

LC8 Conference

2022 Middle School Track & Field Championships

- Date:** Prelims/Field Events Thursday May 5th
Field Events 3:45pm
Coaches/Substitution Meeting 4:20pm
Prelims 5:00pm
Finals will be Saturday May 7th starting at 11:00am
- Meet Lineup:** All coaches are asked to submit an event lineup for the League Championships by ***Wednesday May 4th by 3:00pm***. Lineups will be submitted on BaumsPage. **No late entries!!**
- Entry Limit:** Each school will be permitted to enter 2 individuals per running events and field events. The relay events will consist of one team per school. **Reminder that athletes can only compete in 3 events over the two days.**
- Coaches:** We would like one coach from each school near the finish line in case we have a problem or a discrepancy. Each school will be responsible to help with a field event.
- Events:** See attached sheet for schedule of events order and times.
- Starting Heights:** Tentative starting heights for each applicable event are as follows:
Girls High Jump: 3' 8" – then up 2"
Boys High Jump: 4' 2" - then up by 2"
Pole Vault: 5'6" then up by 6"
- Lanes:** Lanes will be assigned according to times. If you fail to enter times you will not receive preferred lanes.
- Scoring:** Team points for each event will be awarded as follows:
1st Place = 10 5th Place = 4
2nd Place = 8 6th Place = 3
3rd Place = 6 7th Place = 2
4th Place = 5 8th Place = 1
- Awards:** Trophies will be awarded to the 1st and 2nd place teams in both the Boys and Girls competitions. Medals will be given during the meet for 1st-3rd place on the football field directly in front of the press box.

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- Parking:** Buses will drop teams off at the main entrance of the stadium. They will park in the gravel parking lot located at the end of the building.
- Admissions:** Admission will be \$4.00. Senior Citizens: Free A concession stand will be open with a variety of items available
- Participation:** All coaches are on their HONOR as to student-athlete participation limits and eligibility. All participants must be on your current OHSAA Eligibility list.
- Athletes:** All athletes are to stay away from the finish line. They may warm-up on the back straightaway.
- Bullpen:** All races will meet at the Place where the event starts
- Blocks:** Blocks will be available for all contestants.
- Questions:** Please call Ty Grude, Meet Manager at 440-567-9432 with any questions. Or E-Mail at tgrude@firelandsschools.org
- Contact:** Please provide us with a phone number of the person(s) we are to contact in case we need to cancel due to poor weather conditions.
- Shot and Disc:** Each contestant will have four throws.
- Long Jump:** Each contestant will have four jumps.

A reminder that athletes may only compete in 3 events over the 2 days.

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Event Order and Times

- 3:45pm** **Field Events Begin (Substitutions can be made at the field event)**
Girls Long Jump for 1 hr. 15 min./ **Boys Long Jump for 1 hr. 15 min.**
Boys High Jump then Girls High Jump
Girls Discus then **Boys Discus**
Boys Shot Put then Girls Shot Put
Boys and Girls Pole Vault (Combined)
- 4:20pm** **Coaches Meeting. This will be the last time to make a substitution for prelims day.**
- 5:00pm** **Prelim Running Event (2 Heats for Open Events)**
Top 3 from each heat and next two best times make the finals
Girls – 100m Hurdles
Boys – 110m Hurdles
- Girls – 100m Dash
Boys – 100m Dash
- Girls – 4 x 800 Relay (**Finals**)
- Girls – 400m Run
Boys – 400m Run
- Field Event Awards**
- Girls – 200m Hurdles
Boys – 200m Hurdles
- Boys – 4 x 800 Relay (**Finals**)
- Girls – 200m Dash
Boys – 200m Dash

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Event Order and Times

Saturday May 7th

11:00am Finals Begin (Awards will be given right after event)

Girls – 100m Hurdles
Boys – 110m Hurdles

Girls – 100m Dash
Boys – 100m Dash

Girls- 1600m
Boys- 1600m

Girls – 4 x 100 Relay
Boys – 4 x 100 Relay

Girls – 400m Run
Boys – 400m Run

Girls – 4 x 200 Relay
Boys – 4 x 200 Relay

Girls – 200m Hurdles
Boys – 200m Hurdles

Girls – 800m
Boys – 800m

Girls – 200m Dash
Boys – 200m Dash

Girls – 4 x 400 Relay
Boys – 4 x 400 Relay

We will be stopping in between races to award the 1st-3rd place winners on the infield at the Podium.