

Wheaton Warrenville South Boys Track & Field
Indoor Meet Information

Date: February 6th, 2009

Teams Competing: Bartlett, Naperville Central, West Aurora

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 for each level in the 3 scoring heats of the 55 m dash. **We will run the non scoring heats of the 55 m dash at 4:45 p.m.**

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.

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 1st – 4 throws, Varsity to follow.

Running Events: at 4:45 p.m. 55 Dash (non-scoring heats)
at 5:30 p.m. 4 x 800 Relay
3200
55 High Hurdles
55 Dash (3 scoring heats/level)
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.

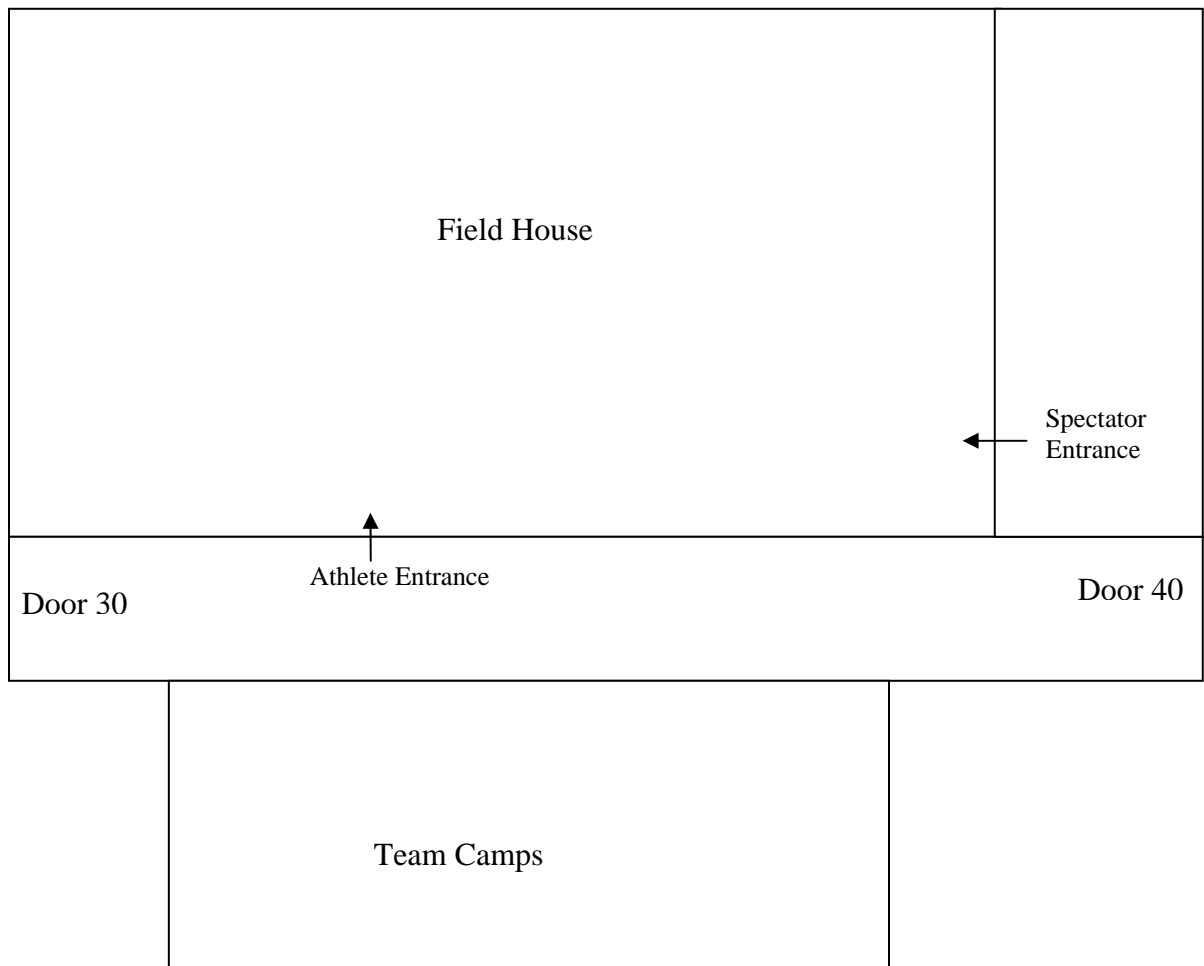
NO GUM, FOOD OR DRINK IN THE FIELD HOUSE.

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 Thanks, Ken



Other useful information.

Long Jump Boards: 8' orange; 12' white

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

NO TAPE on the track, please use chalk.