic copy of the meet results. The Commissioner will post all meet results with statistics and notify appropriate media.

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- 6.7 There will be a fully automatic timing system at the finish line. Only head officials and meet management (referee, head finish judge, timing, meet manager, and Commissioner) will have access to these units.
- 6.8 Preferred lanes for seeding shall be in accordance with the OHSAA state meet.
- 6.9 All entries must be submitted as requested by 12:00p.m. on Tuesday prior to Wednesday's events. Coaches will not be permitted to enter marks. All entries will use current season-best marks from the Milesplit website. Changes can be made up to 10:00a.m. on Wednesday. All changes must be e-mailed to timing and scoring; no exceptions. There will be no substitutions or additions after 10:00a.m. In the event of injury at the meet changes can be made for the divisional meet provided the onsite doctor and/or trainer deem the injury necessitates being pulled from an event. If the athlete is pulled from an event they are no longer eligible to compete in the divisional or conference meet. If an athlete does not have a mark for the event being entered they will be entered as no mark. Timing and scoring shall be responsible for drawing up heat and lane assignments per OHSAA rules and having them ready for the coach's meeting on Wednesday prior to the start of the meet.
- 6.10 The maximum number of entrants a member school can have is two per individual event and one per relay event.
- 6.11 The starting heights for the crossbar in the high jump and pole vault shall be determined by the meet manager the day of the meet.
- 6.12 Only fully automatic timing marks will be posted on the conference's website.
- 6.13 All athletic facilities will be left in the same condition as when the teams arrived.

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Order of Events for the GWOC Divisional Meets

7.0 WEDNESDAY MEET GUIDELINES

- 7.1 Wednesday's meet will be managed in divisional format.
- 7.2 There will be a coaches meeting beginning at 1:00 p.m.
- 7.3 The order of Wednesday's running events will be as follows:
- * If South division site is hosting: South, North, Central
 - * If North division site is hosting: North, Central, South
 - * If Central division site is hosting: Central, South, North
- 7.4 The fastest, farthest, and highest finisher (1) from each division, each event will qualify for the Friday conference meet finals. The remaining five (5) spots will be awarded to the fastest, farthest, and highest finishers from all divisions for each event that have not already qualified. Scratches must be submitted by the start of the conference meet.
- 7.5 A minimum distance to get a mark in the shot put, discus, and long jump will be established by the meet manager on Tuesday prior to the meet. This will be based on entries.
- 7.6 All weighed in implements will become common in the throwing events.
- 7.7 The 100/110 hurdles, 300 hurdles, 100 dash, 200 dash, and 400 dash will have 5 heats. There will be 1 fast heat for each division (total of 3 heats) and 2 combined heats. The combined heats will have the remaining 4 runners from each division and run a fast heat and slow heat, with 6 runners in each of the combined heats.
- 7.8 The Divisional meet will be scored as follows:
- | | | | | | |
|--------------|-----------|--------------|----------|-------------|----------|
| First Place | 10 points | Third Place | 6 points | Fifth Place | 2 points |
| Second Place | 8 points | Fourth Place | 4 points | Sixth Place | 1 point |
- 7.9 Divisional winners will be determined on Friday after the 800 meter and 3200 meter events have been completed. Changes for divisional events ran on Friday are due by 10:00a.m. day of the event. Changes must be e-mailed to timing and scoring.
- 7.10 If the divisional meet gets rained out and the field events have already started, but not been completed, then they will start over on the rescheduled date. However, if a division has completed their field events they will not be rescheduled. High jump and pole vault will pick up where they left off if they have started and are rained out.

Wednesday's Schedule: Field events at 1:30pm. and running events at 4:00pm.

<i>Field Events</i>	<i>Format / Order</i>
Discus	3 flights by division, 4 throws each athlete. The boys will throw first and the girls will begin throwing at the conclusion of the boys. Order will be North, Central, South
Shot Put	3 flights by division, 4 throws each athlete. The girls will throw first and the boys will begin throwing at the conclusion of the girls. Order will be Central, South, North.
Long Jump (open pit by division)	3 flights by division, 4 jumps each athlete. The boys will jump first and the girls will begin jumping at the conclusion of the boys. If there are 2 long jump pits they will compete concurrently. Order will be South, North, Central.
High Jump	All divisions jump together and the divisions will be scored from results. The girls will jump first and the boys will begin jumping at the conclusion of the girls. If there are 2 high jump pits they will compete concurrently.
Pole Vault	All divisions will compete together with the divisions being scored from the results. The girls will compete first in even numbered years and boys will compete first in odd numbered years.

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Order of Events for the GWOC Divisional Meets

<i>Order of Running Events</i>
1. Girls 100 Meter Hurdles: 5 heats; Eight (8) runners will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
2. Boys 110 Meter Hurdles: 5 heats; Eight (8) runners will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
3. Girls 100 Meter Dash: 5 heats; Eight (8) runners will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
4. Boys 100 Meter Dash: 5 heats; Eight (8) runners will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
5. Girls 4 x 800 Relay – All run in one heat with split scoring. Ran as finals
6. Boys 4 x 800 Relay – All run in one heat with split scoring. Ran as finals.
7. Girls 4 x 200 Relay: 3 heats; Eight (8) relay teams will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
8. Boys 4 x 200 Relay: 3 heats; Eight (8) relay teams will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
15 MINUTE BREAK
9. Girls 4 x 100 Relay: 3 heats; Eight (8) relay teams will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
10. Boys 4 x 100 Relay: 3 heats; Eight (8) relay teams will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
11. Girls 400 Meter Dash: 5 heats; Eight (8) runners will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
12. Boys 400 Meter Dash: 5 heats; Eight (8) runners will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
13. Girls 300 Meter Low Hurdles: 5 heats; Eight (8) runners will advance to the finals; one from each division based on the fastest times and 5 at-large based on fastest times.
14. Boys 300 Meter Low Hurdles: 5 heats; Eight(8) runners will advance to the finals; one from each division based on the fastest times and 5 at-large based on fastest times.
15. Girls 1600 Meter Run: Slow heat; 12 athletes based on the 12 slowest times entered
16. Boys 1600 Meter Run: Slow heat; 12 athletes based on the 12 slowest times entered
17. Girls 200 Meter Dash: 5 heats; Eight (8) runners will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times
18. Boys 200 Meter Dash: 5 heats; Eight (8) runners will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times
19. Girls 1600 Meter Run: Fast heat; top 24 athletes based on entries.
20. Boys 1600 Meter Run: Fast heat; top 24 athletes based on entries.
21. Girls 4 x 400 Relay: 3 heats; Eight (8) relay teams will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.
22. Boys 4 x 400 Relay: 3 heats; Eight (8) relay teams will advance to the finals; one from each division based on the fastest times and 5 at-large based upon fastest times.

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Order of Events for the GWOC Conference Meet

8.0 FRIDAY MEET GUIDELINES

- 8.1 Friday's meet will determine the conference champion.
- 8.2 There will be one heat or flight for each event.
- 8.3 There will be a coaches meeting beginning at 4:30 p.m.
- 8.4 The best finisher (1) from each division and the best five (5) at-large finishers, for each event will participate in the Friday conference meet.
- 8.5 Long jump, shot put, and discus will be seeded from the shortest to the longest, in order, with a 2-attempt warm-up from preliminaries to finals. A reorder will be done for the finals with the longest throw or jump being the last competitor. A mark must be achieved in the preliminaries on Friday in order to qualify for the finals.
- 8.6 Starting heights will be determined by the meet manager with consideration to qualified heights from Wednesday's competition.
- 8.7 All weighed in implements will become common in the throwing events.
- 8.8 All field event participants must have a mark to earn points. All unclaimed places will result in non-claimed points.
- 8.9 All lanes will be determined by Wednesday's qualifying times.
- 8.10 All open lanes will be filled with the next fastest time so that all lanes are full. Schools must notify timing and scoring by 12:00p.m. Friday, via e-mail, if the athlete will not be competing in a scheduled event for which they qualified. If not notified of the scratch by 12:00p.m. the athlete will be scratched for all Friday events qualified for. Athletes that qualify for multiple events must compete in all events and are not permitted to scratch from individual events after the 12:00p.m. deadline. No points will be deducted from a team for any athlete that competes in an event then scratches remaining events.
- 8.11 Friday's conference meet will be considered a continuation of Wednesday's divisional meet; therefore, an athlete cannot participate in more than 4 events. Preferred lanes for seeding shall be in accordance with the OHSAA state meet.
- 8.12 The Conference meet will be scored as follows:

First Place	10 points	Fourth Place	5 points	Seventh Place	2 points
Second Place	8 points	Fifth Place	4 points	Eighth Place	1 point
Third Place	6 points	Sixth Place	3 points		

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Order of Events for the GWOC Conference Meet

Friday's Schedule: Field events at 5:00pm. and running events at 7:00p.m.

<i>Field Events</i>	<i>Format / Order</i>
Discus	1 flight, 3 preliminary throws and then 3 final throws in descending order for each athlete. The boys will throw first and the girls will begin throwing at the conclusion of the boys.
Shot Put	1 flight, 3 preliminary throws and then 3 final throws in descending order for each athlete. The girls will throw first and the boys will begin throwing at the conclusion of the girls.
Long Jump	1 flight, 3 preliminary jumps and then 3 final jumps in descending order for each athlete. The boys will jump first and the girls will begin jumping at the conclusion of the boys. Boys and girls can compete concurrently if there are multiple pits.
High Jump	1 flight; the girls will jump first and the boys will begin jumping at the conclusion of the girls. Boys and girls can compete concurrently if there are multiple pits.
Pole Vault	1 flight; the girls will compete first in even numbered years and the boys will compete first in odd numbered years.

<i>Order of Running Events (all events are finals unless otherwise specified)</i>	
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 Relay
6	Boys 4 x 200 Relay
7	Girls 800 Meter Run: Fastest 16 times entered.
8	Boys 800 Meter Run: Fastest 16 times entered.
9	Girls 800 Meter Run: Slowest 20 times entered.
10	Boys 800 Meter Run: Slowest 20 times entered.
11	Girls 4 x 100 Relay
12	Boys 4 x 100 Relay
13	Girls 400 Meter Dash
14	Boys 400 Meter Dash
15	Girls 300 Meter Low Hurdles
16	Boys 300 Meter Low Hurdles
17	Girls 3200 Meter Run: Fastest 24 entries.
18	Girls 200 Meter Dash
19	Boys 200 Meter Dash
20	Boys 3200 Meter Run: Fastest 24 entries.
21	Girls 4 x 400 Relay
22	Boys 4 x 400 Relay