

# Willowbrook High School

1250 S. Ardmore Ave.

Villa Park, IL 60181

630 782 3086

Dear Coach,

The following information should be of help to you concerning the Fr/Soph & Varsity meet on Tuesday, February 23rd. Participating teams will be Geneva, Glenbard South, and Willowbrook. We will try to get started as close to 4:30pm as possible.

The track is 160 meters in length (10 laps per mile). **You will be able to use 1/8" spikes this year.**

Please keep your teams out of the fenced in area (*no spikes allowed on basketball courts*)

Team camps can be located on the blue bleachers and Southeast corner of the field house.

Please have your team dress at home. Washroom facilities are available in the hallway outside of the field house.

In all races the lower level will run before the varsity level, unless combined. Non-scoring heats will be given verbal times at the finish line only.

The meet will be scored on two levels, Fr/Soph & Varsity. Some events limited entry.

Top 4 score – 5,3,2,1

Relays score – 5,3

4:30 Long Jump (Preceding TJ, F/S then V, three jumps, no finals)  
Triple Jump (Preceding LJ, F/S then V, three jumps, no finals)  
High Jump (starting height 4'6", or TBD by coaches at start of meet)  
Shot Put (F/S then V, four throws, no finals)  
Pole Vault **NO POLE VAULT FACILITIES!!!**

5:00 3200 Relay, combined levels  
4-Lap Relay – limit 1 per level, F/S then V  
3200 Run – unlimited entry, combined levels if possible  
55 Meter High Hurdles – limit 4 per level, plus extra non-scoring heats  
55 Meter Dash – limit 4 per level, plus extra non-scoring heats  
800 Meter Run – unlimited entry  
400 Meter Run – limit 4 per level, plus extra non-scoring heats  
600 Meter Run – limit 4 per level  
55 Meter Low Hurdles – limit 4 per level, extra non-scoring heats  
1600 Meter Run – unlimited entry  
200 Meter Run – limit 4 per level, **NO** extra heats  
Weight Man Relay – limit 1 per team, 1 heat...for a cake!  
1600 Meter Relay, limit 1 per level

## Workers List:

HJ - Glenbard South  
TJ - Willowbrook  
LJ - Willowbrook  
SP - Willowbrook

Any Questions – Please Call T.J. Artman – 630-272-3298

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School: Glenbard S.

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