

DIOCESE OF TOLEDO  
74<sup>TH</sup> ANNUAL CYO GRADE SCHOOL CHAMPIONSHIP  
TRACK MEET RULES & INFORMATION  
**SUNDAY, MAY 17, 2026 @ St John Jesuit High School**  
**5901 Airport Hwy, Toledo OH 43615**

- 1) **CHECK-IN/MEET ENTRY** – There will be no admittance to the track and surrounding team areas until the conclusion of Mass, approximately 10:00 AM. Teams may not set up and coaches will not be able to check in until the facility is opened. Athletes, Coaches, and Volunteers may bypass the admissions line. Coaches & volunteers must have a lanyard w/green insert to bypass the line. Volunteers will need to check in at admissions to receive their lanyard.
- 2) **ELIGIBILITY** – All participants must be members of the parish and/or its educational system in order to participate on the parish team. All participants **MUST** compete for their own parish. Any exceptions must be approved by the CYO Office before participating. Members of any other school track teams are not eligible (Junior High School). Athletes must compete in one (1) CYO Meet prior to the Championship Meet to be eligible.
- 3) **VOLUNTEER REQUIREMENT** – Each school participating in the Championship Meet **MUST** provide at least **two adult** volunteers, one to work the first half of the meet and one to work the second half of the meet. Volunteer names and contact info must be provided by Monday, May 11<sup>th</sup>. Entries will not be accepted from teams that do not submit volunteers. First half meet volunteers should meet at headquarters at 10:30 AM for instructions; second half volunteers should meet at Headquarters at 1:30 PM. **Volunteers who do not show may disqualify their team.** Volunteers can be submitted at the following link: <https://bit.ly/TFChampsVolunteers>
- 4) **AGE LIMIT** –  
*JUNIOR* – entrants must be in the 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade and under 15 years of age on or before August 1, 2022.  
*CADET* – entrants must be in the 3<sup>rd</sup>, 4<sup>th</sup>, or 5<sup>th</sup> grade and under 12 years of age on or before August 1, 2022. A 5<sup>th</sup> grader may be either a “Cadet” or “Junior” but cannot compete in both divisions with the exception of a relay. NO participant may be currently in a grade under the 3<sup>rd</sup> grade. Use of an ineligible participant will result in loss of event for the individual and team points for that event.
- 5) **ENTRY FEE** – The entry fee will be \$20.00 per contestant. Invoices will be sent the week following the meet and due two weeks from the date of invoice. **DO NOT BRING PAYMENT TO THE MEET.**
- 6) **ENTRIES** – Each individual is limited to three (3) events.

**ITEMS FOR A COACH TO CONSIDER WHEN SUBMITTING ENTRIES:**

- **Only two (2) participants from your parish team can score in each event.** However, more than two can enter the event. It is possible that an athlete may medal in an event but score no

points for their team. Your team's scorers will be determined automatically by your top two finishers.

- Coaches can override seed times where necessary when submitting entries. Seed times **MUST** only be verifiable results from one of the 4 CYO meets held this season (St Francis, Carey, Bryan, and Findlay). Falsifying seed times will result in disqualification. Seed times are not required.
- Athletes **MUST** compete in the division they will be scored in. For example, you cannot enter an athlete up in the Junior division and have their results transferred to be scored in the Cadet division.

7) **ENTRY DEADLINE – Friday, May 15, 2026 6:00 PM.** Rosters must be submitted on MileSplit at this link: <https://oh.milesplit.com/meets/723749-toledo-cyo-diocesan-championship-2026>

8) **RESULTS** – Live results will be available during the day at the following link: <https://live.bulldogtiming.com/meet-list>. QR Codes will be posted around the facility. Results will also be announced throughout the day.

9) **SCORING** – Six places will be scored in each event: 1<sup>st</sup> place – 10 points, 2<sup>nd</sup> place – 8 points, 3<sup>rd</sup> place – 6 points, 4<sup>th</sup> place – 4 points, 5<sup>th</sup> place – 2 points, 6<sup>th</sup> place – 1 point.

10) **TEAM AWARDS** – Champion, Runner-Up, and Third Place team trophies will be awarded in Cadet and Junior boys and girls divisions immediately following the meet. Trophies will be awarded on the track on the school side. Please have your teams gather and find a place to sit on the track for awards.

11) **INDIVIDUAL AWARDS** – Medals will be awarded for 1<sup>st</sup>-6<sup>th</sup> places in individual events and 1<sup>st</sup>-3<sup>rd</sup> in relay events. At the end of the meet, one coach from each parish may pick up the envelope with all the awards for their parish at Meet Headquarters.

**12) EQUIPMENT** - starting blocks, batons, shot-puts, discuses, etc. are furnished by CYO (Please return equipment promptly). ***DO NOT BRING YOUR EQUIPMENT TO THE TRACK MEET.***

13) **APPAREL** – Participants should wear shorts and t-shirts. Precautions should be taken for sweatpants and long-sleeved sweatshirts for warm-ups and after the events. Spikes are permitted (1/4” max. spike – per National Federation rules) in the Junior division **ONLY**. No type of spikes are permitted in the Cadet division (waffle shoes are permitted). **NO** bare feet. It is recommended that parishes suit their team in uniformed colored shirts to help identify the different parishes. Pants with zippers or belts are **PROHIBITED** while competing. Jewelry is permitted at the discretion of officials.

The presentation of any type of gang “identifiers” at any CYO track meet or practice is prohibited. Any participant, coaches, or referee who is wearing anything that has been labeled as a current

gang “identifier” will be denied the opportunity to participate. The meet director shall make this ruling for anyone in violation.

- 14) **RULES & CONDUCT** – National High School Federation rules will be followed unless otherwise stated in these CYO rules. The meet officials shall decide all questions relating to the actual conduct of the events. He/She will have the power to disqualify any athletes or coach from further competition in the meet for unsportsmanlike conduct. Athletes must listen for and respond immediately to all announcements and calls. NO event will be held up because of tardiness of any athlete.
- 15) **FOOD** – Due to the length of the meet, coaches are asked to plan their own lunches and refreshments for their participants and themselves. There will also be a concession stand.
- 16) **TEAM AREAS FOR THE DAY** – Upon arrival at St John Jesuit High School, coaches are asked to keep their team in one location, within the designated team areas which will be on the outside of the track. NO teams, coaches, or spectators are allowed inside the track itself except for designated coaching areas. Coaches MUST have a lanyard with a green insert to enter designated coaching areas. It is suggested that you bring along a few adults to chaperone your team and keep them together. It is recommended you secure your tent to the ground with spikes.
- 17) **EVENT PROCEDURES** – For each event, there will be a first call. At that point coaches are to send your representative team or your entries to the designated spot. Events will not be delayed due to missing athletes.

For field events, (high jump, long jump, shot-put, discus), if your contestant is in two of the events which have been called at the same time, have the contestant report to the nearest event. Have them tell the judge that he or she is entered in another event which is being run off at the same time. Then the contestant should go to the second event and finish up. **THE ONLY EXCEPTION TO THIS IS AS FOLLOWS:** High Jump – if the boy/girl is in the High Jump and in another field event, he/she should go to the other event first. He/she should check in with the judge and then go immediately to the High Jump. Once High Jump is finished, he/she should return to the other field event.

Running events take priority over all field events and will not be delayed for missing runners. If your athlete is called for a field event while already clerked to run, you **MUST** send a representative to the field event to check in on their behalf. If a running event is called and your athlete needs to leave their field event to run, your athlete must check out at the field event first before leaving. When they return, they will need to check back in.

In all relay events, be sure that your athletes are instructed as to exchanges. Make certain your contestants get off track properly and do not interfere with the oncoming runners. Remember that one runner interfering with another team may cause disqualification of your team even if they are ahead. Have your contestants stay in their lanes in all runs until the timers and judges and officials have gotten the proper information. Then the contestant should go immediately back to his/her

team area. NO spectator or coach should go near the finish line. Announcements will be made as to the top finishers after each event and top teams periodically throughout the meet.

- 18) **STARTING HEIGHT FOR THE HIGH JUMP** – Cadet boys & girls – 3’2, Junior girls 3’10, Junior boys 4’2. These heights will increase every 2” for each advance until there are seven (7) participants left and then increase 1” for every advance after that. Each participant will have three (3) tries at each height.
- 19) **LONG JUMP** – Each participant will be allowed three (3) jumps. Places will be awarded based on the best of the three (3) tries. There will be no finals – the procedure will be the same as it is for discus and shot – put. Long jump will run open pit w/athletes reporting their number to the volunteer with the number board before they begin their approach. There will be a 2 ½ hr open pit for all divisions. Athletes in the Junior division are encouraged to get their jumps in prior to the start of running events. Any jumper not in line to finish their attempts at the conclusion of this window will forfeit their remaining jumps. Cadet jumpers will be called immediately following the completion of all jumps OR once the pits have closed for Juniors, whichever comes first.
- 20) **SHOT PUT/DISCUS** – Throwing events will run in flights. Each participant will be allowed (3) throws. There will be no finals. Third graders are not eligible to compete in the throwing events.
- 21) **RUNNING EVENTS** – It is illegal for a coach or teammate to run alongside a runner during an event. When a race begins all coaches and team members must stay away from their runner. Any contact with the runner during the race will result in the runner’s disqualification from that race. This will be STRICTLY enforced.
- 22) **ATHLETIC TRAINER** – An athletic trainer will be on site near the finish if needed.
- 23) **DISPUTES** – In the event of a dispute regarding the results of an event or any other issues that need to be addressed day of, please go directly to Meet Headquarters for assistance. Once the meet has begun, under no circumstance should anyone approach the timing trailer, press box, or meet officials to ensure the meet is not disrupted.
- 24) **SPECTATOR ADMISSION** - \$6 per adult, \$4 student/senior, 10 & Under Free. Admission can be purchased in advance via Hometown Ticketing to expedite the entry process at the following link: <https://bit.ly/TFChamps26>. Admission purchased on site can be made with cash or credit card via Hometown Ticketing. QR Codes will be onsite to scan upon arrival.
- 25) **MERCHANDISE** – Limited quantities of the white championship meet t-shirts will be available for purchase at Meet Headquarters for \$17. Hoodies and black t-shirts will not be available at the meet. T-shirts can be purchased with cash or credit card. Pre-ordered shirts & hoodies will be available for pickup at Meet Headquarters.