



Toledo Area Athletic Conference

High School Track and Field Championships

Northwood High School, Friday, May 13, 2022

- Teams:** Cardinal Stritch, Emmanuel Christian, Maumee Valley Country Day, Northwood, Ottawa Hills, and Toledo Christian
- Scratches:** **Please check the program before Friday. Make sure all your times and distances are shown correctly.** If there are any corrections, changes, scratches, or substitutions, please come to the press box before the coaches' meeting if possible. ALL changes must be made before the beginning of the meet. **Once the meet begins, only drops will be accepted, except for injury.**
- Meeting:** There will be a short coaches' meeting at 4:15 in the press box.
- Sprints:** We will not be running semi-finals for the open sprints. We will run the 100/110 hurdles, 100m Dash, and 200m Dash in two timed finals heats, the faster heat running first, followed by the slower heat. Runners will be entered into heats based on submitted times, so please submit these times accurately. Anyone can score from either heat. In the 400m Dash and 300m Hurdles, athletes are placed into two heats, run from slower to faster, based on submitted times. Anyone can score from either heat.
- Field Events:** There will be four attempts for the shot put, discus, and long jump. Please use your own implements. Long jump will be open pit for boys and girls for 90 minutes.
- 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: Northwood, MVCD
400 m relay zone 2: Emmanuel Christian, Stritch
400 m relay zone 3: Ottawa Hills, Toledo Christian
800 m relay zone: Ottawa Hills, Northwood
- Heights:** We will use the following starting heights: Girls HJ 3'10", Boys HJ 4'10", Girls PV 5'0", and Boys PV 6'0"
- Scoring:** We will score 6 places in open events (10, 8, 6, 4, 2, 1), 5 places in relays (10,8,6,4,2)
- Awards:** There will be a team trophy for the 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.
- Markings:** Tape or chalk is acceptable to mark the high jump and long jump. Please use your own tennis balls to mark relay zones.
- Goodies:** There will be a coaches' hospitality room in the press box throughout the meet. Please feel free to go up and grab some food and a drink when the opportunity arises.
- Results:** All results will be posted on Baumspage sometime Friday night.



2021 Toledo Area Athletic Conference

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Schedule and Information

High
School
Track

4:30 PM

- Girls Pole Vault, boys to follow
- Girls High Jump, boys to follow
- Boys Long Jump, girls to follow
There will be 4 finals attempts;
Competition will be open pit for 90 minutes
- Boys Shot put, girls to follow
There will be 4 finals attempts
- Girls Discus, boys to follow
There will be 4 finals attempts

Starting heights: Girls HJ 3'10", Boys HJ 4'10", Girls PV 5'0", Boys PV 6'0"

Finals for Running Events

This is an approximation, and actual starting time will be announced.

5:30 PM Girls 4x80m Relay
(approx.) Boys 4x800m Relay
Girls 100m Hurdles Final
Boys 110m Hurdles Final
Girls 100m Dash Final
Boys 100m Dash Final
Girls 4 x 200m Relay
Boys 4 x 200m Relay
Girls 1600m Run
Boys 1600m Run
Girls 4 x 100m Relay
Boys 4 x 100m Relay
Girls 400m Dash (1 heat)
Boys 400m Dash (2 heats)
Girls 300m Hurdles (2 heats)
Boys 300m Hurdles (1 heat)
Girls 800m Run
Boys 800m Run
Girls 200m Dash Final
Boys 200m Dash Final
Girls 3200m Run
Boys 3200m Run
Girls 4 x 400m Relay
Boys 4 x 400m Relay