



Toledo Area Athletic Conference

High School Track and Field Championships

Northwood High School, Friday, May 10, 2019

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

Meet manager: Richard Morgan, phone: 419-601-1976
email: rmorgan55@gmail.com

- Teams:** Cardinal Stritch, Emmanuel Christian, Maumee Valley Country Day, Northwood, Ottawa Hills, and Toledo Christian
- Scratches:** **Please check the program. Make sure all your times and distances are shown correctly.** If there are any corrections, changes, scratches, or substitutions, please come to the press box before the coaches' meeting if possible. ALL changes must be made before the beginning of the meet. **Once the meet begins, only drops will be accepted, except for injury.**
- Meeting:** There will be a short coaches' meeting at 4:15 in the press box.
- Semis:** In the 100 M Dash and 200 M Dash, the heats have been seeded as evenly as possible based on submitted times. The top 2 places from each heat, along with the next 4 times, will advance to the finals. In the 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.
- Hurdles:** In all 4 hurdle races, there were 8 or less entrants. So, in the short hurdles, no semis are needed, and the races will only be run as finals. In the 300 hurdles, we will only have one heat as well.
- Field Events:** There will be three attempts, then the top seven athletes will advance to the finals. Finals will consist of three more attempts. Please use your own implements. Make sure you have them weighed under the press box.
- 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: Northwood, MVCD
400 m relay zone 2: Emmanuel Christian, Stritch
400 m relay zone 3: Ottawa Hills, Toledo Christian
800 m relay zone: Ottawa Hills, Northwood
- Heights:** We will use the following starting heights: Girls HJ 4', Boys HJ 5', Girls PV 5', and Boys PV 6'
- Scoring:** We will score 6 places. (10, 8, 6, 4, 2, 1)
- Awards:** There will be a team trophy for champion. Individually, we will score 6 places. The top 3 placers will receive All-TAAC medals. There will also be an Athlete of the Year Plaque and a Coach of the Year Plaque awarded. 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 posted on baumspage, sometime Friday night.
- Live Results:** Results will be posted on baumspage as events are completed.