

## **Federal League Track & Field Championships**

GlenOak High School, Bob Commings Field

Friday, May 14, 2021

### **3:45pm Coaches Meeting**

### **4:15pm Field Events Begin**

Boys Long Jump – West Pit (Top 9 to Finals)

Girls Long Jump – East Pit (Top 9 to Finals)

Discus (Girls then Boys) (Top 9 to Finals)

Shot Put (Boys then Girls) (Top 9 to Finals)

High Jump (Girls then Boys) - opening heights and increments TBA

Pole Vault (Boys then Girls) - opening heights and increments TBA

**5:30pm - 4 x 800m Relay Final (Girls followed by Boys)**

**6:00pm - Finals (All Events - Girls followed by Boys)**

**\*\*Award Ceremony - Top 3 on Podium before the next event starts - This will help slow things down.**

- 100/110 Meter Hurdles (2 Heats, Seeded by Time)
- 100 Meter Dash (2 Heats, Seeded by Time)
- 4 x 200 Meter Relay
- 1600m Run
- 4 x 100 Meter Relay
- 400m Dash (2 Heats, Seeded by Time)
- 300m Intermediate Hurdles (2 Heats, Seeded by Time)
- 800m Run
- 200m Dash (2 Heats, Seeded by Time)
- 3200m Run
- 4 X 400

**At the conclusion of the meet, coaches can pick up the All-Federal League First Team Plaques (Certificates to be printed by each respective school).**

**Coach of the Year Voting- Each school receives 1 vote per team (1 girl's vote/1 boy's vote)**

**Athlete of the Year Voting-coaches may nominate athlete; each school permitted one vote per gender.**

**All voting will take place immediately upon the conclusion of the meet.**

### **Teams - Coaches**

GlenOak – Scott Ferrell (Boys and Girls)

Green - Paul Hane (Boys) / Jake Saylor (Girls)

Hoover – David Neitzelt (Boys and Girls)

Jackson – Matt Sidel (Boys) / Rick Neitzelt (Girls)

Lake – Matt Pinion (Boys and Girls)

McKinley – Jacob Foltz (Boys and Girls)

Perry – Mike Laubacher (Boys) / Chad Kirkbride (Girls)