



Toledo Area Athletic Conference

High School Track and Field Championships

Northwood High School, Friday, May 10, 2024

- 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 Wednesday May 8 at 7:00 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, the faster heat running first, followed by the slower heat. 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 300m 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
400 m relay zone 2: Emmanuel Christian, Stritch
400 m relay zone 3: Toledo Christian, 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. 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:** Tennis balls or chalk are acceptable to mark the high jump, long jump, and pole vault. 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 sometime Friday night.
- Rules:** All OHSAA track and field rules and regulations will be enforced for the duration of the competition.



2024 Toledo Area Athletic Conference

High School Track and Field Championships

Schedule and Information

- 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
-

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
Boys 400m Dash
Girls 300m Hurdles
Boys 300m Hurdles
Girls 800m Run
Boys 800m Run
Girls 200m Dash Final
Boys 200m Dash Final
Girls 3200m Run
Boys 3200m Run
Girls 4 x 400m Relay
Boys 4 x 400m Relay