

Wheaton Warrenville South Boys Track & Field  
Indoor Meet Information

**Date:** March 7, 2008

**Teams Competing:** Plainfield Central, Oswego East, Orr

**Starting Times:** Field Events 4:30 p.m. Running Events 5:30 p.m.

**Meet Format:** This will be an unlimited entry meet competed at the Frosh/Soph and Varsity levels. You can sign your athletes in when you arrive. Please put your top 4 sprinters in the first 3 heats of the 55 m dash. After the first 3 heats we will show the athletes their times, but not record the times.

If each school can supply at least one adult worker at the finish line, this will help move the meet along. I will need one school to run the High Jump.

4:30 pm Pole Vault: One flight High Jump: One flight

Long Jump: First – Cafeteria style one flight – 3 jumps

Triple Jump: After LJ – same format as LJ

Shot Put: Sophomores 1<sup>st</sup> – 4 throws, Varsity to follow.

5:30 pm Running Events: 4 x 800 Relay  
3200  
55 High Hurdles  
55 Dash  
600  
800  
4 x 200  
1000  
400  
1600  
200  
4 x 400

**General Information:** The track is 177.8 m which is 9 laps for 1600m. The surface is mondo. NO SPIKES.

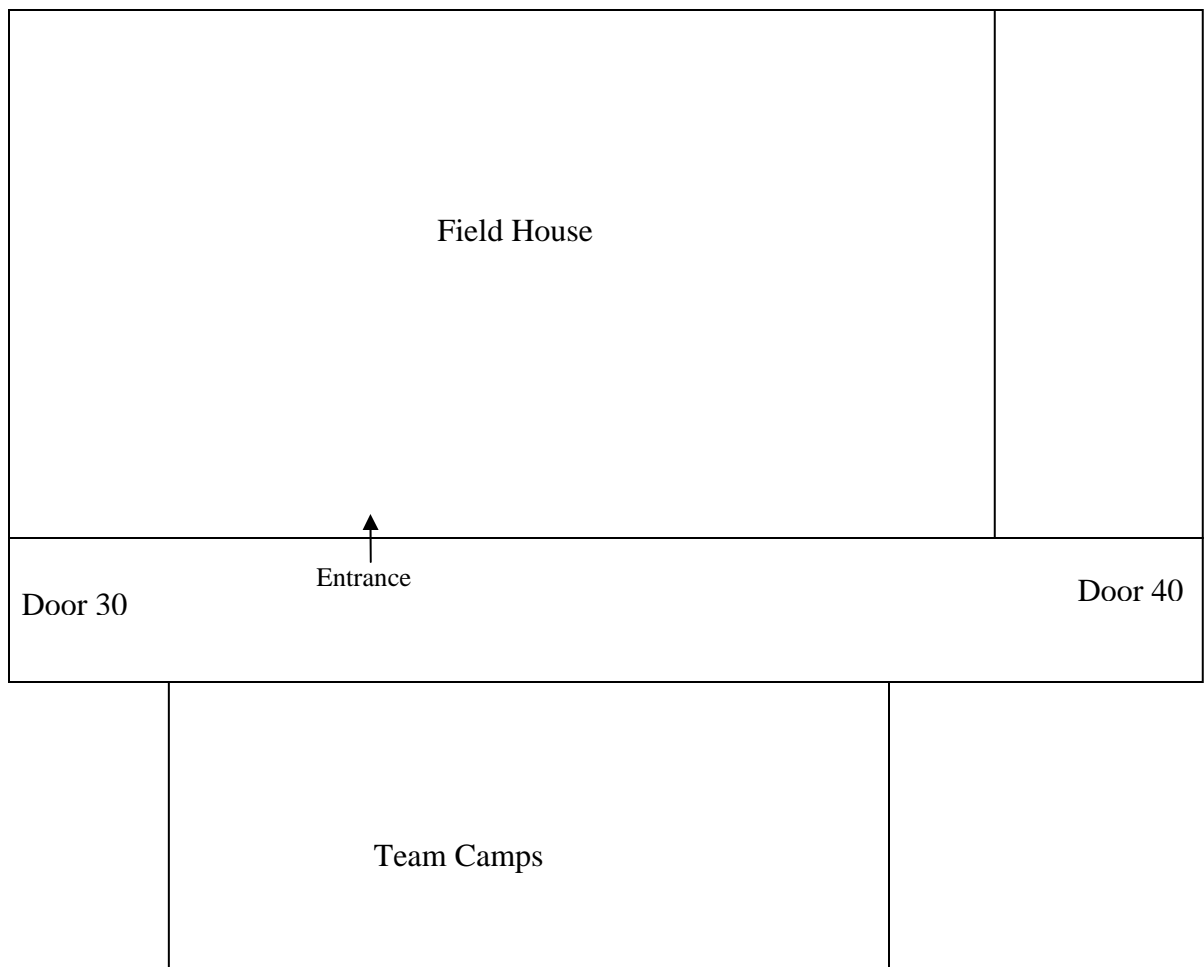
**NO GUM, FOOD OR DRINK IN THE FIELD HOUSE.**

Starting lines are labeled in lane 2.

For the 55 High Hurdles, the athletes will run the hurdles not lanes. The flight of the hurdles represents the lane.

Please clean your team camp area when the meet is over.

We look forward to hosting the meet! Any questions please contact me at 630-784-7072 or [khelberg@cusd200.org](mailto:khelberg@cusd200.org) Thanks, Ken



Other useful information.

Long Jump Boards: 8' orange; 12' white

Triple Jump Boards: 20' & 26' orange; 32' & 38" white

NO ATHLETIC TAPE on the floors. We will provide blue painters tape for markers on the floor.