



**Glenbard East High School  
2019 Indoor Track Meet Information**

**Location:**

Glenbard East High School  
1014 S. Main Street  
Lombard, IL 60148

Park Busses in North Lot off Wilson Ave.

**Entrance:**

Enter at Door 1 and follow the signs to the Field House. Please do not enter through Door 7

Teams may set up camp on the infield but please be aware of field events taking place. Please remain off the bleachers as they are reserved for spectators.

**Track:** 178 meters (About 8.8 laps per mile)

**Time:** 4:30 pm Field Events

Long Jump, Triple Jump, High Jump, Pole Vault, and Shot Put (Triple Jump to follow Long Jump)  
(Frosh/Soph & Varsity jumps will be run together)  
Track Events will begin once Triple Jump has concluded

**Track Events and Order** (Frosh/Soph Heats will be followed by Varsity):

1. Athletes are to report to the clerk at the starting line.
  - a. Inform your athletes of whom you want in the first heat of sprint events. The first heat will be considered the fast heat. The scoring heats of the sprints will be; Heat 1 and 2 of the 55 M Dash and 55 M Hurdles and the first 2 heats of the 200 and 400 M Dashes. We will fill in as needed in the remaining heats.
  - b. Every athlete will be given a time. We will record the top 4 of each event.
2. Events
  - a. 3200 Meter Relay (Frosh/Soph & Varsity together in one heat if applicable)
  - b. 3200 Meter Run (Varsity & Frosh/Soph together in one heat if applicable)
  - c. 55 Meter High Hurdles
  - d. 55 Meter Dash
  - e. 800 Meter Run
  - f. 800 Meter Relay
  - g. 400 Meter Dash
  - h. 55 Meter Low Hurdles
  - i. 1600 Meter Run
  - j. 200 Meter Dash
  - k. 1600 Meter Relay

We will email the results following the meet. **The meet will be hand timed.**

**Racing shoes may be worn on the track; however, the metal spikes must to be removed.**

