



**Twin State League**  
**2024 Track & Field Championships**  
4/23/2024  
@ Warren High School

- I. NFHS Rule Book will govern the League Championship
  - A. Order of Events (**see Attachment**)
  - B. Scoring (4 teams)
    1. Individual events: 6-4-3-2-1
    2. Relay events: 6-4-2
  - C. Number of Entries (4 teams)
    1. Individual Running Events: 2 per school
    2. Relay Events – 1 team per school
    3. Field Events – 3 per school
  
- II. Entries must be entered online in Baumspage at (<http://www.baumspage.com>)  
Event Name: Twin State League Championships  
Entry Window: Opens at 7:00 am on Wednesday, April 17, 2024  
Closes at 6:00 pm on Monday, April 22, 2024
  
- III. Awards
  - A. Medals & All-Conference designation will be awarded to event winners.
  - B. A High Point plaque will be awarded to the Boy & Girl who accumulate the most points.
  - C. Coach of Year plaque will be awarded to the Team Champion coach in both boys and girls.
  
- IV. All running events will be timed using a Fully Automated Timing system.
  
- V. Team Camps - Under the home stands or in the visitor stands, only.
  
- VI. Additional Rules of the Stadium
  - A. Spikes are not to exceed ¼ inch.
  - B. Warm-ups should be confined to the Track or event areas.
  - C. Only those athletes checking-in for a race are permitted on the turf football field.
  - D. Food is prohibited inside the fence to the track and on the turf field.
  
- VII. Parking - Free spectator parking is available.
  
- VIII. Tickets: General Admission - \$6; Senior Citizen - \$5 (tickets may be purchased at the gate with cash or credit card)
  
- IX. A full concession stand will be available.



## Twin State League Track & Field Championships

\*\*This schedule is set up with approximate times. We plan to have enough time between events to present awards on our podium at the 50 yd line. Field events awards will be given at their completion for HJ, PV, and LJ. Shot put and Discus awards will be given at the completion of both boys and girls events.

3:45p Coaches Meeting~ behind the scoring tent with Commissioner Jim Hamric.

### 4:00p Field Events

Girls 1st – Shot Put, High Jump, Pole Vault

Boys 1st– Discus, Long Jump

### Running Events

5:15p 4 x 800 Meter Relay (Girls)

4 x 800 Meter Relay (Boys)

5:45p 100m Hurdles (Girls) – 33”

110m High Hurdles (Boys) – 39”

6:00p 100m Dash (Girls)

100m Dash (Boys)

6:10p 4 x 200 Meter Relay (Girls)

4 x 200 Meter Relay (Boys)

6:20p 1600 Meter Run (Girls)

1600 Meter Run (Boys)

6:40p 4 x 100 Meter Relay (Girls)

4 x 100 Meter Relay (Boys)

6:50p 400 Meter Dash (Girls)

400 Meter Dash (Boys)

7:00p 300 Meter Low Hurdles (Girls) – 30”

300 Meter Intermediate Hurdles (Boys) – 36”

7:15p 800 Meter Run (Girls)

800 Meter Run (Boys)

7:30p 200 Meter Dash (Girls)

200 Meter Dash (Boys)

7:40p 3200 Meter Run (Girls)

3200 Meter Run (Boys)

8:15p 4 x 400 Meter Relay (Girls)

4 x 400 Meter Relay (Boys)

### Number of Entries:

\*Individual Running Events – 2

\*Relay Events – 1

\*Field Events – 3

### Scoring (4 teams):

\*Individual Events: 6-4-3-2-1

\*Relay Events: 6-4-2