



Northern Buckeye Conference

High School Track and Field Championships

Lake High School, Saturday, May 11, 2019

4900 Sugar Ridge Road
Phone: (419) 833-3611

Meet manager: Richard Morgan, phone: 419-601-1976
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- Teams:** Eastwood, Elmwood, Fostoria, Genoa, Lake, Otsego, Rossford, and Woodmore
- Scratches:** **Please check the program. Make sure everything is correct.** If there are any corrections, changes, scratches, or substitutions, please come to the press box before the coaches' meeting if possible. **Once the meet begins, only drops will be accepted except for injury.**
- Meeting:** There will be a short coaches' meeting about 9:15 beneath the press box. Listen for the call for this over the PA.
- Prelims:** In the 100/110 M Hurdles, 100 M Dash, and 200 M Dash, the heats have been seeded as evenly as possible based on submitted times. **The top 2 places from each heat and the next 4 fastest times will advance to the finals.** In the 300 M Hurdles and 400 M Dash, athletes were placed into two heats, run from slower to faster, based on submitted times. However, anyone can score from either heat.
- Field Events:** In the throws and the long jump, there will be three attempts, then the top 9 will go to finals for three more attempts. The best effort of the six attempts will be used to determine place. Please use your own implements. Make sure you have them weighed in the garage by the concession stand.
- Distance:** All three distance events were seeded two runners to a lane.
- Relays:** As there will be no relay cards, please report changes in runners to the press box, just like any other event. Please use your own batons.
- Zones:** We are asking that coaches help judge exchange zones during the relays. Please report to the exchange zone assigned. Flags will be provided.
400 m relay zone 1: Elmwood, Rossford
400 m relay zone 2: Genoa, Otsego
400 m relay zone 3: Fostoria, Woodmore
800 m relay zone: Eastwood, Lake
- Heights:** We will use the following starting heights: Girls HJ 4'4", Boys HJ 5'4", Girls PV 7', and Boys PV 9'. These can be changed by mutual coach agreement if necessary.
- Scoring:** We will score 8 places. (10-8-6-5-4-3-2-1)
- Awards:** There will be a team trophy for champion. League certificates will be given for the top 3 places. Awards will be sent to the respective schools. Also, there will be both a track and a field athlete of the meet as well. Girls' coaches vote for girls, boys' coaches likewise for boys. The vote for these awards will be by the pole vault pit during or after the 1600 M relay.
- Markings:** Tape is acceptable for marking the jumps, and tennis balls or the like should be used for relays.
- Results:** Results will be available in the press box, and all also be posted on baumspace.
- Live Results:** Live results will be available during the meet at baumspace.