

2016 UPSTATE EIGHT CONFERENCE BOYS TRACK & FIELD CHAMPIONSHIPS

Thursday May 12, 2016



St. Charles North High School
255 Red Gate Road
St. Charles, IL 60175

Entries

Entries are due by 11:59 AM on **Monday May 9, 2016** at <http://pttiming.com>.

Please use FAT times or adjust hand times by rounding up to the next tenth and add .24. No late entries will be accepted online. Failure to enter online will result in athletes being entered with no time/no distance. You will be responsible for any late fees that PT Timing charges for adding entries after they are due. Substitutions (without reseeding) will only be accepted with a principal's note.

Seed Meeting

There will be a seed meeting on **Tuesday May 10th** at 6:00pm in room 608 (the "team room"). Enter door #1 (Athletics- you may need to use the security button) and proceed straight down the hall. The team room is the last room on the left before you go outside.

Heat sheets will be distributed. Any challenges to seed times must take place during the seed meeting. Coaches whose seed times are challenged must provide verification or the seed will be changed to "no time/no distance."

Starting heights and flights will be established at the meeting.

A games committee shall be established at the seed meeting.

Facilities

- Bus drop off: the parking lot at St. Charles North should be avoided between 2:15 PM and 2:45 PM due to the release of school.
- Team camps may be on the outside of the stadium along south fence behind the scoreboard or in the grassy area near the tennis courts. No team camps allowed in the south-most end of the home stands (along the finish line).
- Bathrooms are located in the concession stand. No locker rooms facilities are available. No athletes are allowed in the building except in the case of an emergency weather situation.
- Athletes will not be allowed to hang out in the infield.
- Concessions, t-shirts, and Dick Pond Athletics will be available.

Admission

Adults: \$4.00, children: \$2.00. No booster passes.

Scoring and Awards

We will score eight places for both individual events and relays (10-8-6-5-4-3-2-1).

Awards will be given for places 1-6.

Weigh Ins

Throwing implements will be weighed prior to the competition. Underweight implements shall be impounded for the duration of the event.

Pole vaulters shall be weighed in prior to the event.

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SCHEDULE OF EVENTS

2:45-3:15 Scratches made in press box.

3:00 Coaches Meeting at finish line

3:30 Field events begin

- **Discus:** Varsity to completion, then FS (3 attempts- top 9 to finals)
- **Shot Put:** Frosh-Soph to completion, then varsity (3 attempts, top 9 to finals)
- **Long Jump:** Frosh-Soph (north runway) and varsity (south runway) simultaneously to completion if acceptable wind (3 attempts, 9 to finals)
- **Triple jump-** simultaneous following long jump.
- If non-acceptable wind, order shall be: FS LJ, Var LJ, FS TJ, Var TJ
- **High Jump:** Varsity to completion followed by FS
- **Pole Vault:** Varsity to completion followed by FS

4:00 Heat 1 (slower heat) FS 3200
Heat 1 (slower heat) Varsity 3200

4:30 National Anthem

All running events shall be FS followed by Varsity.
All events are finals- no prelims.

4 x 800 Relay
4 x 100 Relay
3200 Run Heat 2 (faster heats)
110 High Hurdles
100 Dash
800 Run
4 x 200 Relay
400 Dash
300 Intermediate Hurdles
1600 Run (Cliff J. Roberts Memorial Mile Run)
200 Dash
4 x 400 Relay

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WORKER PREFERENCE SHEET

Each school is to provide two workers for the meet.
We will do our best to honor your request.

School: _____

Worker Name: _____

1st choice: _____

2nd choice: _____

Worker Name: _____

1st choice: _____

2nd choice: _____

Please return this to Kevin Harrington at or before the seed meeting.

Scan/email is acceptable to Kevin.Harrington@d303.org

Number of coaches attending meet: _____