



Northern Buckeye Conference

Middle School Track and Field Championships

Woodmore High School, Friday, May 13, 2016

**NBC
MS
Track**

663 Fremont Street, Elmore, Ohio 43416
Phone: 419-862-2721

Meet manager: Richard Morgan, phone: 419-601-1976
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- Teams:** Eastwood, Elmwood, Fostoria, Genoa, Lake, Otsego, Rossford, and Woodmore
- Scratches:** **Please check the program. Make sure everything is correct.** If there are any corrections, changes, scratches, or substitutions, please come to the press box before the coaches' meeting if possible. Once the meet begins, only drops will be accepted.
- Meeting:** There will be a short coaches' meeting at 3:15.
- Prelims:** In the 100/110 M Hurdles, 100 M Dash, and 200 M Dash, the heats have been seeded as evenly as possible based on submitted times, keeping teammates in separate heats. ***The top 2 runners from each heat plus the next 4 fastest times will advance to the finals.*** In the 200 M Hurdles and 400 M Dash, athletes were placed into two heats, run from slower to faster, based on submitted times. However, anyone can score from either heat.
- Field Events:** There will be four attempts with no finals. Please use your own implements. Make sure you have them weighed in the garage by the pole vault.
- Relays:** As there will be no relay cards, please report changes in runners to the press box, just like any other event. Please use your own batons.
- Zones:** We are asking that coaches help judge exchange zones during the relays. Please report to the exchange zone assigned. Flags will be provided.
400 m relay zone 1: Elmwood, Fostoria
400 m relay zone 2: Genoa, Otsego
400 m relay zone 3: Rossford, Woodmore
800 m relay zone: Eastwood, Lake
- Heights:** We will use the following starting heights: Girls HJ 4', Boys HJ 4'8", Girls PV 5', and Boys PV 6'
- Scoring:** We will score 8 places. (10-8-6-5-4-3-2-1)
- Awards:** There will be team trophies for champion and runner-up. Plaques will be given to winners. All awards will be available in the press box after the meet.
- Markings:** Tape is acceptable to mark the high jump. Please use your own tennis balls to mark relay zones.
- Results:** All results will be posted on baumspage, hopefully before you get home.
- Live Results:** Live results will be available during the meet at <http://eastwoodtfresults.com/2016/msnbc>.