

# Cleveland Youth Running Club

## MEET INFORMATION 2022-2023

**Entry Fee** \$20 per athlete. Each Athlete may enter up to 4 events (including any relays).

### Meet Schedule

**8:00 AM** Athletes may enter the Track Building by North Entrance and go to the spectator stands.

**8:00 AM** Spectators enter by the South Entrance and proceed to the spectator stands. To enter through this door people **must** have tickets (No Athletes) – Tickets for the event must be purchased on line <https://www.spireinstitute.org/tickets/>

**8:00 AM** Track becomes available to begin warm ups.

**9:00 AM** Field Events start

**Field Events (Must check in at site before event starts – must check out for other events)**

#### Order

HJ – Girls then Boys – 8 & Under, 9-10, 11-12, 13-14

SP – Girls then Boys - 8 & Under, 9-10, 11-12, 13-14

LJ – Boys then Girls - 8 & Under, 9-10, 11-12, 13-14

8 & Under: Long Jump , Shot Put (2 kg)

9-10: Long Jump, Shot Put (6 lbs.), High Jump

11-12: Long Jump, Shot Put (6 lbs.), High Jump

13-14: Long Jump, Shot Put (G – 6 lbs., B – 4 kg), High Jump

**9:30 AM** Running Events start

**Running Events will occur on a rolling schedule (Girls first, then Boys).**

**All entrants must check in with the Clerk .**

8 & Under: All Events but No Hurdles

9-10 : All Events but No Hurdles

11-12 : All Events, 60m Hurdles (30")

13-14: All Events, 60m Hurdles (G – 30", B – 33")

4 x 800 M Relay (G then B)

60 M Hurdles (G then B)

60 M Dash (G then B)

4 x 200 M Relay (G then B)

1600 M Run (G then B)

400 M Dash (G then B)

800 M Run (G then B)

200 M Dash (G then B)

3000 M Run (G then B)

4 x 400 M Relay (G then B)



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### Event Check-in

#### Track Events:

- All athletes must check-in with the Clerk 3 events prior to their event. Runners in the following races must pick up their assigned hip numbers from the Clerk for these races: 200m, 800m, 1600m, 3000m and the last leg of any relay.
- Athletes who do not check-in with the Clerk can be scratched from the event.

#### Field Events:

- All athletes must check-in at their event area with the Head Official **prior** to the start of the **first** flight.
- Anyone that **does not** check-in on time can be scratched from the event.

### Timing and Results:

**Fully Automatic Timing will be provided by Lightning Timing. Live Results will be available online at [www.lightningtiming.com](http://www.lightningtiming.com).** Make sure to refresh your browser to get the most up-to-date results.

### Safety Rules:

- In an effort to conduct a safe and quality meet for all participants, USATF - the NSSF - the NCAA strictly rule that no electronic devices, including; headphones, cell phones or radios will be permitted inside the competition areas.
- This means the **ONLY** space where these devices are allowed is the spectator stands.
- These devices present a safety risk for competitors and officials.
- Please notify your athletes in advance that they can only use these items in the stands or in the building hallways.

### **ABSOLUTELY NO TEAM OR INDIVIDUAL CAMPSITES ON THE INFIELD**

### Lane Preferences:

- For the 60m Dash and 60m hurdles, lane preferences will be as follows (may change):
  - 10 lanes – 5, 6, 4, 7, 3, 8, 2, 9, 10, 1
  - 9 lanes – 5, 6, 4, 7, 3, 8, 2, 9, 10
  - 8 lanes – 5, 6, 4, 7, 3, 8, 2, 9
- For the 200m and 400m dashes, lane preference will be as follows: 6, 7, 8, 5, 4, 3, 2, 1.

### Spike Limitations:

- Spike Length: Spikes no longer than ¼" (9mm) are allowed. Pyramid spikes and Omni-Lite spikes ONLY.
- NO "Claw" type spikes allowed.
- Athletes whose spikes are found to be too long will not be permitted to compete using those spikes.



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### Field Event Flights:

- The order of flights will flow so the best athletes will compete in the final flights.
- Athletes will all be given four attempts.

### Starting Heights:

#### High Jump

- 8 & Under – 3'0"
- 9-10 and 11-12 – 3'6"
- 13-14 – 4'0"
- TBD at a later date

### Trainer:

- Spire provides a certified athletic trainer, who will be stationed near the finish line. This trainer will only provide first aid and ice.
- Ice will be available during the course of the meet in the training area, south of the Finish Line.

### Tickets:

- General Admission \$10.00
- Children 6 and under are Free

### Spectator/Participant Seating:

- **TEAMS:** Only spectators are allowed to sit in the red captain's chairs for the meet.
- Teams are only permitted to sit in the lower bleacher sections (seating without backs) of the spectators stands.
- Spectators and Parents are **NOT** permitted on the track or infield.

Please remind athletes, coaches, parents and spectators to respect any SPIRE employees. Please feel free to ask them for help at any time. They are here to help so we all have a safe and enjoyable competition.

Thank you!

