



Central High School Girls Indoor Preview



LOCATION: Central High School, 44W625 Plato Road. Burlington, IL 60109

DATE: Saturday, March 14 @9:00am, field events, 9:45am running events

TIME: The Central High School field house will open at 7:30am

ENTRIES:

1. All entries must be completed online at athletic.net
2. **Deadline is March 12 @ 7:00pm.** Please enter athlete's best mark.
3. **Three individual entries** from each team will be allowed per event
4. **6 thrower entries** from each team will be allowed to compete
5. **Two relays** entered as "A" relays and "B" relays (A & "B" heats will be separated)
6. There will be NO meet day additions or changes -- however, substitutions may be made, but no name changes will occur.

SURFACES: Track is a 6 lane, 200 meter mondo surface. **Up to ¼ pyramid spikes only.** Long jump, triple jump and pole vault all run on the same surface and are approved to use ¼ spikes. High jump will be on the rubber court. Tennis shoes ONLY. Shot put uses a Ploanik platform. Spikes are NOT allowed. Throwing shoes or tennis shoes ONLY.

FIELD EVENT PROCEDURE: We will run 2 shot rings, high jump, long jump, triple jump, and pole vault at the same time. Our field event areas do not cover the track surface so running events will NOT be impacted by the field events.

WORKERS: Please send your preferred field event to Vince.Neil@central301.net by Wednesday March 11.

COACHES: The coaches meeting will take place in room #145 at 8:15am. This is the first classroom located just outside of the main fieldhouse doors.

HOSPITALITY: There will be a coaches/officials hospitality room located in #145. No parents, spectators, or athletes will be allowed in this room.

SCORING: 10-8-6-5-4-3-2-1

TEAMS: Cary Grove, Central, Crystal Lake Central, Geneva, Harlem, Hoffman Estates, Jacobs, Kaneland, McHenry, Prairie Ridge, Rolling Meadows, St. Charles East, Wheaton Warrenville South

AWARDS: Individual, relay and team awards will be given



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TIMING: Timing company is River City Race Management (<https://raceresultsplus.com/>)

EQUIPMENT: We will provide starting blocks. NO personal blocks allowed. Teams are responsible for providing implements, batons, and vaulting poles

ADMISSIONS: \$5.00 adult, \$3.00 children, \$2.00 senior citizens

CONCESSIONS: CHS Booster Club will be selling concessions. NO food in the fieldhouse and ONLY water allowed in. All other food and beverages should be kept in the seating area outside of the fieldhouse doors.

TEAM CAMPS: Will be directed to the main gym. NO SPIKES ALLOWED in the gym. Also, NO CAMPS ALLOWED IN THE FIELDHOUSE.

ATHLETIC TRAINER: Will be available on site

RUNNING EVENT CHECK IN: Athletes will check in prior to their race in the far NW corner of the track near the sprint event start line to receive hip numbers. Athletes will be escorted down the track and assigned to their lanes.

POST RUNNING EVENTS: Once the athlete finishes their race they will be directed out of the fieldhouse and back to their team camp. Athletes will be asked to remove their spikes after their race is completed and exit the track.

PARKING: Please see the map attached for parking instructions.

FIELDHOUSE REMINDERS & IMPORTANT DETAILS:

1. Only water allowed anywhere in the FH. No other food or drinks.
2. Athletes should carry their spikes to and from the FH and our Commons/Gyms
3. Athletes may wear spikes, but only in the FH on the Mondo surfaces. Please help keep all Athletes off the rubber court surfaces and out of the hallways in spikes
4. No tape or chalk marking are allowed anywhere in the FH. Please bring tennis balls, bean bags, or other non-marking items for your relays if you choose to use them
5. WE WILL PROVIDE APPROVED MARKERS FOR THE FIELD EVENTS
6. All Athletes need to enter and exit the FH through the assigned doors
7. All teams will set up camp outside of the FH. In the main gymnasium bleachers
8. Please allow spectators to use the bleachers at all times.
9. We will provide Starting Blocks. Please do not bring starting blocks!!!



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FIELD EVENT INFO:

- **Long Jump:** Two Flights: Flight 1 followed by Flight 2. 4 jumps, 10 minute warm up between flights
- **Triple Jump:** Two Flights: Flight 2 followed by Flight 1. 4 jumps, 10 minute warm up between flights
- **High Jump:** Roll call 5 alive jumping by seed entries
- **Shot Put:** 2 Rings: 6 Flights: Ring #1, Flights 1-3 will be JV entries. Ring #2, Flights 4-6 will be varsity entries. Both rings will have 3 throws, 10 minute warm up between flights. Top 9 to finals, 3 additional throws in finals
- **Pole Vault:** One flight according to seeds

RUNNING EVENT INFO:

7:30 am

- **Fieldhouse opens to teams**

9:00 am

- **All Field Events** (LJ, TJ, & PV are Spiked Events, HJ & Shot Tennis Shoes only)

9:45 am

- **3200m Slow Heat**

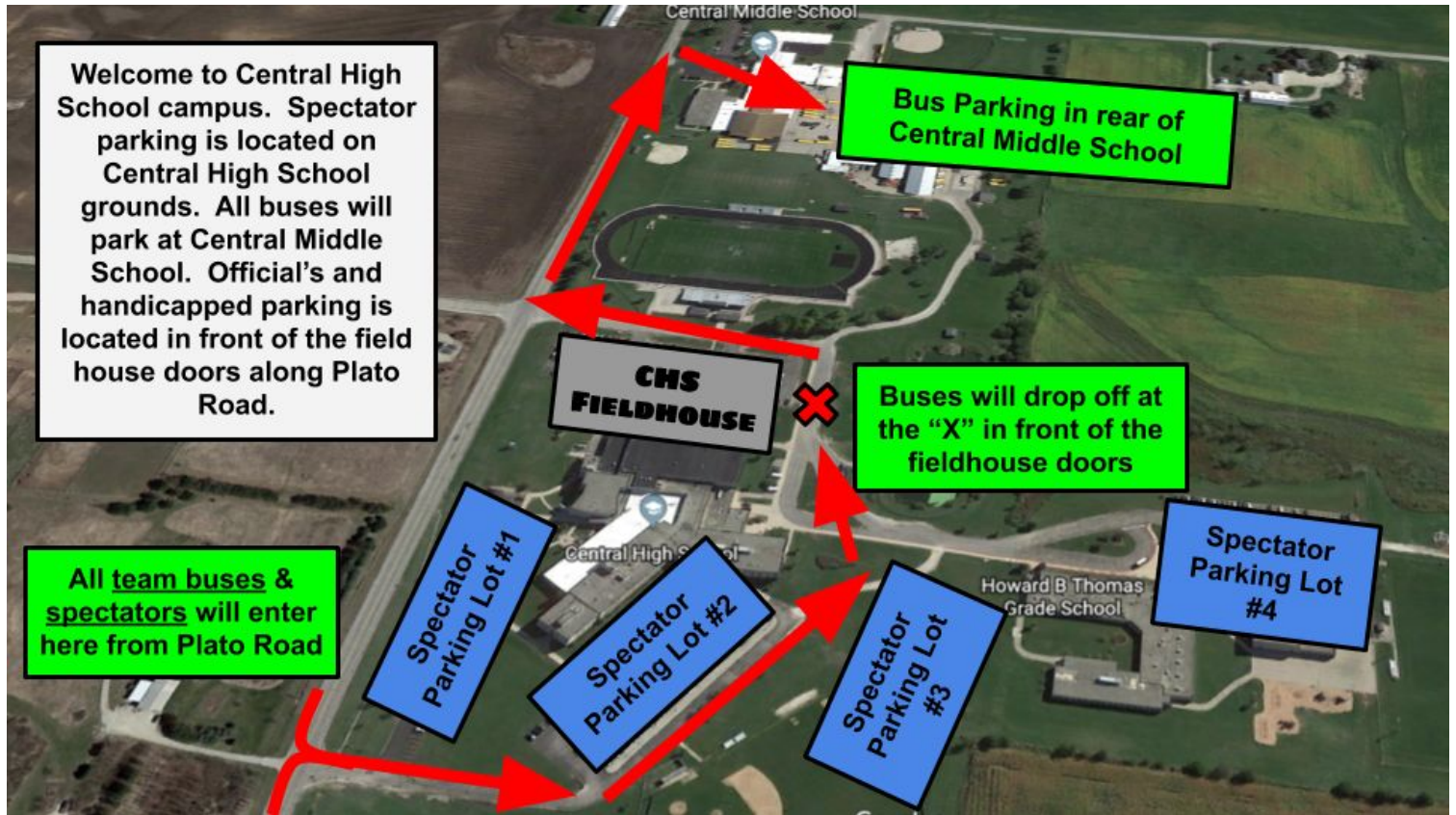
10:00 am

- **4x800m Relay**
- **3200m Fast Heat**
- **60m Hurdles**
- **60m Dash**
- **800m Run**
- **4x200m Relay**
- **400m Dash**
- **1600m Run**
- **200m Dash**
- **4x400m Relay**

WE WILL USE A ROLLING SCHEDULE.....ONE EVENT TO FOLLOW THE NEXT



Parking Information



PARKING INFORMATION: All buses and spectators will enter from Plato Road. There are designated parking areas for spectators shown above. No buses are allowed to park at Central High School. Buses will be directed to drop off and park at Central Middle School.

SPECTATOR PARKING: All spectator vehicles (*non buses*) will park in the spectator lots labeled above as lots 1-4. Each lot is numbered by proximity to the closest entrance into the building. All spectators please note that the only doors available for entrance into the school are located directly in front of lot #2 and the main fieldhouse doors.

BUS PARKING: Buses are asked to drop off athletes in front of the fieldhouse doors labeled with an "X" on the map, then proceed to Central Middle School's rear lot for parking.