Bay High School
29230 Wolf Rd, Bay Village, OH 44140
440.617.7406

3Matt Spellman
Athletic Director

To: All CWC Athletic Directors and Track Coaches
From: Matt Spellman, Athletic Director
Re: 2025 CWC Championship Track Meet Information

Meet Dates and Times: Tuesday, May 13 and Thursday, May 15 - Field Events 4:30pm, Running Events 6pm

Roster Entries: All entries will be entered using the MileSplit OH system. Late entries and changes past the deadlines will not be accepted. Please double check entries; there should be no mistakes with the entries being entered online. The meet will be seeded on Monday, May 12, 2025. **Substitutions will be allowed until 10:00am the first day of the event**. Please e-mail me substitutions if you are having trouble with MileSplit OH substitutions, but subs will not be allowed after the time stated above.

- **Entry window opens: Friday, 4/25/25 at 8:00am**
- **Entry window closes: Sunday, 5/11/25 at 5:00pm**
- **Scratch/Substitutions: None online, 10:00am on the first day the event is contested.**

Meet Logistics

- Coaches must arrive with the team and check in at the ticket booth. Athletes who are dressed will be admitted for free. Anyone not in uniform who is not a coach, administrator or bus driver must have a ticket or CWC Pass to be admitted. No individual school ID's will get you into the meet. The admission price is $8 for each day.
- **Bus Parking:** Please have your buses drop off the teams at the stadium and then park along the sidewalk that runs from the stadium to the high school (similar to a football game).
- Meet packets will be available at the ticket booth on the southeast corner of the stadium .
- Implements should be weighed at the pavilion at the southwest corner stadium.
- We will have a coaches meeting at 4:15pm at the finish line with the Head Referee and Field Referee.
- Please do all scratches in the bullpen or at the event. No substitutions will be allowed **after 10:00am** on the first date that the event is contested.
- All scoring questions should be given to our CWC Official Scorer in the Press Box or to the Head Referee.
- All results will be posted MileSplit OH. There will be no results packets after the meet is over.
- All pole vault verifications are enclosed **in the meet packets**.
- We will have new meet programs available to the Head Coaches on Thursday, with scratches and substitutions included for that day.

Starting Heights: We are following the District Policy of starting heights, along with some suggestions from coaches and AD's for the following heights:

Girls High Jump – 4'2"
Girls Pole Vault – 6'6"
Boys High Jump – 5'2"
Boys Pole Vault – 8'6"

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GENERAL INFORMATION FOR COACHES & ATHLETES

CWC BOYS & GIRLS TRACK & FIELD CHAMPIONSHIP
Bay High School

- Your Meet Packet will be given to you upon your arrival. The packet will include the following:
  - Coach's Uniform and Sportsmanship Verification Forms (return to Matt Spellman)
  - Pole Vault Certification Card (given to the umpire at the Pole Vault event)
  - These forms can also be printed, signed and submitted to Matt Spellman in advance or before the meet using the links above.
- Do your warm-up exercises on the backstretch between events or when some lanes are not in use.
- ¼" spikes are the required length on the track, long jump, pole vault and high jump.
- Address any rulings to the Head Track and Field Referees of the CWC Meet.
- Starting blocks will be available.
- Report **ON TIME** to the correct bullpen. There will be a bullpen at the north end of the track. Listen for the call on the PA.
- Lead-off runner of the relay must have a relay card to present to the clerk in the bullpen.
- Know how your race is run. Know where your relay exchange zones are. Tongue depressors and tennis balls only are used on the track for relay starting marks. **No Chalk!! No Tape!!**
- **Camp sites will be on the southeast or east sides of the stadium, outside of the track fence.**
- Coaches and all contestants not competing MUST remain in the stands or in areas outside of the fence around the track. No rest areas or camps are permitted inside of the track. If you are not competing in high jump or pole vault events, stay away from the areas. Please observe from the stands.
- Please use available trash cans for orange peels, bottles, cans, cups, trash, etc. PLEASE!!
- You are responsible for your own equipment and valuables. Do not leave them unattended.
- Please **DO NOT WEAR SPIKES IN THE BLEACHERS!!**
- Stay away from the finish line area. Do not ask for times from officials after the races. They are instructed NOT to give them to you. Wait until the results are posted to the left of the Concession Stand or announced. Report suspected errors in results or scoring to the **Computer Scoring Official** at once.
- Any visible undergarment worn under the uniform top and/or bottom is now considered a foundation garment. FOUNDATION GARMENTS ARE NOT SUBJECT TO LOGO/TRADEMARK/REFERENCE OR COLOR RESTRICTIONS (Rule 4-3-1b7). Visible items worn under both the tops and the bottoms of a uniform do not have to be the same color. For additional information regarding uniforms, please refer to pages 25-26 in the OHSAA Track and Field Coaches Manual.
- The concession stand will be open. Cash and credit cards are accepted.

- Restrooms are located near the concession stand.
- All lapped runners will be allowed to continue running on the inside lane or may move to an outer lane of their choice. Officials will not designate where to run.
- Be sure you do not break before passing lane markers on all break races (800, 1600, 3200, 4x800, 4x400).
- The 4x200 Relay exchange colors are red-red-yellow.
- A competitor may wear a watch but not utilize pacing functions.
- Athletes are to stay out of the school building at all times.
- **A trainer will be available on the infield near the finish line. She will have a limited supply of tape, ice, etc.**
- There will be a Coaches Hospitality Room in the ticket booth on the southwest corner of the Field House on the south end of the stadium. Snacks and water will be provided throughout the event.

TEAM RESPONSIBILITIES

Each school will be responsible to run the following events. Please have coaches and volunteers to manage.

- Long Jump – Westlake
- High Jump – Bay/Lakewood
- Pole Vault – Rocky River
- Shot Put – Valley Forge
- Discus – Buckeye
- Finish Line – North Olmsted/Normandy

THANK YOU AND GOOD LUCK! We hope you have a great experience. Your cooperation will be of great help in making the meet a successful one!

2025 Boys & Girls Cleveland West Conference Track & Field Championship Meet
Bay High School

Tuesday, May 13
Preliminaries

FINAL

1.	6:00	Girls 4x800 M Relay
2.	6:15	Boys 4x800 M Relay

SEMI-FINALS - Top 8 times advance, heats will be seeded
(i.e., fastest time in heat 1; 2nd fastest time in heat 2, etc.).

3.	6:30	Girls 100 M Hurdles
4.	6:35	Boys 110 M Hurdles
5.	6:40	Girls 100 M Dash
6.	6:45	Boys 100 M Dash
7.	6:50	Girls 400 M Dash
8.	6:55	Boys 400 M Dash
9.	7:00	Girls 300 M Hurdles
10.	7:05	Boys 300 M Hurdles
11.	7:10	Girls 200 M Dash
12.	7:15	Boys 200 M Dash

FIELD EVENTS

4:30	Boys Long Jump
	Boys Discus**
	Girls High Jump
	Girls Shot Put**
	Boys Pole Vault

Thursday, May 15
Finals

1.	6:00	Girls 100 M Hurdles
2.		Boys 110 M Hurdles
3.		Girls 100 M Dash
4.		Boys 100 M Dash
5.		Girls 4x200 M Relay
6.		Boys 4x200 M Relay
7.		Girls 1600 M Run
8.		Boys 1600 M Run
9.		Girls 4x100 M Relay
10.		Boys 4x100 M Relay
11.		Girls 400 M Dash
12.		Boys 400 M Dash
13.		Girls 300 M Hurdles
14.		Boys 300 M Hurdles
15.		Girls 800 M Run
16.		Boys 800 M Run
17.		Girls 200 M Dash
18.		Boys 200 M Dash
19.		Girls 3200 M Run
20.		Boys 3200 M Run
21.		Girls 4x400 M Relay
22.		Boys 4x400 M Relay

FIELD EVENTS

4:30	Boys High Jump
	Boys Shot Put**
	Girls Long Jump
	Girls Discus**
	Girls Pole Vault

Only scratches and substitutions will be accepted after the entry deadline. No substitutes are allowed after 10:00am on the first date that the event in question is contested.

All Seeding is being done by the Hy-tek Scoring Program used by the OHSAA.

**Shot Put and Discus format: Preliminaries will include three throws (1,1,1) and finals will include three throws (1,1,1).