



Twin State League
2023 Track & Field Championships
4/24/2023
@ Warren High School

- I. NFHS Rule Book will govern the League Championship
 - A. Order of Events (**see Attachment**)
 - B. Scoring (4 teams)
 1. Individual events: 6-4-3-2-1
 2. Relay events: 6-4-2
 - C. Number of Entries (4 teams)
 1. Individual Running Events: 2 per school
 2. Relay Events – 1 team per school
 3. Field Events – 3 per school

- II. Entries must be entered online in Baumspage at (<http://www.baumspage.com>)
Event Name: Twin State League Championships
Entry Window: Opens at 7:00 am on Wednesday, April 12, 2023
Closes at 7:00 pm on Sunday, April 23, 2023

- III. Awards
 - A. Medals & All-Conference designation will be awarded to event winners.
 - B. A High Point plaque will be awarded to the Boy & Girl who accumulate the most points.
 - C. Coach of Year plaque will be awarded to the Team Champion coach in both boys and girls.

- IV. All running events will be timed using a Fully Automated Timing system.

- V. Meet Officials
 - A. Mike Werry
 - B. Michael Beam

- VI. Team Camps - Under the home stands or in the visitor stands, only.

- VII. Additional Rules of the Stadium
 - A. Spikes are not to exceed ¼ inch.
 - B. Warm-ups should be confined to the Track or event areas.
 - C. Only those athletes checking-in for a race are permitted on the turf football field.
 - D. Food is prohibited inside the fence to the track and on the turf field.

- VIII. Parking - Free spectator parking is available.

- IX. Tickets: General Admission - \$6; Senior Citizen - \$5 (tickets may be purchased at the gate with cash or credit card)

- X. A full concession stand will be available.



Twin State League Track & Field Championships

Field Events

Girls 1st – Shot Put, High Jump, Pole Vault

Boys 1st– Discus, Long Jump

Running Events

4 x 800 Meter Relay (Girls)

4 x 800 Meter Relay (Boys)

100m Hurdles (Girls) – 33”

110m High Hurdles (Boys) – 39”

100m Dash (Girls)

100m Dash (Boys)

4 x 200 Meter Relay (Girls)

4 x 200 Meter Relay (Boys)

1600 Meter Run (Girls)

1600 Meter Run (Boys)

4 x 100 Meter Relay (Girls)

4 x 100 Meter Relay (Boys)

400 Meter Dash (Girls)

400 Meter Dash (Boys)

300 Meter Low Hurdles (Girls) – 30”

300 Meter Intermediate Hurdles (Boys) – 36”

800 Meter Run (Girls)

800 Meter Run (Boys)

200 Meter Dash (Girls)

200 Meter Dash (Boys)

3200 Meter Run (Girls)

3200 Meter Run (Boys)

4 x 400 Meter Relay (Girls)

4 x 400 Meter Relay (Boys)

Number of Entries:

- Individual Running Events – 2
- Relay Events – 1
- Field Events – 3

Scoring (4 teams):

- Individual Events: 6-4-3-2-1
 - Relay Events: 6-4-2