

Willowbrook High School

1250 S. Ardmore Ave.
Villa Park, IL 60181
630 782 3086

Dear Coach,

The following information should be of help to you concerning the Fr/Soph & Varsity meet on Tuesday, February 19th. Participating teams will be Geneva, Glenbard South, and Willowbrook. We will try to get started as close to 4:30pm as possible.

NEW!!! FAT TIMING Sign up at www.Athletic.net Entries Due: Monday – Check Website for time.
Live Results at www.ilpreptoptiming.com
Questions: email Bob Geiger at BGeiger357@gmail.com

The track is 160 meters in length (10 laps per mile). **You will be able to use 1/8” spikes this year.**
Please keep your teams out of the fenced in area (*no spikes allowed on basketball courts*)
Team camps can be located on the blue bleachers and Southeast corner of the field house.
Please have your team dress at home. Washroom facilities are available in the hallway outside of the field house.

In all races the exhibition, then F/S, then Varsity level will compete, unless combined. Non-scoring heats will be given verbal times at the finish line only.

The meet will be scored on two levels, Fr/Soph & Varsity. Some events limited entry.

Top 4 score – 5,3,2,1
Relays score – 5,3

- 4:30 Long Jump (Preceding TJ, F/S-V Cafeteria, combined w/60 min. to complete, three jumps, no finals)
 Triple Jump (Preceding LJ, F/S-V Cafeteria, combined w/60 min. to complete, three jumps, no finals)
 High Jump (Starting height 4’6”’, or TBD by coaches at start of meet)
 Shot Put (F/S then V, four throws, no finals)
 Pole Vault **NO POLE VAULT FACILITIES!!!**
- 5:00 3200 Relay, limit 2 per level, combined levels
 4-Lap Relay – limit 2 per level, F/S then V
 3200 Run – unlimited entry, combined levels if possible
 55 Meter High Hurdles – limit 4 per level, plus extra non-scoring heats
 55 Meter Dash – limit 4 per level, plus extra non-scoring heats
 800 Meter Run – unlimited entry
 400 Meter Run – limit 4 per level, plus extra non-scoring heats
 600 Meter Run – limit 4 per level
 55 Meter Low Hurdles (*online says 50m hurdles*) – limit 4 per level, extra non-scoring heats
 1600 Meter Run – unlimited entry per level, F/S then V
 200 Meter Run – limit 4 per level, **NO** extra heats
 Weight Man Relay (*online says 4x100 throwers relay*) – limit 1 per team, 1 heat...for a cake!
 1600 Meter Relay, limit 2 per level, F/S then V

Workers List:

HJ - Glenbard South
TJ - Geneva
LJ - Willowbrook
SP - Willowbrook

Any Questions – Please Call T.J. Artman – 630-272-3298

tartman@dupage88.net

School: Geneva

Coach: Gale Gross

Email: ggross@geneva304.org

School: Glenbard S.

Coach: Ronn Clausen

Email: Ronald_Claussen@glenbard.org