

DIOCESE OF TOLEDO
58th ANNUAL CYO GRADE SCHOOL CHAMPIONSHIP
TRACK MEET RULES & INFORMATION
SUNDAY, MAY 17, 2009 @ Sylvania Southview High School
7225 Sylvania Avenue -- Sylvania, Ohio 43560

- 1) **ELIGIBILITY** - All participants must be members of the parish and/or its educational system in order to participate on the parish team. All participants **MUST** compete for their own parish. One participant constitutes a track team. Any exceptions must be approved by the CYO Athletic Committee before participating. Members of any other school track teams are not eligible (Junior High School).
- 2) **AGE LIMIT** -
JUNIOR - entrants must be in the 6th, 7th or 8th grade and under 15 years of age on or before August 1, 2008.
CADET - entrants must be in the 4th, 5th or 6th grade and under 13 years of age on or before August 1, 2008.
A 6th grader may be either a "Cadet" or "Junior" but can not compete in both divisions. NO participant may be under the 4th grade in school. Use of an ineligible participant will result in loss of event for the individual and team points for that event.
- 3) **ENTRY FEE** - The entry fee will be \$6.00 per contestant. NO refunds will be issued. Entry fee must be in on the entry deadline date.
- 4) **ENTRIES** - A parish may enter more than one team, but each team must be identified by letter "A", "B", "C", etc. Each individual is limited to three (3) events. Each team ("A", "B",...) may enter two (2) contestants in individual events, but only one per entry per team in relays. An individual can compete on different teams in his/her own parish (i.e. individual could be a parish team "C" entry in the 100 M and a team "A" entry in the high jump).

ITEMS FOR A COACH TO CONSIDER WHEN COMPLETING THE TEAM ROSTER:

- Only two (2) participants from your parish team can score in each event. However, more than two can enter the event as long as they are classified as "B", "C", etc. with "A" participants being your top two. You could have two "B" runners, two "C" runners, and so on.
 - We want all participants to be able to take part in at least 3 events as the rules indicate. It is possible that some of your team members could be on your "A" team in one event and the "B" team in another.
- 5) **ENTRY DEADLINE** - Tuesday, May 12, 2009 at the CYO Office, which is located on the 1st floor of The Catholic Center (1933 Spielbusch Avenue, Toledo, OH 43624.) CYO OFFICE PHONE: 419-244-6711, ext. 611. If you need more rosters you can pick them up anytime between 9:00 am - 5:00 pm at the CYO Office. This can also be handled by mail. You may fax (419-244-3420) or e-mail (cyo@toledodiocese.org) your rosters and we will mail event cards to you.
 - 6) **SCORING** - Six places will be scored in the finals of each event: 1st place - 10 points, 2nd place - 8 points, 3rd place - 6 points, 4th place - 4 points, 5th place - 2 points and 6th place - 1 point.
 - 7) **TEAM AWARDS** - Champion, Runner-Up and Third Place team trophies will be awarded in Cadet and Junior boys and girls divisions.
 - 8) **INDIVIDUAL AWARDS** - Medals will be awarded for 1st, 2nd, and 3rd places. Ribbons will be awarded for 4th, 5th, and 6th places. Each parish will have a separate envelope in the scoring garage. As the results of an event are posted and announced the awards will be placed in the proper envelopes. At the end of the Meet one coach from each parish may pick up the envelope with all of the awards for their parish.
 - 9) **EQUIPMENT** - batons, shot-puts, discuses, etc. are furnished by CYO (Please return equipment promptly). **DO NOT BRING YOUR EQUIPMENT TO THE TRACK MEET.**

- 10) WEARING APPAREL - Participants should wear shorts and t-shirts. Precautions should be taken for sweatpants and long sleeved sweaters for warm-ups and after the events. Spikes are permitted (1/4" max. spike - per National Federation rules) in the Junior division ONLY. No type of spikes are permitted in the Cadet division. (waffled shoes are permitted). NO bare feet. It is recommended that parishes suit their team in uniformed colored shirts to help identify the different parishes.
The presentation of any type of gang "identifiers" at any CYO track meet or practice is prohibited. Any participant, coach or referee who is wearing anything that has been labeled as a current gang "identifier" will be denied the opportunity to participate. The meet director shall make this ruling for anyone in violation.
- 11) RULES & CONDUCT - National High school Federation rules will be followed unless otherwise stated in these CYO rules. The referee shall decide all questions relating to the actual conduct of the events. He/She will have the power to disqualify any athlete or coach from further competition in the Meet for unsportsmanlike conduct. Athletes must listen for and respond immediately to all announcements and calls. NO event will be held up because of tardiness of any athlete.
- 12) FOOD - Due to the length of the Meet, coaches are asked to plan their own lunches and refreshments for their participants and themselves. There will also be a concession stand open at the meet.
- 13) TEAM AREAS FOR THE DAY - When you arrive at Sylvania Southview High School coaches are asked to keep your team in one location, within the designated team areas which will be on the east side of the track (opposite the bleachers) between the track and the soccer field. NO teams, coaches or spectators are allowed inside the track itself. It is suggested that you bring along a few adults to chaperone your team and keep them together. **If you will be putting up any type of tent you are prohibited from using pounding spikes into the ground due to the fact that the entire area has underground irrigation.**
- 14) EVENT PROCEDURES
For each event, there will be a first call. At that point you are to send your representative team or your two (2) entries to the designated spot. All event cards for the field events should be completely filled out and each contestant should take the card to the event with them. For all running events, the participant card should be filled out completely and turned in at the starting line area.
- If the event should be a field event, such as a high jump, running long jump, shot-put, etc., and your contestant is in two of the events which have been called at the same time, have the contestant report to the nearest event and hand in his/her event card. Have them tell the judge that he or she is entered in another event which is being run off at the same time. Then the contestant should go to the second event and finish up his trials. THE ONLY EXCEPTION TO THIS IS AS FOLLOWS: High Jump - if the boy/girl is in the High Jump and in another field event, he/she should go to the High Jump pit first. He/she should report to the judge that he/she is entered and then go immediately to the other field event, finish up the three (3) tries consecutively and then go back to the High Jump pit.
- In all relay events be sure that your boys and girls are instructed as to exchanges. Make certain that your contestants get off the track properly and do not interfere with the oncoming runners. Remember that one runner interfering with another team may cause disqualification of your team even if they are ahead. Have your contestants stay in their lanes in all runs until the timers and judges and officials have gotten the proper information. Then the contestant should go immediately back to his/her team area. NO spectator or coach should go near the finish line. Announcements will be made as to the top teams after each event.
- 15) STARTING HEIGHTS FOR THE HIGH JUMP - Cadet boys - 3'8", Cadet girls - 3'5", Junior boys - 4'2" and Junior girls - 3'10". These heights will increase 2" for each advance *until there are seven (7) participants left and then increase 1" for every advance after that.* Each participant will have three (3) tries at each height.
- 16) LONG JUMP - *Each participant will be allowed two (2) jumps. After each participant has completed their two jumps the top seven (7) participants will be called back to compete in the finals. The finals will consist of two (2) additional jumps for each of the finalists and the places will be awarded based on the best jump from the four which were attempted.*
- 17) RUNNING EVENTS - It is illegal for a coach or teammate to run along side a runner during an event. When a race begins all coaches and team members must stay away from their runner. Any contact with the runner during the race will result in the runner's disqualification from that race. This will be STRICTLY enforced!