



Northwest Central Conference

Jr High Track Championships

Thursday, May 5th, 2025

At North Baltimore

Teams: Cory-Rawson, Elgin, Hardin Northern, Lima Perry, North Baltimore, Ridgedale, Ridgemont, Temple Christian, Upper Scioto Valley, and Waynesfield-Goshen

Entries: Entries are through Baum's Page. **Window closes Wednesday May 14th at 11pm**, changes the next day can be emailed to Dan Davis ddavis@nbls.org. There is a limit of 2 entries per individual event, and 1 team per relay.

Facilities: The location of our track is at our high school, 2012 Tiger Drive, North Baltimore. Starting blocks will be provided, but you're welcome to bring your own. Shot and Discus are located behind the visitor bleachers on the east side of the complex, long jump and high jump are in the NE corner, behind the scoreboard.

Spectators: There will be a \$5 entry fee for all adult spectators, be mindful of which side of the gate you enter as we're hosting sectional softball final that afternoon also.

Team Camps: There are three pavilions that could be used for team camps, but it is suggested you make camp in the grass near our home football stands, either close to the finish line or 100m start area. Athletes will be asked to check-in at the bullpen prior to their event starting at 2nd call.

Scoring: We'll score 8 places for all events (10, 8, 6, 5, 4, 3, 2, 1).

Public Address: We have an announcer who will be making calls, please be mindful your athletes are listening for appropriate check-in times. He will also announce results as they occur, and we'll post final results on Baumspage after the meet concludes:

Awards: Medals and ribbons will be distributed in team packets shortly after the conclusion of the 4x400 and 1st and 2nd place team trophies will be handed out at that time as well.

Miscellaneous: Concessions will be open along with Kona Ice. There is also a T-Shirt Sale through BSN sports. On site shirts will be available (first 40) you can also order online for additional colors and sizes. A trainer will be on site if needed.



Field Events: Planning to start at 4:30

Open Pit Pole Vault (opening height – TBD on entries)
Girls High Jump, then boys (opening height – TBD on entries)
Boys Shot Put (two rings), then girls
Girls Discus (two rings), then boys
Open Pit Long Jump

Running Events:

Girls 4x800 Relay *starting at 5:00*
Boys 4x800 Relay
Girls 100m Hurdles *starting at 5:30*
Boys 110m Hurdles
Girls 100m Dash
Boys 100m Dash
Girls 4x200 Relay
Boys 4x200 Relay
Girls 1600m Run
Boys 1600m Run
Girls 4x100 Relay
Boys 4x100 Relay
Girls 400m Dash
Boys 400m Dash
Girls 200m Hurdles
Boys 200m Hurdles
Girls 800m Run
Boys 800m Run
Girls 200m Dash
Boys 200m Dash
Girls 4x400 Relay
Boys 4x400 Relay

flags will be at the finish line for relay exchanges, we ask a coach help watch zones and help with hurdles too

all races will be ran as finals, slow to fast heats

lane assignments based on seed times