

2022 - Northwest Conference Junior High Track & Field Championship

Delphos Jefferson High School - Saturday May 7, 2022

10:30 AM (Field Events)

11:30 AM (Running Events)

NWC Teams:

Ada, Allen East, Bluffton, Columbus Grove, Crestview, Delphos
Jefferson, Leipsic, Lincolnview, Spencerville

Entry Fee:

\$120 per school (\$60 per squad). Checks payable to Delphos Jefferson Athletic Dept. Please have payment submitted by May 3rd

Entries:

Teams may enter two athletes in each field event and running event. One entry per school for each relay event. Athletes may not compete in more than three events per OHSAA rules.

Baumspage:

We will be using the online entry at www.baumspage.com

Window will open Sunday, May 1st and

Close - Thursday, May 5 @ 7:00pm

- Scratches must be done by Friday, May 6 at 10:00 AM to bcmспен@hotmail.com
- Events and entries left blank cannot be added on the day of the meet.
- Scoring and Awards: Scoring 8 places in all events: 10-8-6-5-4-3-2-1.

Medals for 1st -3rd

Trophies will be awarded to first place teams for both boys and girls.

- **Shot and Discus Weigh-In:** Between 9:30-10:00am on Saturday May 7th
in the shed – Right beside the concession stand
- **Starting Blocks** - will be provided (No Moy Blocks)

- **Batons** – Bring Your Own

Coaches Packets:

Packets will be available for pickup when you arrive Saturday.

You can pick them up at the Press Box

Preliminary Meet Programs will be included in your packet

Coaches Meeting:

Will take place at 10:00am at the finish line.

Field Events:

Field events will begin at 10:30AM. Shot, Discus, and Long Jump will be four attempts each. All are Finals - 2 Throws on each attempt

Running Events:

Running events will begin at 11:30am **with** Timed Finals

8- LaneTrack:

PLEASE make sure times are accurate and representative of season's results.

See attached schedule

- Jefferson will utilize a Lynx system for timing (Spencerville will operate)
- Please use accurate and reflective times so that the heats can be arranged in a manner that benefits the student-athletes for this championship competition.

Relay Cards:

Need to be filled out and sent with your team to the clerk for all relays.

- Please make sure that the alternates are listed ahead of time and that the order of the relay is denoted clearly for our meet officials

(Will be supplied in Coaches Packet upon Arrival).

Bus Parking:

When you arrive, please pull behind the school through the gate

Have your athletes unload before parking the bus – All tents must be outside of the fence on the South End of the track

Admission:

Adults - \$5.00

Students - \$3.00 Kindergarten and under are free.

Concession Stand: Will be available with food and beverages (Northeast Corner)

**** NWC JH Championship T – Shirt ****

T-Shirts will be Sold Online – Deadline Sunday May 1

Please distribute Flyer to the Coach / Athletes.

T-Shirts will then be picked up at the meet on the 7th

*** All T Shirt sales will be packed by team ***

Equipment: 1/4 inch or smaller spikes are permitted on all-weather track surfaces.

Tennis balls or washers may be used to help with relay marks. Chalk may be used to mark for high jump. No tape will be allowed on all-weather track surfaces.

No spikes are allowed to be worn in the stands. Starting blocks will be provided.

- Camp: Camps may be set up outside the fence on the South end of the Track
- Bus Parking – Will be behind the school

(See Attached)

Please encourage student athletes and coaches to deposit trash in the various garbage containers around the complex.

Please make sure that coaches have Emergency Medical Contact Forms on them for this meet.

No one is to be on the field during the meet. No Frisbees, footballs, loud radios or dogs are allowed. All spectators will be cleared from the track infield when running events start.

Schedule of Events

Field Events

10:30 am Girls: Long Jump, Pole Vault, Discus

Boys: Shot Put, High Jump

When the first field events are finished we will make a call to start the next one.

2nd Round of Field Events:

Girls: Shot Put, High Jump

Boys: Long Jump, Pole Vault, Discus

Running Events

11:30am – Scheduled START TIME

- | | |
|---------------------------------------|--------------------------------------|
| 1. Girls 4 X 800 Relay (2 Heats Max) | 12. Boys 400m Dash (3 heats max) |
| 2. Boys 4 X 800 Relay (2 Heat Max) | 13. Girls 4x200m Relay (2 heats max) |
| 3. Girls 100m Hurdles (3 heats max) | 14. Boys 4x200m Relay (2 heats max) |
| 4. Boys 110m Hurdles (3 heats max) | 15. Girls 200m Hurdles (3 heats max) |
| 5. Girls 100m Dash (3 heats max) | 16. Boys 200m Hurdles (3 heats max) |
| 6. Boys 100m Dash (3 heats max) | 17. Girls 800m Run (1 heat) |
| 7. Girls 1600m Run (1 heat) | 18. Boys 800m Run (1 heat) |
| 8. Boys 1600m Run (1 heat) | 19. Girls 200m Dash (3 heats max) |
| 9. Girls 4x100m Relay (2 heats max) | 20. Boys 200m Dash (3 heats max) |
| 10. Boys 4x100m Relay (2 heats max) | 21. Girls 4x400m Relay (2 heats max) |
| 11. Girls 400m Dash (3 heats max) | 22. Boys 4X400m Relay (2 heats max) |