2022 NWOAL Middle School Track & Field Championships
May 14, 2022
Delta Middle School
1101 Panther Pride Dr. Delta, OH 43515

SCHEDULE OF EVENTS

9:00-9:45am Scratches for all running events due to the scorer's tent at the finish line

9:15am Coaches meeting – Finish Line

10:00am **FIELD EVENTS**

Girls Pole Vault	
Boys High Jump	
Girls Shot Put	3 throws – top 9 to the finals
Boys Discus	3 throws – top 9 to the finals
Girls Long Jump	3 jumps – top 9 to the finals

11:00am **FIELD EVENTS**

Boys Pole Vault	
Girls High Jump	
Boys Shot Put	3 throws – top 9 to the finals
Girls Discus	3 throws – top 9 to the finals
Boys Long Jump	3 jumps – top 9 to the finals

12:15pm **RUNNING FINALS**

1. Girls 4x800 Meter Relay
2. Boys 4x800 Meter Relay

RUNNING SEMI-FINALS

Girls 100 Meter Hurdles
Boys 110 Meter Hurdles
~ 5-minute break ~
Girls 100 Meter Dash
Boys 100 Meter Dash
~ 5-minute break ~
Girls 200 Meter Hurdles
Boys 200 Meter Hurdles
~ 5-minute break ~
Girls 200 Meter Dash
Boys 200 Meter Dash

2 Heats
Top 8 times advance to finals

FINALS – 30 MINUTES AFTER THE CONCLUSION OF THE SEMI-FINALS

3. Girls 100 Meter Hurdles
4. Boys 110 Meter Hurdles
5. Girls 100 Meter Dash
6. Boys 100 Meter Dash
7. Girls 1600 Meter Run
8. Boys 1600 Meter Run
9. Girls 4x100 Meter Relay
10. Boys 4 x 100 Meter Relay
11. Girls 400 Meter Run – **2 heats**
12. Boys 400 Meter Run – **2 heats**
13. Girls 4x200 Meter Relay
14. Boys 4x200 Meter Relay
15. Girls 200 Meter Hurdles
16. Boys 200 Meter Hurdles
17. Girls 800 Meter Run
18. Boys 800 Meter Run
19. Girls 200 Meter Dash
20. Boys 200 Meter Dash
21. Girls 4x400 Meter Relay
22. Boys 4 x 400 Meter Relay

TEAM CHAMPIONSHIP PLAQUES PRESENTATION