



# Toledo Area Athletic Conference

## Middle School Track and Field Championships

### Northwood High School, Thursday, May 5, 2022

- Teams:** Emmanuel Christian, Kateri Catholic, Maumee Valley Country Day, Northwood, Ottawa Hills, and Toledo Christian
- Scratches:** **Please check the program before Thursday. 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 110 hurdles, 100m Dash, and 200m Dash in two timed finals heats, the faster heat running first, followed by the slower heat. Anyone can score from either heat. The Girls 100m hurdles will be run in one timed finals heat. In the 400m Dash and 200m 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. Boys will jump first, followed by the girls.
- 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 3'4", Boys HJ 4'0", Girls and Boys PV will both start at 4'0".
- Scoring:** We will score 6 places for open event (10, 8, 6, 4, 2, 1) and 5 places for 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.
- 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 Thursday night.



# 2022 Toledo Area Athletic Conference

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### Schedule and Information

Middle  
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 3'4", Boys HJ 4'0", Girls PV 4'0", Boys PV 4'0"

### **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 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 4 x 200m Relay  
Boys 4 x 200m Relay  
Girls 200m Hurdles (2 heats)  
Boys 200m Hurdles (1 heat)  
Girls 800m Run  
Boys 800m Run  
Girls 200m Dash Final  
Boys 200m Dash Final  
Girls 4 x 400m Relay  
Boys 4 x 400m Relay