



**Catholic Charities / Parish and Community Ministries
Youth & Young Adult Ministry and CYO Office**

To: East CYO Track Coaches
From: Jim Farroni, Track Commissioner
Christopher Farroni, Athletic Administrator
Date: May 1, 2009

Re: 2009 CYO East Track & Field Regional Meet

Congratulations to all teams for a successful Track & Field Season. I hope that you have enjoyed your season and the time spent with our young athletes. Please pay close attention to the following information. It is very important for the proper organization of the CYO East Regional Track Meet.

Entry Deadlines:

- All Entries are to be done on-line, with the exception of "**B-Teams in the Varsity Division**". The Paper Entry (see attached form) for "B-Teams in the Varsity Division" must be faxed to Christopher Farroni at 216.334.1270, by Thursday May 14th at 5:00pm. In order to have a B-team in the Varsity Division, a minimum of four (4) Track Events and three (3) Field Events must be entered on the A-Team.
- Paper Entries will NOT be accepted from teams. ALL entries are to be completed on-line (except for Varsity B-Teams)
- On-line entries for the **Varsity & Junior Varsity** divisions are due at **9:00am on Friday May 15.**
- On-line entries for the **Cadet, Developmental & Elemental** divisions are due at **9:00am on Saturday May 16.**

Entry Process:

- We will be using www.athletic.net for registration. Please read the attachments for details
- If you have not set-up an on-line account do so NOW! It may take a day to confirm access to the website! Read the attached instructions for details.
- For the **Cadet, Developmental, Elemental & Junior Varsity Divisions** you will be able to enter up to the numbers of athletes per event stated below. There will not be any "B-teams" in the Junior Varsity Division. For awards, athletes will be placed as they finish. For team scoring in the Junior Varsity Division, each team will be limited to one (1) scoring athlete per event. I.E. – If your team finishes 1st, 2nd, & 4th in the Junior Varsity 800m. Your team will get the awards for those positions – but team points will be awarded as follows - 10pts to your team, 8pts to the 3rd place (team) finished (r), 6pts to the 5th place finisher - remember (this is) just in the Junior Varsity division.
- **Varsity Division** you will be able to enter one (1) athlete per event. DO NOT enter B-teams on-line. ALL VARSITY DIVISION B-TEAM ENTRIES MUST BE SUBMITTED ON PAPER TO THE ABOVE LOCATIONS BY 5:00PM THURSDAY MAY 14th.

Team entries must be submitted via **www.athletic.net** by the deadlines above! PLEASE DO NOT WAIT TO THE LAST MINUTE TO START your entries. **If you have any problems with the on-line entry system, call Jim Farroni at 440-487-8217 (cell) and leave a message and phone number, and he will get back to you as soon as he can.**

CYO Athletics - Endeavoring to help young people be more Christ-like in the way they live!

CYO Athletic Office, 7911 Detroit Avenue, Cleveland, OH 44102
tel (216) 334-1261 • fax (216) 334-1270

Important Points to Remember

- **An Admission charge of \$1.00 per person will be charged for the Championship Meet. Please let the parents of your team know this.**
- **Relay batons will be provided for ALL teams at the starting line. DO NOT bring your own batons to the starting line.**
- Once the registration deadline passes you will not be allowed to add or make substitutions to any individual events. Only Scratches will be allowed. Coaches may make substitutions on relay teams.
- To be eligible for participation, an athlete must have competed in at least one (1) of the five (5) regular season meets. If it is discovered that an ineligible athlete was used, all team and individual awards & points will be forfeited.
- All athletes entered into this meet must have a submitted time or distance that is representative of the athlete's proven ability. It is the coach's responsibility to make sure all times and distances are accurate. If a time is not submitted, for lane assignments, the athlete will be considered as the slowest entrant in the event.
- Once an athlete is entered on a grade level roster, that athlete must remain in that grade for the entire two day championship meet; he/she will not be able to compete in any other grade over the two days.
- Open Relays will be run on Sunday. It consists of athletes from any grade and will count as their relay event.
- **1/8" pyramid spikes are allowed to be worn. Needle spikes or longer spikes are not permitted.**
- **Team uniforms** must meet the standards outlined in the rulebook. Per National Federation rules, athletes are not permitted to "roll" the waistband of their shorts. Shirts & spandex worn under the team uniform MUST meet the requirements as outlined in the rulebook. Disqualifications will be called for violations. Go over this with your athletes at practice!
- **Jewelry is not permitted** to be worn during any event. This includes earrings, necklaces & bracelets, or hard plastic or metal hair clips. Medical or other special medals may be worn if they are taped to the body. Disqualifications will be called for violations. Go over this with your athletes at practice!
- All athletes are to report to the bullpen at the north end of the track prior to being allowed to compete. Failure to report to bull pen and check in will disqualify you from that event.
- Awards will be given to the top eight (8) competitors in each event. Team trophies will be given to the top three (3) teams in the Junior Varsity and Varsity Divisions.
- If you have any questions please call the following;
 - General Meet Questions - Jim Farroni - Cell – 440.487.8215
 - Registration - Christopher Farroni at 216.334.1261 ext 12, 216.346.1583

Thanks for your help & Good Luck

Junior Varsity & Varsity - Boys & Girls Meet
1:00 pm Saturday May 16 at Willoughby South High School,

- Gates open at 12:00pm - Coaches Meeting at 12:20pm
- Please bring your **\$35.00 officials fee**. Meet packets will be available & official fees paid at the finish line tent.
- Teams will be permitted to scratch athletes. Replacements/Substitutions CANNOT be made in individual running & field events. Relays may be changed.
- No additional entries to any event will be allowed! Plan your team entries before the meet!
- Mandatory Participation is in effect for this meet. All members of your team that are available to participate must be registered and participate in at least one (1) event.
- The Meet will begin the meet at 1:00pm sharp. The Pre-Meet Prayer and team introductions will be at 12:50pm at the Finish Line.
- Come rain or shine, we will do all we can to finish these races.
- Girls will compete in running events first, while the Boys compete in the field events first.
- Varsity Division
 - Each team will be permitted only
 - one (1) entry into a field event
 - one (1) entry into a running event
 - one (1) relay.
 - Athletes are permitted to participate in a maximum of one (1) field event, one (1) running event and one (1) relay, for this meet.
 - B-Teams will only be established for the Varsity (8th) Divisions. In order to have a B-team in the Varsity Division, a minimum of four (4) Track Events and three (3) Field Events must be entered on the A-Team.
 - B-Team Entries are to be completed on Paper and be faxed to Christopher Farroni at 216.334.1270, by Thursday May 14th at 5:00pm. In order to have a B-team in the Varsity Division, a minimum of four (4) Track Events and three (3) Field Events must be entered on the A-Team.
 - B-team roster athletes cannot compete for the A-team relays, under any circumstance. **Make sure that you have alternates for your A-Team relays available on your A-team roster, just incase.** Coach's Decision!
 - The **top four (4) finishers** in the events will qualify and advance to the Cleveland CYO Track & Field Championship Meet on Thursday May 21st at Bedford Bearcat Stadium. If there are any ties for the fourth (4th) qualifying spot they will be broken at the conclusion of the meet for that gender. Absent athletes will be disqualified from tie breakers and not considered for advancement. Check the results board before your athletes leave!
- Junior Varsity Division
 - Each team will be permitted
 - two (2) entries into a field event,
 - two (2) relay teams
 - two (2) entries into individual running events.
 - Athletes are only permitted to participate in a maximum of one (1) field event, one (1) running event and one (1) relay. Athletes can only participate in one grade level for this Championship.
 - Times that are tied from separate heats will be declared tied, otherwise the place in the heat will determine final place.
- Team trophies will be presented after the Post-Meet Prayer at the finish line.
- Team scoring will only be kept for the Junior Varsity & Varsity divisions. Scoring will be for eight (8) places - 10-8-6-5-4-3-2-1.
- Athletes in the 4-5-6 grade that are used in the Junior Varsity & Varsity divisions are not eligible to compete in younger division meet on Sunday.
- Rain Date – If the Varsity & Junior Varsity meet cannot be completed on May 16, it shall resume at 1:00pm on Sunday May 17, with the Cadet, Developmental and Elemental Meet beginning between 3:30 & 4:00pm.

Order of Events for the Varsity & Junior Varsity Meet – May 16, 2009

- 100M Semi-finals
 - Eight heats – first place in each heat advance to finals – OR --
 - Four heats – top two in each heat advance to the finals – OR -
 - Two heats – top four in each heat advance to the finals
- 200M Finals – Each grade will be run separately. There will at least be 6 runners in the fast heat. Heats are run slow to fast and are seeded from the center out
- 400M – Each grade will be run separately. There will at least be 6 runners in the fast heat. Heats are run slow to fast and are seeded from the center out
- 800M – Each grade will be run separately. Two-turn stagger will be used, lanes are not seeded
- 100M Finals – Each grade will be run separately. Lanes will be assigned based on semi-final results.
- 1600M – 7th & 8th Grade will be run separately. One-turn stagger will be used, lanes are not seeded
- 4x100M Relay – Each grade will be run separately. There will at least be 6 teams in the fast heat. Heats are run slow to fast and are seeded from the center out.

Field Events

- High Jump will be competed by grade. Each athlete will be permitted three (3) attempts. Starting heights and progression will be determined by evaluating the heights submitted for event.
- Standing Jump will be competed by grade. Each athlete will be permitted three (3) attempts. The athlete is not permitted to wear spikes or shoes that can hold spikes.
- Long Jump will be competed by grade. Each athlete will be permitted three (3) attempts. The athlete is permitted to wear 1/8" spikes.
- Shot Put will be competed by grade. Each athlete will be permitted three (3) attempts (two throws then one throw). The athlete is not permitted to wear spikes or shoes that can hold spikes.
- Discus will be competed by grade. Each athlete will be permitted three (3) attempts (two throws then one throw). The athlete is not permitted to wear spikes or shoes that can hold spikes.
- Athletes that arrive late to field events will not be allowed to take attempts missed in the competition order and will be allowed to take remaining attempts in the event. High jumpers must start at the height the bar is set to when they arrive. Once the event has been completed no further attempts will be permitted.

Cleveland CYO East Championship Meet - 7th & 8th Grade Online Entry Instructions

This meet is using free online registration at Athletic.net!

Date	5/16/2009	Host	Cleveland CYO
Location	Willoughby South HS 5000 Shankland Rd, Willoughby, OH	Director	Jim Farroni
Region	Ohio	Email	jfarroni@clevelandcatholiccharities.org
Field Start	1:00 PM	Phone	216.334.1261 ext 43
Track Start	1:00 PM		

New this year – There is only one meet to add to your calendar for this event. When you enter the athletes into the events, you will need to select the division (Varsity, Junior Varsity) the athlete will be competing in. Be careful if you use the roller on the mouse that you do not change the division as you scroll the page.

QuickReg # T807208

Shortcut <http://www.Athletic.net/Wizard/Default.aspx?Reg=T807208>

Have no Athletic.net Account

- Go to: <http://www.athletic.net/Wizard/>
- Enter your info - then click 'Continue'
- Select your team
- Enter QuickReg #: **T807208** - then click 'Register'
- Verify your account - then click 'Finalize Registration'
- Check your email for activation email - follow instructions
- Sign in to Athletic.net and click your team name in the left navigation menu
- Proceed to "Register athletes..." below

Have an Athletic.net Account

- Sign in to your account
- Go to: <http://www.athletic.net/Wizard/>
- Enter QuickReg #: **T807208**
- Proceed to "Register athletes..." below

Register athletes for Cleveland CYO East Championship Meet - 7th & 8th Grade

- On your team page, click "**Cleveland CYO East Championship Meet - 7th & 8th Grade**" in the calendar.
- Click **Register Athletes**
- Add any additional athletes at the bottom of the page
- Click on either an Athlete or an Event.
- Enter Standing Jump as the "Triple Jump"
- For Relays mark the members either as part of the "A" or "B" Relay.
- Select the athletes you want to compete, the division they are competing in (**Remember to select & verify the Division of the athlete**), and verify their seed mark
- Be sure to click the Update button to save your changes after updating the athlete or event
- To **remove athletes** from an event, select the '--' line
- For Relay Events you must enter the relay seed time in the box next to one of the participating athletes. For Relays mark the members either as part of the "A" or "B" Relay.
- Print your entries for use at the meet

**Cadet (6th), Developmental (5th), Elemental (4th) - Boys and Girls Meet
1:00pm Sunday May 17 at Willoughby South High School**

- Gates open at 12:00pm - Coaches Meeting at 12:20pm
- Please bring your **\$35.00 officials fee.** Meet packets will be available & official fees paid at the finish line tent.
- Teams will be permitted to scratch athletes. Replacements/Substitutions CANNOT be made in individual running & field events. Relays may be changed.
- No additional entries to any event will be allowed! Plan you team entries before the meet!
- Mandatory Participation is in effect for this meet. All members of your team that are available to participate must be registered and participate in at least one event.
- The Meet will begin the meet at 1:00pm. The Pre-Meet Prayer and team introductions will be at 12:50pm at the Finish Line.
- Come rain or shine, we will do all we can to finish these races.
- Girls will compete in running events first, while the Boys compete in the field events first.
- Each team will be permitted
 - two (2) entries in a field event,
 - two (2) entries for relay teams
 - three (3) entries in the 1600m & 800m
 - two (2) entries in the 400m, 200m and 100m
 - Individual athletes are only permitted to participate in a maximum of one (1) field event, one (1) running event and one (1) relay.
 - Athletes can only participate in one grade level for this Meet.
- Each Team is permitted to enter two (2) Open 4x100M relay team, where any extra athletes from any grade, which did not compete on a relay team, can compete together. The Open 4x100m Relay must be registered in the Open Division Entries of the Meet Registrations.
- Athletes used in the Junior Varsity & Varsity divisions are not eligible to compete in Sunday's Meet (the only exception are those athletes that did not compete in a relay event on Saturday may compete in the Open 4x100M Relay).
- Times that are tied from separate heats will be declared tied, otherwise the place in the heat will determine final place.
- If we have enough volunteers for the field events, we will try to speed up the field events by running two (2) running long jump pits, and do the standing long jump on the rubber high jump area.
- Rain Date – If the Varsity & Junior Varsity meet cannot be completed on May 16, it shall resume at 1:00pm on Sunday May 17, with the Cadet, Developmental and Elemental Meet beginning between 3:30 & 4:00pm

Order of Events for the Cadet, Developmental & Elemental Meet – May 18, 2008

- 100M Semi-finals
 - Eight heats – first place in each heat advance to finals – OR --
 - Four heats – top two in each heat advance to the finals – OR -
 - Two heats – top four in each heat advance to the finals
- 1600M – 4th 5th 6th grades may run as one race but will be place separately by grade. One-turn stagger will be used, lanes are not seeded
- 800M – Each grade will be run separately. Two-turn stagger will be used, lanes are not seeded
- 400M – Each grade will be run separately. There will at least be 6 runners in the fast heat. Heats are run slow to fast and are seeded from the center out
- 200M - Each grade will be run separately. There will at least be 6 runners in the fast heat. Heats are run slow to fast and are seeded from the center out
- 100M Finals – Each grade will be run separately. Lanes will be assigned based on semi-final results.
- 4x100M Relay – Each grade will be run separately. There will at least be 6 teams in the fast heat. Heats are run slow to fast and are seeded from the center out.
- Open 4x100M Relay – Teams consist of athletes from any grade.

Field Events

- High Jump will be competed by grade (Elemental High Jump will not be held). Each athlete will be permitted three (3) attempts. Starting heights and progression will be determined by evaluating the heights submitted for event.
- Standing Jump will be competed by grade. Each athlete will be permitted three (3) attempts. The athlete is not permitted to wear spikes or shoes that can hold spikes.
- Long Jump will be competed by grade. Each athlete will be permitted three (3) attempts. The athlete is permitted to wear 1/8" spikes.
- Shot Put will be competed by grade. Each athlete will be permitted three (3) attempts (two throws then one throw). The athlete is not permitted to wear spikes or shoes that can hold spikes.
- Athletes that arrive late to field events will not be allowed to take attempts missed in the competition order and will be allowed to take remaining attempts in the event. High jumpers must start at the height the bar is set to when they arrive. Once the event has been completed no further attempts will be permitted.

Cleveland CYO East Championship Meet - Open, 4th, 5th & 6th Grade Online Entry Instructions

This meet is using free online registration at Athletic.net!

Date	5/17/2009	Host	Cleveland CYO
Location	Willoughby South HS 5000 Shankland Rd, Willoughby, OH	Director	Jim Farroni
Region	Ohio	Email	jfarroni@clevelandcatholiccharities.org
Field Start	1:00 PM	Phone	216.334.1261 ext 43
Track Start	1:00 PM		

New this year – There is only one meet to add to your calendar for this event. When you enter the athletes into the events, you will need to select the division (Cadet, Developmental, Elemental, Open) the athlete will be competing in. Be careful if you use the roller on the mouse that you do not change the division as you scroll the page.

QuickReg # T807221

Shortcut <http://www.Athletic.net/Wizard/Default.aspx?Reg=T807221>

Have no Athletic.net Account

- Go to: <http://www.athletic.net/Wizard/>
- Enter your info - then click 'Continue'
- Select your team
- Enter QuickReg #: **T807221** - then click 'Register'
- Verify your account - then click 'Finalize Registration'
- Check your email for activation email - follow instructions
- Sign in to Athletic.net and click your team name in the left navigation menu
- Proceed to "Register athletes..." below

Have an Athletic.net Account

- Sign in to your account
- Go to: <http://www.athletic.net/Wizard/>
- Enter QuickReg #: **T807221**
- Proceed to "Register athletes..." below

Register athletes for Cleveland CYO East Championship Meet-Open, 4th, 5th & 6th Grade

- On your team page, click "**Cleveland CYO East Championship Meet - Open, 4th, 5th & 6th Grade**" in the calendar.
- Click **Register Athletes**
- Add any additional athletes at the bottom of the page
- Click on either an Athlete or an Event.
- Enter Standing Jump as the "Triple Jump"
- For Relays mark the members either as part of the "A" or "B" Relay.
- Select the athletes you want to compete, the division they are competing in (**Remember to select & verify the Division of the athlete**), and verify their seed mark
- Be sure to click the Update button to save your changes after updating the athlete or event
- To **remove athletes** from an event, select the '--' line
- For Relay Events you must enter the relay seed time in the box next to one of the participating athletes. For Relays mark the members either as part of the "A" or "B" Relay.
- Print your entries for use at the meet

Meet Staffing

The following are the Event Assignments for all teams. Your team is responsible for providing the following workers for **BOTH** the Boys and Girls meets for your assigned event(s). We will use experienced high school athletes to supplement some events, but you still need to staff the following events to help keep a meet of this size moving along. Call Jim Farroni if there are any problems with this schedule of workers. Those teams that are underlined have confirmed workers for those events.

All workers are to report to the finish line tent by 12:30pm.

	<u>7-8 Grade Meet – Saturday</u>	<u>4-5-6 Grade Meet – Sunday</u>
Meet Referee:	TBA	TBA
Site Director	Mark Wilhelm	Mark Wilhelm
Bull Pen:	Ed Ferrall	Chuck Martinko
Shot Put	St Gabriel - 3 workers	St. Gregory the Great 3 - workers Gesu 3 - workers (May run two rings)
Discus	St. Paschal Baylon – 3 workers	
High Jump	St John Vianney– 2 workers	St. Anselm – 2 workers
Standing Jump	St Mary Chardon – 3 workers	Holy Spirit Academy – 2 workers St. Rita – 2 workers (May run two pits)
Running Jump	Notre Dame Elementary – 2 workers St. Clare/St Francis – 2 workers	St Gabriel – 2 workers St. Clare/St Francis – 2 workers (May run two pits)
Timers:	Gesu (1) St. Adalbert (1) St. Barnabas (1) St. Dominic (1) St. Rita (1) Our Lady of Mt. Carmel (1) St. Agatha/St Aloysius (1) St. Monica (1)	Our Lady of Peace (1) St. Paschal Baylon (1) Archbishop Lyke (1) St. John Vianney (1) St. Joan of Arc (1) St. Adalbert (1) St. Anselm (1) St. Monica (1)
Exchange Zone 1:	Archbishop Lyke, St Anselm	St Mary-Chardon, St. Monica
Exchange Zone 2:	St. Gregory the Great Our Lady of Peace	St Dominic, Our Lady of Mt. Carmel
Exchange Zone 3:	St. Joan of Arc, Holy Spirit Academy	St. Agatha/St. Aloysius, St. Barnabas
Officials:	Ed Ferrall, Pete Randal Ben Jones, Rich Ondo Carl Mews,	Ed Ferrall, Chuck Martinko Ben Jones, Rich Ondo Carl Mews, Bob Vidmar

VARSITY DIVISION "B-TEAM" ENTRIES – EAST TRACK & FIELD

Fax To: Christopher Farroni – (216) 334-1270

Due: *In-Office - May 14, 2009 by 5:00pm*

From: _____ **Date:** _____

Re: Varsity (8th Grade) B-TEAM Entries

Number of Pages: _____ *PLEASE PHOTOCOPY AS NEEDED -ONLY one grade/gender/B-team per form*

Parish: _____ **BOYS** **GIRLS**

Grade: 8th **Team Type:** B C

Head Coach: _____ **Email:** _____

Home Phone: _____ **Work Phone:** _____

EVENT	NAME	TIME/DISTANCE
1600M	_____	_____
800M	_____	_____
400M	_____	_____
200M	_____	_____
100M	_____	_____
4X100M RELAY	_____	_____
	_____	_____
	_____	_____
STAND	_____	_____
LONG	_____	_____
HIGH	_____	_____
SHOT	_____	_____
DISCUS	_____	_____