

Northwest Conference Jr. High Track and Field Championship

Memorial Field Spencerville, Ohio Friday May 10, 2013 4:30 PM

NWC Teams: Ada, Allen East, Bluffton, Columbus Grove, Crestview, Delphos Jefferson, Lima Central Catholic, Lincolnview, Paulding, Spencerville

Entries: Teams may enter two in each field event and running event, and one in each relay event. OHSAA rules limit Jr. High athletes to no more than three events. Entry is **online only** at www.baumspage.com. The online entry window opens at 8 AM Sun. April 21 and **closes at exactly 8 PM Wed. May 8.** (Click on Track in the top row, then click on Online Entry System Login and follow the directions to Apply, Login, Enter Rosters, locate the meet and enter events.) An online entry instruction sheet is included. Entries with no marks will be placed in slow lanes/heats. Events and entrants left blank can not be added on the day of the meet. **Online scratch and substitution is available and closes at 1 PM on Friday May 10.** Results will be posted on www.baumspage.com after the meet.

Scoring and Awards: Scoring 8 places all events: 10-8-6-5-4-3-2-1. Medals for 1-3, ribbons for 4-8. Trophies for the first place teams.

Shot and Discus Weigh-in: Starts at 3:30 at the small building near the finish line.

Coaches Packets: Pick up at entry gate, fill out & turn in coach's verification form.

Coaches meeting: 4:00 at the finish line. No additional entries or substitutions will be allowed, only scratches. Emergency substitution only due to injury/illness and the original entrant does not participate in the remainder of the meet.

Field Events: Boys and Girls shot, both disc, both PV, both HJ, and both LJ start at 4:30.

Shot, Discus, and Long Jump will be four attempts each, finals only.

Running Event Prelims- Start at 4:30 for 100/110 hurdles, 100 dash, and 200 dash. (If there are three heats the top two from each heat plus the next 2 best times qualify to finals. If there are two heats the top three from each heat plus the next 2 best times qualify).

Relay cards need to be filled out and sent with your team to the clerk for all relays.

Bus Parking: Park in the lot behind the home stands - enter from Second Street. (From SR#66 take Second Street east to Memorial Field. From SR#117 go west of Memorial Field one block, turn south on Elizabeth St., go two blocks, turn east on Second St. to Memorial Field.)

Admission: Adults \$5, students \$4.

Concession Stand: Will be open serving food and beverages.

T-Shirts: NWC T-shirts will be sold for \$10 each.

Equipment: **1/8" spikes only on the all weather track, runways and high jump areas. No spikes worn in the stands.** Batons and regular starting blocks will be provided. No tape on all weather surfaces. Use chalk on HJ, markers or tape outside runways, and 1/2 tennis balls or washers for relay marks. Stay off of the football field during the meet. No Frisbees, footballs, dogs or loud radios. Teams may camp beside the stands. Put school name on any equipment you bring.

Entry Fee: \$100 per school, checks payable to Spencerville High School Athletic Dept. - bring to the meet or send by May 8 to: Troy Montenery, Athletic Director, Spencerville HS, 2500 Wisher Dr, Spencerville, OH 45887. School: 419-647-4111, HS Fax: 419-647-5124, Cell:419-303-7788, email: ad@svbearcats.org. If you have questions- contact: AD, or Bruce McConnell, Head Track coach mcconnellb@svbearcats.org H: 419-647-4650; or Brian McMichael, Meet Manager, bcmспен@hotmail.com 419-647-6433.

Field Events 4:30

Running Prelims at 4:30

Running Finals 30 min. after prelims