

Coaches' Instructions 2025 NEO All-Catholic

Welcome to the 2025 NEO All-Catholic Track & Field Invitational. We're excited to bring one of Northeast Ohio's great track & field meets to the NDCL campus. There is a Throwers relay at the end of the meet to allow these athletes a chance to compete on the track. We look forward to a day of good competition and sportsmanship. Good luck to all competitors and coaches.

1. Attending Schools: Cardinal Mooney, Lake Catholic, Magnificat, Notre Dame Cathedral Latin, Padua, Villa Angela St Joseph, Cleveland Central Catholic, St. Vincent-St.Mary, Our Lady of Elm (9)
2. On-Line Entries due Thursday May 8, 2025 by 10 pm.
3. Team camps or tents outside the fence and are NOT permitted in the stands.
4. Spectators are permitted \$10/adult, \$5/student. Cash.
5. The coaches meeting is at 8:30 am in the garage near the concession stand- there will be a hospitality area available for coaches during the day.
6. Three entries per event and two relays.
7. Athlete Check-in and Hip numbers for all non-lane running events report to the bullpen in the scoreboard end of the track at 1st call. All bullpens will be in one area for the entire meet.
8. No preliminary heats. All races will be finals, seeded from slowest to fastest.
9. Only $\frac{1}{4}$ " or less spikes are permitted on the all-weather track and runways. Spikes may be checked in the bullpen.
10. For relays, please provide your own batons and markers.
11. NEO All-Catholic Champion t-shirts for individual & first place relay team members. Athletes may pick up near concessions, south door after the results are announced.
12. Medical table is located in the end zone nearest the finish line.
13. No Athletes on the turf except those warming up or just finished competing! Field Event Information on reverse side!

Field Event Information

1. Check-in for all field events will be at the field event.
2. Shot put, Discus will have 3 throws with top 9 to finals. Shot Put will mark the first throw, no throws will be measured under 25' for girls/30' boys and same for Discus 60' for girls and 70' for boys.
3. Long jump will be put into flights, each competitor will be allowed three jumps and the top 9 will advance to finals.
4. Weigh-in will be from 8:30 am-8:50 am at the Garage next to concessions. Competitors can throw their own marked implements. Illegal implements will be impounded and returned after the event is completed. We will start with boys' discus throw and girls' shot put, and then boys' shot put and girls' discus throw after the first events are completed.
5. High Jump and Pole Vault will be "5 alive". Helmets are recommended for all vaulters.
 - Boy's high jump starts at 5'0", 5'3", 5'6", 5'9", 6'0" and then by 2"
 - Girl's high jump starts at 4'0", 4'3", 4'6", 4'9", 5'0" and then by 2"
 - Girl's pole vault starts at 6'0"-7'0"-7'6"-8'0"-9'0"-9'6"-10'0" then by 3"
 - Boy's pole vault starts at 8'0"-9'0"-10'0"-11'0"-11'6"

All coaches must verify their vaulters' weights and poles at the pit, prior to the start of the competition. Athletes found competing with unauthorized equipment will be disqualified from all competition. Coaches' area for pole vault will be near the south end zone.