

Aaron Hammond, Athletic Director
Mike Bernard, Assistant Athletic Director
Dawn Dawson, Administrative Assistant

www.miamitrace.k12.oh.us



Miami Trace Local School District
Athletic Department

300 Bloomingburg-New Holland Rd
Washington C.H., OH 43160

P: 740.333.4771 or
740.333.4708

FAC TRACK AND FIELD CHAMPIONSHIPS

Participants: Chillicothe, Hillsboro, Jackson, McClain, Miami Trace, Washington

Dates: Tuesday, May 11th and Thursday, May 13th

Location: Tony's Welding & Fabrication Stadium on the campus of Miami Trace Local Schools

Meet Manager: Aaron Hammond – Office (740) 333-4771, Cell (740) 572-1110, Email – ahammond@mtpanthers.org

Time Schedule: Tuesday, May 11th (Day #1)

5:00pm -> Start Field Events

- * Boys Pole Vault – start at 8'0"
- * Girls High Jump – start at 4'2"
- * Boys Long Jump – top 9 to finals
- * Boys Discus – top 9 to finals
- * Girls Shot Put – top 9 to finals

6:00pm -> Girls 4x800 Relay Finals

6:15pm -> Boys 4x800 Relay Finals

6:30pm -> Track Prelims

- * Girls 100m High Hurdles (top 2 of each heat, next 4 fastest times to finals)
- * Boys 110m High Hurdles (top 2 of each heat, next 4 fastest times to finals)
- * Girls 100m Dash (top 2 of each heat, next 4 fastest times to finals)
- * Boys 100m Dash (top 2 of each heat, next 4 fastest times to finals)
- * Girls 400m (top 2 of each heat, next 4 fastest times to finals)
- * Boys 400m (top 2 of each heat, next 4 fastest times to finals)
- * Girls 300m Intermediate Hurdles (top 2 of each heat, next 4 fastest times to finals)
- * Boys 300m Intermediate Hurdles (top 2 of each heat, next 4 fastest times to finals)
- * Girls 200m Dash (top 2 of each heat, next 4 fastest times to finals)
- * Boys 200m Dash (top 2 of each heat, next 4 fastest times to finals)

Time Schedule: Thursday, May 13th (Day #2)

5:00pm -> Start Field Events

- * Girls Pole Vault – start at 6’0”
- * Boys High Jump – start at 5’2”
- * Girls Long Jump – top 9 to finals
- * Boys Shot Put – top 9 to finals
- * Girls Discus – top 9 to finals

6:00pm -> National Anthem

6:15pm -> Start Running Finals

6:15pm -> Girls 100m High Hurdles

6:20pm -> Boys 110 High Hurdles

6:25pm -> Girls 100m Dash

Boys 100m Dash

6:30pm -> Girls 4x200m Relay

6:40pm -> Boys 4x200m Relay

6:50pm -> Girls 1600m Run

Boys 1600m Run

7:05pm -> Girls 4x100m Relay

Boys 4x100m Relay

7:20pm -> Girls 400m

Boys 400m

7:30pm -> Girls 300m Hurdles

Boys 300m Hurdles

7:40pm -> Girls 800m Run

Boys 800m Run

7:50pm -> Girls 200m Dash

Boys 200m Dash

7:55pm -> Girls 3200m Run

Boys 3200m Run

8:25pm -> Girls 4x400m Relay

Boys 4x400m Relay

Entries:

* 2 per individual event, 1 relay team per school

* online entry on baumspage

* **entry deadline is 8:00pm on Sunday, May 9th**

* scratches/changes due by 12:00pm on Monday, May 10th, email louis.reid@wchcs.org

* scratches/changes due by 9:00pm on Wednesday, May 12th, email louis.reid@wchcs.org

Athletic Trainer: Taylor Priest, ATC

* if needing lots of athletes taped please help provide some

Admission: All spectators \$5.00, no attendance restrictions, face masks requested and social distancing appreciated

Throwing Implements:

- * must be weighed and marked prior to competition
- * location of weigh station: Shot Put Area

Team Camp Areas:

- * behind both home and visitor bleachers
- * no camps on the football field

Track:

- * 8 lanes, black polyurethane all weather
- * 4x100m Relay – yellow to yellow exchange zones
- * 4x200m Relay – red to red exchanges 1 and 2, yellow to yellow exchange 3
- * 4x400m Relay – blue to blue with 3 turn stagger (2nd runner in lane until backstretch cutline)
- * 4x800m Relay – blue to blue with 2 turn stagger

Spikes:

- * 1/4" cone/pyramid maximum only, no needles or pins allowed, athletes will be checked

Restrooms:

- * Restrooms located on the left hand side of the facility concession stand

Bullpen:

- * north end of track by the scoreboard

Restricted Areas:

- * only athletes, coaches, and meet personnel are permitted inside the fences surrounding the track

Concessions:

- * offered by Miami Trace Athletic Boosters

Bus Parking:

- * please drop off athletes and then park in the high school parking lot

GOOD LUCK !!!

THANK YOU FOR YOUR COOPERATION