



Northern Buckeye Conference

High School Track and Field Championships

Elmwood High School, Saturday, May 18, 2013


High
School
Track

7650 Jerry City Rd Bloomdale, OH 44817
Phone: 419-655-2583

Meet manager: Richard Morgan, phone: 419-601-1976
email: rmorgantf@yahoo.com

- Teams:** Eastwood, Elmwood, Fostoria, Genoa, Lake, Otsego, Rossford, and Woodmore
- Entries:** Entries will be done online at www.baumspage.com. The window opens at 8:00 AM on Sunday, April 28 at 8:00 AM, and it will close **at 11:00 AM on Thursday, May 16**. There is no scratch window. We will accept changes up to the beginning of the meet on Saturday, but please try to keep them to a minimum. Please email changes to the address above. Lane assignments, starting heights, etc., will be posted on baumspage and emailed to each head coach Thursday evening.
- Scoring:** We will score 8 places in all events: 10-8-6-5-4-3-2-1
- Workers:** Each school will supply one person to act as a backup timer, plus workers to help with a field event. Field event assignments are on the schedule page. **Please email these workers** to Monica Arnold at her email address below.
- Facilities:** Please use $\frac{1}{8}$ or $\frac{1}{4}$ inch spikes. Tape is acceptable for marking the jumps, and tennis balls or the like should be used for relays. Please supply your own batons.
- Implements:** Please weigh in your implements in the garage by the concession stand upon arrival.
- Sprints:** In the 100/110 M Hurdles, 100 M Dash, and 200 M Dash, the heats will be seeded as evenly as possible based on submitted times, while keeping athletes from the same school in different heats. In the 300 M Hurdles and 400 M Dash, athletes will be placed into two heats, run from slower to faster, based on submitted times. However, anyone can score from either heat.
- Stuff:** We will have our concession stand open, with t-shirts available. Admission is \$6.00 adults, and \$4.00 students.
- Schedule:** Please review the attached time schedule for other details.
- Awards:** There will be a team trophy for champion. League certificates will be given for the top 3 places. Awards will be available in the press box after the meet. ***Also, each coach may nominate one of his athletes for athlete of the year. These nominations should be sent to the league commissioner, Larry Jones, by Monday, May 13.*** His email is nvad35lj@yahoo.com. Also, there will be both a track and a field athlete of the meet voted on that day as well. Coaches will meet at the finish line after the 1600 M relay to give their nominations and to vote. Girls' coaches nominate and vote for girls, boys' coaches likewise for boys.
- Coaches:** There will be a short coaches' meeting at 9:15 in the wrestling room near the locker rooms. There will also be a hospitality room with snacks and drinks for all the coaches in the wrestling room.
- Info:** For questions or information, please contact:
Monica Arnold, arnom@elmwoodschoools.org Elmwood Girls Track coach
Richard Morgan, rmorgantf@yahoo.com, 419-601-1976, meet manager

Good Luck,


Richard Morgan, Meet Manager



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High School Track and Field Championships Schedule

Saturday, May 18

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Field events

- 10:00 AM
- Boys Pole Vault, girls to follow
Eastwood supplies 2 workers
 - Girls High Jump, boys to follow
Five alive
Lake supplies 2 workers
 - Girls Long Jump, boys to follow
There will be 3 attempts, then the top 9 jumpers go to finals for 3 more attempts
Competition will be open pit for one hour, then finals
Elmwood and **Genoa** each supply 2 workers each
 - Boys Shot put, girls to follow
There will be 3 attempts, then the top 9 throwers go to finals for 3 more attempts
Otsego and **Fostoria** each supply 2 workers each
 - Girls Discus, boys to follow
There will be 3 attempts, then the top 9 throwers go to finals for 3 more attempts
Woodmore and **Rossford** each supply 2 workers each

Semifinals for Running Events

In the semis, the top 4 runners from each heat will advance to the finals.

11:00 AM Girls 100 M Hurdles Semis
 Boys 110 M Hurdles Semis
 Girls 100 M Dash Semis
 Boys 100 M Dash Semis
Girls 3200 M Relay Final
Boys 3200 M Relay Final
 Girls 200 M Dash Semis
 Boys 200 M Dash Semis

Please remember that all heat and lane assignments will be posted to baumspage some time Thursday evening. You will also receive an email with this information. Please check this for starting heights and other information.

Finals for Running Events

This might be pushed back if the semis run late. Actual starting time will be announced.

12:30 PM Girls 100 M Hurdles Final
(approx.) Boys 110 M Hurdles Final
 Girls 100 M Dash Final
 Boys 100 M Dash Final
 Girls 4 x 200 M Relay
 Boys 4 x 200 M Relay
 Girls 1600 M Run
 Boys 1600 M Run
 Girls 4 x 100 M Relay
 Boys 4 x 100 M Relay
 Girls 400 M Dash (2 heats)
 Boys 400 M Dash (2 heats)
 Girls 300 M Hurdles (2 heats)
 Boys 300 M Hurdles (2 heats)
 Girls 800 M Run
 Boys 800 M Run
 Girls 200 M Dash Final
 Boys 200 M Dash Final
 Girls 3200 M Run
 Boys 3200 M Run
 Girls 4 x 400 M Relay
 Boys 4 x 400 M Relay