



Diocese of Cleveland CYO

Track and Field

Coach's Meeting

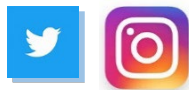
2024



**Diocese of Cleveland CYO
Track and Field
Coaches Meeting
Agenda**

1. Program Planner
2. Events by Grade
3. Points of Emphasis
4. Athletic.net
5. Pods

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Track & Field

RUNNING JUMPING THROWING

CYO inspires young people to know God, to love God, and to serve God through athletics.

March	7	In-person mandatory winter sports season coaches meeting, 6:00-9:00pm Cleveland CYO Office, 7911 Detroit Ave. Cleveland 44102 (must attend one)
	13	Deadline to register athletes and coaches to online rosters Last day to drop track and field athletes for a refund
	14	In-person mandatory winter sports season coaches meeting, 6:00-9:00pm 4550 Wyoga Lake Rd, Cuyahoga Falls, OH 44224 – (must attend one)
	15	Penalty Assessed for Late Payment of Participation Fees
	16	Coaches Development Program - St. Ambrose (Hilkert Hall/Gym), 9:00am 929 Pearl Rd. Brunswick, 44212
	22	Spring Sport Schedules available on website
	29	CYO Offices Closed – Good Friday
	29-31	No CYO Competition can be scheduled – Easter Break
April	6	Competition Begins (Saturdays Grades 1-4, Sundays Grades 5-8)
	20-21	Parents’ Day at the Games
	28	Team Mass Sunday
May	4-5	Officials Appreciation Weekend
	11-24	Diocese of Cleveland CYO Track and Field Championships
	24	Spring sports season ends Sanctioned Event period ends



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EVENTS BY GRADES

	Grade 1-4	Grades 5-8
Meet Day	Saturdays	Sundays
Events		
100	Yes	Yes
200	Yes	Yes
400	Yes	Yes
800	Yes	Yes
4x100	Yes	Yes
4x200	No	Eliminated
1600	No	Yes
Standing Long Jump	Yes	Yes
Running Long Jump	Yes	Yes
High Jump	No	Yes
Discus	No	Yes
Shot Put	Yes (4 lbs)	Yes
Low Hurdles	No	Yes Grades 6-8
Meet Format		Two Sessions 1:00 pm Grades 5-6 2:30 pm Grades 7-8
		Girls Running First Boys Field Events First
Comments	No kindergartners	No 4th graders

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TRACK & FIELD

POINTS OF EMPHASIS

A member that has more than 10 athletes in grades 1-8 of both genders must form their own track team. Members with less than 10 athletes must follow the Eligibility General Section Assignments.

Uniforms

Any visible garment worn underneath the uniform top or uniform bottom or one-piece uniform is considered a foundation garment. Foundation garments are not subject to any manufacturer's logo/trademark/reference requirements, or subject to any color or design restrictions.

All bottom foundation garments must be covered by the team issued shorts. No exception.

Tights worn without shorts will be an automatic disqualification.

All running event relay team members must be identified as the same team, by wearing uniforms tops and uniform bottoms that clearly indicate through having a similar predominate uniform color or design, and have similar team name or logo designs on all outer garments worn, to be approved as having the same team uniform.

The first violation of the uniform rule at a meet will result in a warning being given to the head coach of the athlete in violation. Subsequent violations will result in disqualification of any athlete found not to be in compliance.

Jewelry

The prohibition of wearing jewelry has been removed from the rules for track and field. However, an official may require the removal of jewelry or hair adornment if it is deemed to be inappropriate or dangerous or could possibly damage equipment.

Athlete Identification Numbers, Participation Forms & Event Tickets

Each team will be given a range of numbers to assign to its athletes that participate in CYO track and field. The athlete needs to be able to identify himself/herself by the assigned number to event officials. At the conclusion of the event the event tickets with the athlete's official time/trials will be given to the athlete to return to their coach. Best practice is to have each athlete's number written on their hand in magic marker number facing away from the.

Pre-Meet Coach's Meeting - Coaches or representatives of the team must attend the pre-meet coach's meeting 30 minutes before each meet time.

Each running event will be competed from the youngest division to the oldest.

Field Event Order - Each field event will compete in the following ordered format.

EVENTS	Grades 1, 2, 3, 4	Grade 5, 6,	Grades 7, 8
Long Jump:	2,3,1,4	5, 6	7, 8
Standing Jump:	3,1,4,2	6, 5	8, 7
Shot Put:	4,2,3,1	5, 6	7, 8
High Jump:	X	6,5,	7, 8
Discus:	X	6	7, 8



Formation of Heats

The formation of heats for the individual sprint events (100m, 200m, 400m, 200m hurdles) during the regular season will be performed by the clerk. The **first heat will be designated as the fast heat** and the fastest runners from each team present are to step up for lane assignments for that heat. Each heat after that will fill all available lanes or be made-up of equal numbers of runners until all remaining athletes have been assigned a heat and a lane.

Staggers

- 800 meter run - one (1) turn stagger.
- 1600 meter run - one (1) turn stagger.
- 4 X 100 meter relay- two (2) turn stagger.

Field Events

In all field events, a foul will be called if the athlete fails to initiate an attempt within one minute.

CYO Credentials

Credentials are to be worn and visible at all times. Credentials cannot be given to another coach at any time. Coaches who have given their credentials to another coach, even for one meet, will have their coaching privileges revoked.

Cancelation Procedure

All weather related items will be posted on the schedule page of the website as soon as possible. Email messages will be sent out to coaches and athletic directors.

Meet Officials/Volunteers

There will be up to three meet officials per meet, a Starter, Clerk and Field Event Judge. Each team will be placed in pods (1 team or multiple teams makes up a pod) to help staff the meets. Each pod will be responsible for staffing 1 meet during the regular season.

Videos are also available on the Track & Field Page at www.ccdocle.org/cyo.

8th Grade Championship Divisions

The total number of members that sponsor a team will be ranked according to enrollment and then divided in half, or as near to half as possible, so that the rostered participants are balanced among the two divisions. With Division 1 for the upper (larger) half of the members and Division 2 for the lower (smaller) half of the members. A member at its discretion may request to have a team be placed in a higher division of play.

With-in each team's roster, athletes may compete in a division with older athletes (move up) in accordance with the Bylaws, as long as that event is offered to the original division of the athlete. Athletes may never drop down to compete with younger athletes. In relay events, athletes may move up, within the team's roster and in accordance with the Bylaws to compete.

Athlete Eligibility for Diocesan Championships

Only those athletes listed on the eligibility roster filed with the CYO Office are eligible for participation in the Diocese of Cleveland Championship Tournament Meets.

Athletes that compete in the Section Championship are not eligible for participation in this Championship Tournament.

Teams will be permitted two (2) entries per individual event and one (1) entry per relay event.

Athletes can compete in a maximum of three (3) events.

Only athletes listed on the relay card submitted at the District Meet will be eligible to participate in the Diocese of Cleveland Championship Meet. Up to eight (8) athletes may be listed on the relay card.

Lightning and Inclement Weather

- Contest or CYO officials assume authority for competitions when they arrive on the field. When the officials recognize inclement weather they are duty bound to suspend the meet. Coaches and Athletic Directors are responsible for application of this policy at practice.
- When thunder is heard or a lightning bolt is seen at a practice or competition, the teams must suspend play and take shelter immediately. Once play has been suspended, a period of at least 30 minutes after the last thunder clap is heard or lightning flash is witnessed must be honored prior to resuming play/practice.
- Temperature, humidity, heavy precipitation and wind chill can become dangerous to the athletes and spectators and must be monitored during all practices and competitions by coaches and competition officials.
- Announcements related to the status of competitions will be posted on the main page of the schedule website and media as needed.
- Unless the head coach is contacted or notified through a phone message, website or e-mail, your team is to report to the meet site at the scheduled time of the meet.

Guest Player

- The Guest Player Rule does not apply to the Diocese of Cleveland CYO Track and Field.

Sanction events

- Sanction events may be conducted during the sanction event listed on the planner as long as it does not conflict with a CYO scheduled meet. See the website for approved Sanction Events.



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ATHLETIC.NET

Athletic.net is the website used by the CYO Track & Field Program for member teams to track results after each CYO meet. Your athletes will have easy access to their own statistics, and you will have current best marks for each of your athletes.

- ✚ After CYO rosters close, each athlete will be entered into athletic.net by the CYO Registrar.
- ✚ Once CYO enters the meet schedule into athletic.net, [locate your team](#), Look under “Track and Field”, “Middle School” then “Ohio”, under "Cleveland CYO Diocese of Cleveland CYO" locate your team by your geographical location: East, West, South.
- ✚ **If you are a new coach, sign up** for your free coach account.
- ✚ **Enter your meet schedule after the CYO schedule is posted on athletic.net.** From your team homepage, at the top of your team's calendar click "+Add A Meet", this brings you to the Find an Event page. Click on the date of the meet on the calendar then select the appropriate meet from the list that appears on the right. Click Add to Calendar. If the correct meet does not appear in the list, please try again later as CYO must first create the meets before you can add them to your calendar. Please do not create any meets, unless you are sponsoring a Sanctioned Event.
- ✚ CYO Registrar will enter **Meet Results; coaches cannot enter or modify results.**

MEET RESULTS

2024 Track and Field Pods - **SAMPLE**

*SUBJECT TO CHANGE BASED ON TEAM REGISTRATION

WILL BE REVISED MARCH 29

East Teams	
1	Ss. Robert and William
2	Corpus Christi Academy
3	Gesu
4	St. Gabriel
5	St. Paschal
6	St. Rita
7	St. John Vianney and Mater Dei
8	St. Dominic and St. Joan of Arc
9	Notre Dame Elementary and St. Anselm
10	St. Adalbert-Cleveland, St. Benedict, Archbishop Lyke and St. Agatha-St. Aloysius
West Teams	
1	Holy Family - Parma and St. Albert the Great
2	Holy Trinity
3	Lakewood Catholic Academy
4	St. Angela Merici
5	St. Anthony of Padua - Parma
6	St. Basil the Great
7	St. Charles Borromeo and Mary Queen of Peace
8	St. Joseph - Avon Lake
9	St. Mary - Avon
10	St. Peter - North Ridgeville and St. Jude
11	St. Raphael
12	Sts. Joseph and John
13	Incarnate Word Academy and St. Brendan
14	St. Mark and St. Ignatius of Antioch
15	St. Bernadette, St. Joseph - Amherst
16	St. Bridget of Kildare and St. Mary of the Falls
17	Assumption and St. Ambrose
South Teams	
1	Holy Family Stow
2	St. Sebastian
3	Immaculate Heart of Mary
4	St. Hilary
5	Seton Catholic
6	St. Francis Xavier
7	St. Barnabas and St. Francis de Sales
8	Emmanuel Christian, St. Augustine and Spring Garden Waldorf
9	St. Patrick-Kent
10	Sacred Heart of Jesus Wadsworth and St. Vincent de Paul

Sample

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