

ST. CHARLES NORTH TRACK & FIELD

Tri-City Open Meet Information

Teams: Batavia, Geneva, St. Charles East, SCN
Date: Saturday 7 May 2016
Time: 10:00AM Field Events, 10:30AM Track Events



We will run two levels: Frosh-soph and JV.
Order: Frosh-Soph then Varsity.
Fast heat first- top 2 athletes of each school.

After the fast heat we will not record times. All other athletes will be "show and go."

Any athlete who competed in the Kane County Meet (other than the freshman relay) should only compete in the exhibition rounds. In the distance races exhibition athletes should wear a t-shirt or their uniform inside-out.

Awards: Gatorades to the top JV and top FS in each event.

Order of events

4x100
3200 and 4x800 combined
110 Hurdles
100 Dash
800
4x200
400
300 Hurdles
1600
200
4x400

Shot and Discus will be determined by coaches depending on number of athletes and availability of coaches willing to run one of the events.

Long Jump- cafeteria for 45 minutes, Triple Jump to follow- 45 minutes cafeteria

Pole Vault and High Jump- combined

Copy of the score sheet will be available shortly after the meet ends.

Bathrooms are located at the outside concession stand. Please stay out of the building.

Concession stand will be open.