



2019 Toledo Area Athletic Conference

Middle School Track and Field Championships

Northwood High School, Thursday, May 9, 2019

700 Lemoyne Road, Northwood, OH 43619
Phone: 419-691-3888

Meet manager: Richard Morgan
email: rmorgan55@gmail.com

- Teams:** There are six teams: Kateri Catholic Academy, Emmanuel Christian, Maumee Valley Country Day, Northwood, Ottawa Hills, and Toledo Christian.
- 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, except for injury.**
- Meeting:** There will be a short coaches' meeting at 4:00 in the press box.
- 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 opposite heats. The top 2 runners from each heat, along with the next 4 times, will advance to the finals. In the 400 M Dash and 200 M Hurdles, athletes were placed in two heats, run from slower to faster, based on submitted times. However, anyone can score from either heat. **Note that since there are only 5 entries in the boys 110 M Hurdles, there will be no semifinal in that event. Also there will be only 1 heat of the boys 200 M Hurdles.**
- Field Events:** There will be three attempts, then the top seven athletes will advance to the finals. Finals will consist of three more attempts, with placing being determined by the best of the six attempts. Please use your own implements. Make sure you have them weighed in at 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: Kateri, Toledo Christian
400 m relay zone 2: Northwood, MVCD
400 m relay zone 3: Ottawa Hills, Emmanuel Christian
800 m relay zone: MVCD, Ottawa Hills
- Heights:** There are no entries in the Girls PV. We will use the following starting heights for the other events: Girls HJ 3'8", Boys HJ 4', and Boys PV 5'6"
- Scoring:** We will score 6 places.
- Awards:** There will be a team trophy for champion. Individually, we will score 6 places, with the top 3 receiving All-Conference ribbons. Awards will be available in the press box after the meet.
- Markings:** Tape or chalk (provided) is acceptable to mark the high jump. Please use your own tennis balls to mark relay zones.
- Results:** All results will be available in the press box, as well as posted on baumspace.
- Live Results:** Live results will be available online at baumspace throughout the meet.