



Toledo Area Athletic Conference

High School Track and Field Championships

Northwood High School, Friday, May 10, 2019

High
School
Track

700 Lemoyne Road, Northwood, OH 43619
Phone: : 419-691-3888

Meet scorer: Richard Morgan, phone: 419-601-1976
email: rmorgan55@gmail.com

- Teams:** Cardinal Stritch, Emmanuel Christian, MVCD, Northwood, Ottawa Hills, and Toledo Christian.
- Entries:** Entries will be done online at www.baumspage.com. The window will close **at 11:00 AM on Wednesday, May 8**. There will be no scratch window. Enter no more than 2 individuals per event, and enter the **most consistent times**, not the very best one. Be aware that **once the deadline passes, there can be no additions**, only scratches or drop/adds.
- Scratches:** We will accept scratches or drop/adds up to the beginning of the meet on Friday, but if possible email them to the address above. Once the meet begins, we will accept drops, of course. However, no drop/adds will be allowed, except in case of injury. If an athlete drops because of injury, he is then ineligible for any following events. Any changes during the meet must be made at the press box, not at the event or at check-in. The clerk will NOT accept changes.
- Workers:** Each school will supply one person to act as a backup timer, plus a worker to help with a field event. Field event assignments are on the schedule page. **Please email these workers to Ken James at his email address below.**
- Facilities:** We have an 8-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use $\frac{1}{8}$ or $\frac{1}{4}$ inch spikes. Tape or washable chalk is acceptable for marking the jumps, and tennis balls or washable chalk should be used for relays. Please supply your own batons. Northwood will supply starting blocks.
- Zones:** We are asking that coaches help judge exchange zones during the relays. Positions will be assigned on meet day. Flags will be provided
- Implements:** Please weigh in your implements in the bottom of the press box.
- Sprints:** In the short sprints, the heats will be seeded as evenly as possible based on submitted times, while keeping athletes from the same school in different heats. The top two places from each heat plus the next four fastest times will advance. 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.
- Awards:** There will be a team trophy for champion. Individually, we will score 6 places. The top 3 placers will receive All-TAAC medals. There will also be an Athlete of the Year Plaque and a Coach of the Year Plaque awarded. Awards will be available in the press box after the meet.
- Coaches:** There will be a short coaches' meeting at 4:15 in the press box. There will also be a hospitality room with snacks and drinks for all the coaches there as well.
- Info:** For questions or information, please contact:
Ken James, kenjames@northwoodschoools.org, (419) 691-4651, Northwood AD
Richard Morgan, rmorgan55@gmail.com, 419-601-1976, meet scorer

Good Luck,

Richard Morgan, Meet Scorer



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Schedule and Information

High
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Track

4:30 PM

- Girls Pole Vault, boys to follow
Ottawa Hills supplies 2 workers
- Girls High Jump, boys to follow
Five alive
Northwood supplies 2 workers
- Boys Long Jump, girls to follow
There will be 3 attempts, then the top 7 jumpers go to finals for 3 more attempts
Competition will be open pit for one hour, then finals
Maumee Valley and **Cardinal Stritch** each supply 1 worker
- Boys Shot put, girls to follow
There will be 3 attempts, then the top 7 throwers go to finals for 3 more attempts
Emmanuel Christian and **Northwood** each supply 1 worker
- Girls Discus, boys to follow
There will be 3 attempts, then the top 7 throwers go to finals for 3 more attempts
Toledo Christian and **Cardinal Stritch** each supply 1 worker

Please remember to provide a back up timer along with the field event workers.

Semifinals for Running Events

In the semis, the top 2 runners from each heat plus the next four fastest times will advance to the finals. If any semifinal race has 8 contestants or fewer, it will not be run, and all contestants will advance to the finals.

- 5:00 PM 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 Wednesday afternoon or evening. Please check this for starting heights and other information.

Finals for Running Events

This time is approximate. Finals will start about 30 minutes after the semifinals. Actual starting time will be announced.

- 6:45 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