



2016 Up-State 8 Girls Track & Field Meet
Thursday, May 5, 2016
Hosted by: Elgin High School

Elgin High School would like to welcome you and your teams to the 2016 Up-State 8 Girls' Track & Field Meet. We hope to provide you and your athletes a positive experience. Please read through this information carefully.

INFORMATION:

Date: Thursday, May 5, 2016

Location: Elgin High School
1200 Maroon Drive
Elgin, IL 60120

Time Schedule:

Scratches, Weigh-In.....	2:30pm
Coaches and Officials Meeting (north shed near pole vault).....	3:15pm
All Field Events.....	3:30pm
National Anthem.....	3:45pm
JV 3200 M Run (1 heat).....	3:50pm
Varsity 3200 M Run (1 st Heat).....	4:05pm
Finals in All Track Events.....	4:25pm

Levels: The meet will be run at two levels (Varsity & JV). JV running events will precede all varsity events. A more detailed schedule is contained later in this document.

Teams may enter two individuals in all running and field events, at both the varsity and JV level. Teams may enter one relay team per event at both levels. Athletes may only compete at one level.

Entries: We are utilizing Prime Time Timing to seed, time, and score the meet. Each coach should access the site www.pttiming.com and load your entries. The window to enter your athletes is Tuesday, April 26 at 12:00pm. The **Deadline for submission will be Tuesday, May 3 at 12:00 p.m.** After that time we will only allow substitutions on the day of the meet in accordance with IHSA rules.

There are separate links for Varsity and JV, so please make your entries accordingly.

Entry Deadline – Tuesday, May 3 at 12:00pm

Substitutions: Substitutions will be allowed the day of the meet only with the appropriate Principal's letter. Events will NOT be re-seeded.

Facilities:

Memorial Field has an 8 lane track. Only rubber soled shoes or shoes with spikes not to exceed ¼" in length will be permitted. The shot and discus areas are concrete, so rubber soled shoes only may be worn. No tape or scratch marks of any kind will be allowed. Bean bags or half tennis balls may be used. Washrooms and concessions will be available inside the track stadium.

Areas for Athletes:

No one except officials and competitors will be allowed to enter the track area. Camps will ONLY be permitted on the west side of the stadium.
No teams are allowed in the building for any reason.

Locker Facilities:

Locker facilities will NOT be provided.

Bus Parking

Please inform your bus drivers to drop your team at the south entrance of the stadium. After drop off, buses are to park in the school parking lot. Route 19 parking lot is for Parents & spectators only.

Coach's Meeting:

All head coaches, or a representative from your school, must be present at the scratch meeting at 3:15PM

Workers:

Each school is required to provide **three (3)** qualified adult workers. Using the attached sheet, please indicate the names and preferences of your workers and email to paulpennington@u-46.org or fax to (847) 888-5059 by **Monday, May 2, 2016**. While every effort will be made to meet your indicated preferences, Elgin High School reserves the right to assign meet workers as needed in order for the meet to run smooth.

Weigh-Ins:

All shots & discus must be weighed in and certified prior to competition. Weigh-ins will be located at the west entrance of the north shed inside the stadium.

Admission:

Adult	\$5.00
Students w/ID	\$3.00

Upstate Eight Conference Passes will be accepted

Spectators:

All spectators must remain in the stands at all times. Only coaches with wrist bands and athletes with uniforms will be allowed on the infield.

Results:

F.A.T. timing will be used this year. Event results will be posted by event outside the concessions stand as they become available. Complete results will be available immediately following the invite online at www.pttiming.com

Hospitality:

Hospitality will be provided for coaches and workers in the south side of the press box.

Starters:

Mike Powers, Miles Tischhauser, Mike Pondel

We are looking forward to hosting.
If you have any questions, please feel free to contact the athletic office.
Paul Pennington-Athletic Director
paulpennington@u-46.org
847.888.5100 x5346



Worker List

Please list the names of three (3) qualified adult workers, choosing from the jobs listed below. While every effort will be made to meet preferences, Elgin High School reserves the right to assign workers as needed.

- Head Discus Official
- Head Shot Put Official
- Head Long Jump Official
- Head Triple Jump Official
- Head Pole Vault Official
- Head High Jump Official
- Assistant Discus Official
- Assistant Shot Put Official
- Assistant Long Jump Official
- Assistant Triple Jump Official
- Assistant Pole Vault Official
- Assistant High Jump Official

School Name: _____

Worker's Name	1st Choice	2nd Choice
1.		
2.		
3.		

**FAX this sheet directly to Paul Pennington at
847.888.5059 or email it to paulpennington@u-46.org
No later than Monday, May 2, 2016**



Schedule of Field Events

Long jump (3 jump prelims - top 9 to finals)

- Varsity & JV to run concurrently through completion

JV high jump – to completion

- Varsity high jump will immediately follow JV
- Opening heights to be determined at coaches' meeting

Triple jump (3 jump prelims - top 9 to finals)

- Varsity & JV to run concurrently through completion following long jump

Varsity Discus (3 throw prelims - top 9 to finals)

- JV Discus to follow Varsity

JV Shot Put (3 throw prelims - top 9 to finals)

- Varsity Shot Put to follow JV

Varsity pole vault – to completion

- JV to follow completion of Varsity
- Opening heights to be determined at coaches' meeting
- JV & Varsity may be combined depending upon number of entries



Schedule of Events

JV PRECEDES VARSITY IN ALL EVENTS

- 3:30pm ➤ Field Events
- 3:45 pm ➤ National Anthem
- 3:50 pm ➤ JV 3200 m Run 1 Heat
- 4:05 pm ➤ Varsity 3200 m Run 1st Heat

4:25pm

Track Finals

- 3200 m Relay
 - 400 m Relay
 - Varsity 3200 m Run (2nd Heat)
 - 100 m Hurdles
 - 100 m Dash
 - 800 m Run
 - 800 m Relay
 - 400 m Dash
 - 300 m Hurdles
 - 1600 m Run
 - 200 m Dash
 - 1600 m Relay
- Final results and awards packets available in the press box