

Diocese of Cleveland CYO

Spring Coach's Meeting

Giving the Very Best of Yourself!

Track and
Field



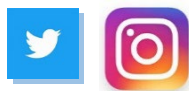


**Breakout session
6:40-8:00
Agenda**

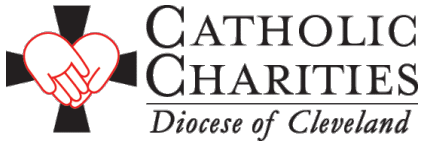
1. Program Planner
2. Events & Event Order
3. Rules
4. Pods
5. Athletic.net
6. Continuing Education- Anjanette Whitman

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



DIOCESE OF CLEVELAND CYO TRACK AND FIELD PROGRAM PLANNER - 2026



	20	Track & Field schedules published on CYO website Last day to drop Track athletes for refund
	21	Coaches Development Program – St. Ambrose Gym – 9:00am 929 Pearl Road, Brunswick, 44212
	28	Track & Field (grades 1-4) season competition begins
	29	Track & Field (grades 5-8) season competition begins
April	3	CYO offices closed – Good Friday
	3-5	No CYO Competitions can be scheduled – Easter Break
	18-19	Parents’ Day at the Meets
	26	Team Mass Sunday
May	2-3	Officials Appreciation Weekend
	9	Track & Field (grades 1-4) seasons end
	10	Diocese of Cleveland CYO Track & Field District Meets
	16	Diocese of Cleveland CYO Track & Field Sectional Meets
	17	Diocese of Cleveland CYO Track & Field Championship

**EVENTS BY GRADE
(Regular Season)**

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
100M	X	X	X	X	X	X	X	X
200M	X	X	X	X	X	X	X	X
200 M Hurdles						X	X	X
400 M	X	X	X	X	X	X	X	X
800 M	X	X	X	X	X	X	X	X
1600 M					X	X	X	X
Running Long Jump			X	X	X	X	X	X
Standing Jump	X	X	X	X	X	X		
Shotput	X	X	X	X	X	X	X	X
High Jump					X	X	X	X
Discuss						X	X	X

5th-8th Running Events Order

5th – 8th will be in one session.

Girls run first, boys in field first.

Current	Suggested
1600 All Genders	100
100	1600 of Gender Running
200 M H	400
400	200 M H
200	800
800	200
4 x 100 Relay	4 x 100 Relay

Any opinions? deadline 3/20

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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 complying.

Jewelry

Jewelry may be worn during track and field meets. However, an official may require the removal of jewelry or hair adornment if it is deemed to be inappropriate or dangerous or could 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 themselves 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 athlete.

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.

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. Each heat 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 - two (2) turn stagger.
- 1600 meter run - one (1) 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 need to be worn and visible. 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. See additional details in the inclement weather section.

Meet Officials/Volunteers

Saturdays (1st – 4th Grades) 20-25 volunteers needed

There will be one official per meet, a Starter.

Each team will provide volunteers at every meet to help staff the events.

Sundays (5th-8th Grades) 25-30 volunteers needed

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 make 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.

Sectionals, Districts, Championship

Meet	Grades Eligible
Sectional Championships	5 th , 6 th , 7 th
District/Championships	6 th , 7 th 8 th

6th, 7th, and 8th Grade Championships are the only events in which TEAM scoring occurs.

Sectional Championships: 6th and 7th Grade Individual and Team Championships. To better align with the CYO Charter and Bylaws and other CYO Sports. 5th Grade athletes **may** participate in these events.

District Meets: Qualifiers for the 8th Grade Championships. Two divisions will be created by gender, one for the larger member programs and one for the smaller member programs. A member program may request to have their team placed in the higher division.

6th and 7th Grade athletes may compete in these events. 6th and 7th grade athletes may NOT compete in BOTH Sectionals and Districts/Championships.

5th graders cannot participate on an 8th grade TEAM. 5th Grade athletes CANNOT participate in these District and Championship Meets.

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 Meets.

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

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

- Weather conditions are continuously monitored by CYO staff and weather professionals.
- 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. When heat index thresholds become too high, outdoor events may be delayed or canceled.
- When spring temperatures are below 40 degrees, with windchill, outdoor events will be canceled.

- Announcements related to the status of competitions will be posted on the main page of the website and media schedule as needed.
- 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 within a 10-mile radius 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 thunderclap is heard or lightning flash is witnessed must be honored prior to resuming play/practice.
- 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.
- Weather delays or cancelation decisions will be made ONLY BY CYO STAFF and communicated promptly.
- Official contest delays or cancellations regarding weather will be available on the scheduling page of the CYO website.
- Events may be delayed, relocated, or rescheduled due to field or facility conditions.

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 if it does not conflict with a CYO scheduled meet. See the website for approved Sanction Events.

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.**

2026 Track and Field Pods - **SAMPLE**

*SUBJECT TO CHANGE BASED ON TEAM REGISTRATION

WILL BE REVISED MARCH

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, 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, Saint Vincent Depaul, St. Anthony
3	Immaculate Heart of Mary, St. Patrick
4	St. Hilary
5	Seton Catholic, St. Mary-Hudson
6	St. Francis Xavier, Sacred Heart of Jesus
7	St. Barnabas and St. Francis de Sales
8	Emmanuel Christian, St. Augustine

Sample



2026 CYO Coaching Education: Track & Field

Presented by:

Anjanette A. Whitman, Beaumont Track & Field/Cross Country



Welcome & Thank You!

Thank you for investing your time into becoming the best coach for your student-athletes. You hold the power to make a positive impact on the lives of our youth. Participating in CYO athletics prepares our students to be productive people now and in the future as they use the gifts God has given them.

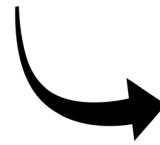
Thank you and enjoy the season!

Coach Anj 😊

Coach's Note Packet

Basic Athlete Equipment

- Weather-appropriate clothing
- Shoes
 - Training Shoes for Running
 - Spikes Shoes (optional)
 - Throwing Shoes (optional)
 - Always untie before taking off
 - Double knot them when on
- Chrono watch/non-GPS (optional for distance runners)



For the Love of Athletics!

Coaching should prioritize the love of athletics.

**"Never underestimate the power of dreams and the influence of the human spirit.
The potential for greatness lives within each of us."**

~ Wilma Rudolph, 1954 & 1960 U.S. Olympic Sprinter