



# Toledo Area Athletic Conference

## Middle School Track and Field Championships

### Northwood High School, Thursday, May 4, 2023

- Teams:** Cardinal Stritch, Emmanuel Christian, Maumee Valley Country Day, Northwood, Ottawa Hills, and Toledo Christian
- Entries:** Please use BaumsPage to make all of your entries. The entry window is open now and will close on Tuesday May 2 at 4:00 PM.
- Sprints:** We will not be running semi-finals for the open sprints. We will run the 100/110 Hurdles, 100m Dash, and 200m Dash in two timed finals heats. Runners will be entered into heats based on submitted times, so please submit these times accurately. Anyone can score from either heat. In the 400m Dash and 200m Hurdles, athletes are placed into two heats, run from slower to faster, based on submitted times. Anyone can score from either heat.
- Field Events:** There will be four attempts for the shot put, discus, and long jump. Please use your own implements. Long jump will be open pit for boys and girls for 90 minutes.
- 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: MVCD, Toledo Christian  
400 m relay zone 2: Emmanuel Christian, Stritch  
400 m relay zone 3: Ottawa Hills  
800 m relay zone: Northwood
- Heights:** We will determine the starting heights after all entries are made.
- Scoring:** We will score 6 places. (10, 8, 6, 4, 2, 1)
- Awards:** There will be a team trophy for the champion. Individually, we will score 6 places. The top 3 placers will receive All-TAAC medals. Awards will be available in the press box after the meet.
- Markings:** Tape or chalk is acceptable to mark the high jump and long jump. Please use your own tennis balls to mark relay zones.
- Goodies:** There will be a coaches' hospitality room in the press box throughout the meet. Please feel free to go up and grab some food and a drink when the opportunity arises.
- Results:** All results will be posted on BaumsPage at sometime Thursday night.



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### Schedule and Information

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Middle  
School  
Track

- 4:30 PM
- Girls Pole Vault, boys to follow
  - Girls High Jump, boys to follow
  - Boys and Girls Long Jump, open pit  
There will be 4 finals attempts  
Competition will be open pit for 90 minutes
  - Boys Shot put, girls to follow  
There will be 4 finals attempts
  - Girls Discus, boys to follow  
There will be 4 finals attempts
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### **Finals for Running Events**

*This is an approximation, and actual starting time will be announced.*

- 5:30 PM Girls 4x80m Relay  
(approx.) Boys 4x800m Relay  
Girls 100m Hurdles Final  
Boys 110m Hurdles Final  
Girls 100m Dash Final  
Boys 100m Dash Final  
Girls 4 x 200m Relay  
Boys 4 x 200m Relay  
Girls 1600m Run  
Boys 1600m Run  
Girls 4 x 100m Relay  
Boys 4 x 100m Relay  
Girls 400m Dash (1 heat)  
Boys 400m Dash (2 heats)  
Girls 200m Hurdles (2 heats)  
Boys 200m Hurdles (1 heat)  
Girls 800m Run  
Boys 800m Run  
Girls 200m Dash Final  
Boys 200m Dash Final  
Girls 4 x 400m Relay  
Boys 4 x 400m Relay