

**Junior High N.O.L. Championships**  
**Friday, May 5, 2017**

**Hosted by Tiffin Columbian**

**Coaches' Information:**

**Rules and Regulations:**

\*The rules governing this track and field meet will be the official rules of the Ohio High School Athletic Association.

**Entries:**

\*Two participants per event, one relay per school in each relay event.

**Heats and Lane Assignments:**

\*There will be pre-lims in the 100/110 Hurdles, 100 Dash, and 200 Dash for this meet. The top 2 in each heat plus the next 4 fastest times will qualify for finals.

\*Finals will begin 30 minutes after the conclusion of prelims.

\*Each school will receive two copies of the heat and lane assignments.

**Order of Field Events:**

\*Girls' high jump, pole vault, and disc (4 throws) will compete first (boys following).

\*Boys' shot put (4 throws) and long jump (4 jumps) will compete first (girls following).

\*The long jump will be an open pit format with 4 jumps per competitor. Athletes will have 1 hour to complete all of their jumps (boys 4:30-5:30; girls 5:30-6:30)

**Starting Heights:**

\*Girls' High Jump: 4'0" (may be changed once entries are received)

\*Boys' High Jump: 4'4" (may be changed once entries are received)

\*Girls' Pole Vault: 5'6" (may be changed once entries are received)

\*Boys' Pole Vault: 6'6" (may be changed once entries are received)

**Time Schedule:**

\*Field events will begin at 4:30 P.M.

\*Running events will begin at 5:00 P.M. and will continue on a rolling time schedule.

**Scoring:**

\*Scoring will be 8 places in individual events: 10-8-6-5-4-3-2-1

\*Scoring will be 6 places in relay events: 10-8-6-4-2-1