

ILLINOIS HIGH SCHOOL ASSOCIATION

2018 BOYS TRACK & FIELD SECTIONAL

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

Thursday May 17, 2018

4:30 PM Field Events

6:00 PM Running Finals



Schools Competing

Aurora (Metea Valley), Aurora (West Aurora), Bartlett, Batavia, Carpentersville (Dundee-Crown), Cary (Cary-Grove), Elgin HS, Elgin (Larkin), Geneva, Hoffman Estates HS, Maple Park (Kaneland), Schaumburg HS, South Elgin, St. Charles (East), St. Charles (North), Streamwood

Seeding and Seeding Meeting

All seeds are to be done according to [IHSA rules and timelines](#). Coaches and administrators are encouraged to read the terms and conditions prior to the state series. We will adhere to the rules, timelines, and processes detailed in the terms and conditions linked above.

Tuesday May 15, 2018

Coaches Seeding Meeting in ROOM 302. Enter the main school entrance (door #4). Take the first left and room 302 is on your left. Dinner will be served starting at 6:30 PM. Meeting begins at 7:00 PM.

Worker Assignments

Schools will be assigned coverage on relay zones. Additionally, every school is requested to provide a competent adult worker for a field event.

Please email Kevin Harrington with two names of workers and job preference (email below).

Meet Officials

Meet Referee: Jesse Rocha
Starter: Amy Benes
Assistant Starter: Lora Davies
Meet Manager: Shari Hayes
Athletic Director: Dan Dolney
SCN Head Coach: Kevin Harrington

Coaches: please do not hesitate to contact Kevin Harrington (Kevin.Harrington@d303.org) with particular questions.

Buses

Schools must arrive before 2:00 or after 2:40. There will be no access to the parking lot between 2:00 and 2:40 due to school dismissal.

Buses should drop off at the athletic entrance door #1. Teams will walk back along the drive to the track. No buses may park in the school lots. Bus parking is in the gravel lot across Red Gate Road (at Red Gate just west of Route 31).

Admission

Admission is \$5.00 for all spectators. No passes accepted.

All spectators, athletes, and coaches are reminded to display good sportsmanship. Mechanical noise makers, musical instruments, etc. are not allowed.

Concessions

SCN Concession stand will be open.

T-shirts will be for sale on the north side of the home stands.

Dick Pond Athletics will be on the north side of the home stands.

Coaches & officials hospitality room is located in the cafeteria. Enter door #'s 45/46. Near 300's start.

Inclement Weather

In case of inclement weather we will use the lunch room and/or small gym at St. Charles North as a recovery area. If necessary, the make-up date for the meet is Saturday May 19th.

Check In

Pole Vaulters will be weighed inside of door #51 by the track entrance between 3:15 and 3:45.

Shots and discs will be weighed between 3:15 and 3:45 near the finish line.

Team packets will be available in the press box.

Scratches will be made in the press box. Substitutions per IHSA rules only.

Results

Results will be posted near the concession stand. Results will be copied at the end of the meet and available outside of door #51. Results will also be online at pttiming.com.

Scoring and awards as written in the IHSA Terms and Conditions.

Facilities

Teams may set up camps outside of the main stadium along the south side. Please do not camp in the south or middle sections of the main bleachers, nor near the pole vault pit.

Athletic training will be available near the finish line.

Bathrooms are available in the concession stand building.

There are no locker rooms available.

No athletes should enter the building nor be in the equipment area behind the main bleachers.

Specific Time Schedule

3:15 to 3:45 *Pole Vault Weighing*. Inside Door #51

Athletes weighed in uniform with all vaulting items (spikes, helmets, etc...)

Shot and Discus weighing near the finish line

3:30 to 4:00 Scratches made in Press Box

4:15 Head coaches and captains meeting at finish line

FIELD EVENTS

4:30 **Discus** Flights 1, 2, 3 (in order), then finals
Three throws, top 9 to finals for 3 more throws
15 minute warm up prior to each flight

Shot First flight of shot warms up when flight 3 of discus begins
Flights 1, 2, 3 (in order), then finals
Three throws, top 9 to finals for 3 more throws
15 minute warm up prior to each flight

Long Jump* Flights 1, 2, 3 (in order) then finals in North D-zone, south runway
Three jumps, top 9 to finals for 3 more jumps
15 minute warm up prior to each subsequent flight

Triple Jump* First flight of triple begins when flight 3 of long begins
Flights 1, 2, 3 (in order) then finals in North D-zone, north runway
Three jumps, top 9 to finals for 3 more jumps
10 minute warm up prior to each subsequent flight

*In case of significant North-South wind, games committee can choose to use N-S long/triple pit.
N-S pit does not have wood boards.

High Jump Best Flight first
Opening Height (for both flights): 5-4 up by 2"
15 minute warm up between flights

Pole Vault Best Flight first
Opening Height (for both flights): 8-0 up by 6"
15 minute warm up between flights

TRACK EVENTS

If weather is favorable, we will run on schedule. If weather is not favorable, we will roll.

5:55	National Anthem	
6:00	4 x 800 Meter Relay	(1 Heat)
6:15	4 x 100 Meter Relay	(2 Heats)
6:20	3200 Meter Run	(2 Heats)
6:50	110 Meter High Hurdles	(4 Heats)
7:05	100 Meter Dash	(4 Heats)
7:20	800 Meter Run	(3 Heats)
7:30	4 x 200 Meter Relay	(2 Heats)
7:40	400 Meter Dash	(4 Heats)
7:55	300 Meter Intermediate Hurdles	(4 Heats)
8:10	1600 Meter Run	(3 Heats)
8:30	200 Meter Dash	(4 Heats)
8:45	4 x 400 Meter Relay	(2 Heats)

