

Kane County Order of events

All field events start at 4:30

Discus	3 flights	Best Flight Last (Finals follow immediately)
Shot	3 flights	Best Flight last (Starts with Discus Finals)
Long Jump	3 flights	Best Flight Last (Finals follow immediately after)
Triple Jump	3 flights	Best Flight first (Finals follow Long Jump finals)
High jump	1 flight	Start at 5'-5" (6 heights to 2A State Qualifying)
Pole Vault	1 flight	Start at 10'-7" (6 heights to 2A State Qualifying)

Finals start at 6:00

3200 M relay	1 heat
400 M relay	2-3 heats
3200 M run	2 heats
110 M Hurdles	4-5 heats
100 M dash	4-5 heats
800 M run	3 heats
800 M relay	2-3 heats
400 M dash	4-5 heats
300 M hurdles	4-5 heats
1600 M run	2-3 heats
200 M dash	1 heat
Freshman Sprint medely 100,100 200 400	2 heats
1600 M relay	2-3 heats

99TH ANNUAL KANE COUNTY TRACK AND FIELD MEET

- PLACE:** Kaneland Senior High School
47W326 Keslinger Road
Maple Park, IL. 60151
- WHEN:** Friday, May 6th, 2016 at 4:30 P.M. Rain Date Saturday
May 7th 10:00 A.M.
- ENTRY:** The fee is \$225.00 and should be mailed to Kaneland High School
by May 5th , 2016.
- SCRATCHES:** All coaches are to report to the Press Box to pick up meet packets and make any necessary scratches. Please try and do this before 4:00.
- DRESSING FACILITIES:** Please bring your athletes ready to participate since no dressing facilities will be available.
- AREA FOR ATHLETES:** We hope that you will help us keep athletes off the infield. Camps may be set up outside the 4' track retention fence. No spikes on the bleachers please.
- SHOES:** Track & field events require ¼" spikes or flats.
- WEIGH INS:** Shot & discus will be checked in prior to 4:00 by the shot put ring.
Please be sure that you have a legal implement that meets IHSA specifications.
- STARTING BLOCKS:** Kaneland High School will provide all starting blocks.
- TRACK:** The track is all weather, seven lanes (1.07) 400M track.
PLEASE DO NOT PLACE ANY TAPE ON THE TRACK SURFACE. THIS INCLUDES ALL RUNWAYS WE WILL PROVIDE CHALK.
- LIMITATIONS:** Each school is limited to two contestants in each track and field events.
- STARTING HEIGHTS:** Starting height for the pole vault will be 10'-7" and will raise 6"
High jump - 5'5" and will raise 2" until 6' 3".
- SCORING:** Points will be scored: 10-8-6-5-4-3-2-1 (8 places)
- AWARDS:** Trophies will be awarded the top 3 teams and individual medals will be awarded to the first 6 place winners in each event.
- ADMISSION:** Adults - \$4.00 Students - \$2.00
- CONCESSIONS:** The Kaneland Booster Club will have the concession stand open throughout the day.
Freshman Sprint Medley is- Non-Scoring.