

# Time Schedule

4:30- Field Events: Girls long jump followed by boys, Boys high Jump followed by girls, Girls pole vault followed by boys, Girls discus followed by boys, Boys shot put followed by girls.\*

## **Finals in all running events**

5:00 Girls 4x800  
Boys 4x800

## ***Rolling time schedule from this point on***

6:00 100M Hurdles Girls  
110M Hurdles Boys  
100M Dash Girls  
100M Dash Boys  
4\*200M Relay Girls  
4\*200M Relay Boys  
1600M Run Girls  
1600M Run Boys  
4\*100M Relay Girls  
4\*100M Relay Boys  
400M Dash Girls  
400M Dash Boys  
300 M Hurdles Girls  
300 M Hurdles Boys  
800M Run Girls  
800M Run Boys  
200M Dash Girls  
200M Boys  
3200M Run  
3200M Run Boys  
4\*400M Relay Girls  
4\*400M Relay Boys

*\*Flights in the LJ, SP, and Discus will be used as needed  
Top 7 advance to finals to score 6*

*\*Starting heights*

*by 1"*

*Girls HJ: 4'2" by 2" until 4'10 then*

*Girls PV: 6'6" by 6"*

*Boys HJ: 5'2" by 2 until 6' then by 1"*

*Boys PV: 9'0 by 6"*

Friday May 3, 2024

Teams: Columbus Grove, Continental, Ft. Jennings, Kalida, Leipsic, Miller City, Ottoville, and Pandora Gilboa

1. Upon arrival coaches should report to the press box for packets containing heat assignments. Shot and discus weigh-in will be done by the ticket booth near the discus cage.
2. You are limited to two contestants per event and one relay team per relay.
3. The scoring will be 10 – 8 – 6 – 4 – 2 – 1 for individuals and relays.
4. Admission is set at \$7.00 for adults, and \$4.00 for students. Programs will be sold for \$1.00
5. There will be T-shirts available for purchase.
6. A concession stand will be open during the meet.
7. You will need to furnish your own relay batons.
8. Each contestant is responsible for reporting on time for their events. Competitors should report to the clerk of course in the “Bull Pen” area at the scoreboard end of the track.
9. High jump and Long jump competitors only are allowed on the infield. Please keep your team off the football field.
10. Results will be posted on [www.baumspage.com](http://www.baumspage.com)
11. Please no spikes in the stands. ¼” tacks on the track and jumping surfaces.
12. Please do not use tape on the all weather surfaces.
13. Team camps may be set up behind the stands.
14. Please be accurate in your submitted times so we can seed accordingly.
15. Field events will be 3 preliminary trials with the top 7 advancing to finals for 3 more trials.
16. If there are 2 heats of relays we will do a 5 team 2 team split.
17. **Please submit a preliminary event roster on Baumspage by Thursday, May 2. Changes are welcome until Friday at 12:00 noon. There will be no substitutions after 12:00.**
18. Please send me a list of your academic award winners before the meet.
19. PCL “Player of the Year” award will be awarded based on points just as it has in the past:
  - a. Placement points in an event- 10,8,6,4,2,1
  - b. 5 points for finishing first
  - c. 5 points for an individual winner
  - d. 5 points for setting a new record

If you have any questions please contact Abbie Norton 419-303-0732 or [cg\\_norton@cg.noacsc.org](mailto:cg_norton@cg.noacsc.org)