

# 2022 LC8 Track and Field Championships

## Firelands High School May 10<sup>th</sup> & 12<sup>th</sup>

### Entry Limits:

- Each school may enter 2 individuals per open event and one relay team.

### Entries Deadline:

- Baum's page will open on May 3rd at 4:00pm and close on May 9th at 6:00pm. Meet is listed as "LC8 Conference Championships"

### Lane Assignments:

- Lanes will be assigned according to times.
- Event 400m and lower must be FAT times submitted.
- Hand times will not be accepted.
- If you are entering an athlete without a FAT time they must be entered as NT (no time).

### Admission Cost for Spectators:

- \$6.00 for adults, seniors and students. A concession stand will be open with a variety of items available. Cash only at the gate.
- LC8 Track Championship T-Shirts will be available on both days

### Participation:

- All coaches are on their honor as to student- athlete participation limits and eligibility. All participants must be on your current OHSAA Eligibility list.

### Start Times:

- Field events will start at 3:00pm on Tuesday (Only Thursday if Tuesday is rained out) each day and running events will begin at 5:00pm

### Scoring:

- 1<sup>st</sup> Place = 10pts
- 2<sup>nd</sup> Place= 8pts
- 3<sup>rd</sup> Place= 6pts
- 4<sup>th</sup> Place= 5pts
- 5<sup>th</sup> Place= 4pts
- 6<sup>th</sup> Place= 3pts
- 7<sup>th</sup> Place= 2pts
- 8<sup>th</sup> Place= 1pts

### Awards:

- Plaques will be awarded to the 1<sup>st</sup> place teams in both the boys and the girls competition. Medals will be given for places 1 through 3.
- Awards will be given directly after a final. Top 3 placers will head directly to the podium upon completion of the event to receive their medals.

Starting Heights:

- Girls Pole Vault- 6'- 6'6"- 7'- 7'6"- 8'- 8'6"- 8'9"- then up 3"
- Boys Pole Vault- 8'- 8'6"- 9'- 9'6"- then up 3"
- Girls High Jump- 4'- 4'2"- 4'4"- 4'6"- 4'8"- then up 2"
- Boys High Jump- 5'- 5'2"- 5'4"- 5'6"- 5'8"- 5'10"-6'- then up by 2"

Shot and Disc:

- Each contestant will have 3 throws. The top 9 performers will make it to the finals and scoring will be the top 8 places.

Long Jump:

- Each contestant will have 3 preliminary jumps. The top 9 performers will advance to the finals and scoring will be the top 8 places.

Pole Vault:

- Pole Vault will take place on Tuesday.

General information:

- Hip #'s will be worn for all races for finals
- Each team will be required to bring their own starting blocks

## Tuesday May 10<sup>th</sup> Event Schedule:

### **MANDATORY COACHES MEETING 2:40PM (brief)**

#### **Field Events: 3:00pm start**

- Boys High Jump and Shot Put (Final)
- Girls Long Jump and Discus (Final)
- Boys Pole Vault (Final)

#### **Field Events: 4:00pm start**

- Boys Long Jump and Discus (Final)
- Girls High Jump and Shot Put (Final)
- Girls Pole Vault (Final)

*(For Shot Put, Long Jump and Discus each athlete will be giving 3 jumps/throws and the top 9 advancing to Finals)*

School Assignment for help running events:

Keystone and Brokside-	Pole Vault
Clearview and Columbia-	Shot
Firelands and Oberlin	Long Jump
Brookside and Firelands-	High Jump
Wellington and Black River-	Disc
Firelands and anyone-	Hurdle Crew

#### **Running Events: 5:00pm start**

- 5:00 pm Girls 4 x 800m (Final)
- 5:15pm Boys 4 x 800m (Final)
- 5:30pm 100m Hurdles Prelims
  - (Top 4 finishers/ heat qualify to Finals)
- 5:40pm 110m Hurdles Prelims
  - (Top 4 finishers/ heat qualify to Finals)
- 5:50pm Girls 100m Dash Prelims
  - (Top 4 finishers/ heat qualify to Finals)
- 5:55pm Boys 100m Dash Prelims
  - (Top 4 finishers/ heat qualify to Finals)
- **10 Minute Break**
- 6:10pm Girls 400m Dash Prelims
  - (Top 4 finishers/ heat qualify to Finals)
- 6:15pm Boys 400m Dash Prelims
  - (Top 4 finishers/ heat qualify to Finals)
- 6:25pm Girls 300m Hurdles Prelims
  - (Top 4 finishers/ heat qualify to Finals)
- 6:35pm Boys 300m Hurdles Prelims
  - (Top 4 finishers/ heat qualify to Finals)
- **10 Minute Break**
- 6:50pm Girls 200m Dash Prelims
  - (Top 4 finishers/ heat qualify to Finals)
- 6:55pm Boys 200m Dash Prelims
  - (Top 4 finishers/ heat qualify to Finals)

## Thursday May 12<sup>th</sup> Event Schedule:

### **MANDATORY COACHES MEETING 430PM**

- **Coaches can vote for COY, Track athlete OY and Field Event athlete boys and girls via Google Form:**
  - <https://forms.gle/gtQqPvA6mMxXy89X7>
- **Votes MUST be received by Friday Night May 13<sup>th</sup> at 5:00pm**
- **Coaches WILL BE FINED \$50.00 PER BALLOT (BOYS AND GIRLS) IF NO BALLOT IS TURNED IN BEFORE THE DEADLINE**

**Thursday will follow a regular meet schedule without the 4 x 800m Relay.**

**Only if Field Events are rained out on Tuesday will there be Field Events on Thursday. Field Events begin at 3:00pm and Running at 5:00pm.**

**All Finals will be based on times.**

**Coaches please use correct times.**

Any additional questions please reach out to meet manager Ty Stillman at [tstillman@irelandsschools.org](mailto:tstillman@irelandsschools.org)