

Northwest Conference JH Track and Field Championship Lincolnview Athletic Complex, Lincolnview HS

Friday May 3rd, 2019 4:15 PM

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

Entries:

- Teams may enter two athletes in each field event and running event, and one team 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 Sunday - April 7 and closes at exactly 1 PM Wednesday - May 1.**
- Entries with no marks will be placed in slow lanes/heats. Events and entries left blank cannot be added on the day of the meet.
- Scratches and substitutions can be made using the change form and turned in at the coach's meeting at 4 PM on Friday - May 3 (or email them to Brian McMichael: bcmспен@hotmail.com by noon Friday May 3)

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 inside the small garage door beside concessions

Coaches Packets: Pick up in the press box. Fill out & turn in coach's verification form at meeting.

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

Field Events: Boys shot, Girls discus, Boys HJ, girls PV, open pit LJ start at 4:15.

Shot, Discus, and Long Jump will be four attempts each, NO finals.

Running Events: ***No Prelims- Please be accurate with your entries.*** Finals start at 5:15.

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

Bus Parking: Park in the lot between community center and elementary school on the east side of the parking lot closest to Hoaglin Center Rd

Admission: Adults \$6, students \$4.

Concession Stand: Will be open serving food and beverages.

NWC gear will be made available through an online store sent to ADs and coaches. Orders can be picked up the day of the meet. <https://nwcjh2019.itemorder.com/>

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 or tennis balls on HJ, markers or tape outside runways, and ½ tennis balls or washers for relay marks.

Please keep your athletes out of the infield during the meet.

Team camps: on the south side of the fence behind the stands

Entry Fee: \$120 per school, checks payable to Lincolnview High School Athletic Dept. – bring to the meet or send by May 1 to:

Greg Leeth, Athletic Director, Lincolnview HS, 15945 Middle Point Rd, Van Wert, OH 45891
School: 419-968-2214 email: gleeth@lvlanders.com

If you have questions- contact: AD; or Matt Langdon, Head HS Track Coach:

mlangdon@lvlanders.com

Field Events 4:15

Running Finals 5:15