

RAIDER FROSH/SOPH MEET GLENBARD SOUTH HIGH SCHOOL TUESDAY, MARCH 12th, 2019

Glenbard South High School takes pleasure in hosting the **Raider Frosh/Soph Meet**. The meet will be held on Tuesday, March 12th, 2019.

We feel that this meet is a great way to offer an opportunity for younger athletes for competition

PERTINENT INFORMATION

Track: Polyurethane, 160 Meters, 4 Lanes

Teams: GS, Genva, Evergreen Park, Fenton, Proviso East

Shoes: Rubber-soled flats

Shots: Rubber covered indoor shots

Entries: **Three per running event – Two Relay Teams per event – 5 per field event**

Points: Individual – 10-8-6-4-2-1; Relay – 10-8-6-4-2

Officials: Glenbard South Varsity Track Athletes

We are also asking each school to provide one worker.

**Please enter the meet at the attached link. The entries are due by 9:00 pm on Monday,
March 11, 2019**

<http://www.steepleweb.com/meet/13961>

Please call or email with any questions.

**Ronn Claussen (630) 942-6716
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Order of Events

4:30 FIELD EVENTS

TRIPLE JUMP	(Three Jumps, No Finals)
POLE VAULT	(Starting Height- TBD)
HIGH JUMP	(Starting Height- TBD)
LONG JUMP	(Three Jumps, No Finals)
SHOT PUT	(Four Throws, No Finals)

5:30 FINALS

55 M. HH	2 Heats
55 M. DASH	3 Heats
55 M. LH	3 Heats
3200 M. RELAY	1 Heat
4-LAP RELAY	2 Heats
3200 M. RUN	1 Heat
800 M. RUN	2 Heats
400 M. DASH	4 Heats
1600 M. RUN	2 Heats
200 M. DASH	4 Heats
1600 M. RELAY	2 Heats

COACHES – READ THIS FIRST!

All entries must be received by Monday, March 11th at 9:00 PM. Please only enter Frosh/Soph athletes. Scratches and changes may be made prior to the meet.

Entry website:

Please enter the meet at the attached link. The entries are due by 9:00 pm on Monday, March 11, 2019.

<http://www.steepleweb.com/meet/15087>

Follow the directions carefully! Please do not guess at times/distances.
Use only marks made in meets this year.

Please use F.A.T. times if possible or convert manual times by adding .24. We will have competitive heats that way. When entering field events check the format. Example – enter a 5-7 high jump as 5-07, a 39-9 shot put as 39-09.

Entry limit – 3 per running event, 2 relays per event, 5 per field event

Each school is responsible for one adult worker.

QUESTIONS? CALL RONN CLAUSSEN AT 630-942-6716.

ADDITIONAL CONTACT INFO

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