

St. Charles North Track & Field

Indoor Meet Information

Date: 22 February 2025

Participants: Elgin, Lake Park, Chicago Noble/ITW Speer, St. Francis

Entries made on Athletic.net

*55 Low Hurdles is not an option on Athletic.net. Athletes who wish to participate in that event can show up at the line at the start of the meet.

All performances will be put into Athletic.net with the exception of the 55 lows (times given to athletes at finish).



Location: St. Charles East Sports Complex Indoor Track: DOOR 35
1020 Dunham Road, St. Charles, IL 60174

Time Schedule

8:00 St. Charles North team meeting
8:15 Parent meeting in middle bleachers
8:45 Coaches Meeting at finish line

9:00 AM Field Events

High Jump - Combined unless numbers dictate separation
Long Jump - 4 Jumps Cafeteria, 45 minutes unless numbers dictate
Triple Jump - follows Long Jump - 4 Jumps cafeteria
Shot Put - 4 Throws, Heats by seeds
Pole Vault - Combined

10:00 Running Events

Open entries

55 Low Hurdles *See note above regarding entries for the 55 lows
4x800 *All 4x800's need a lap counter.*
4 x 160 (one lap)
3200 *All 3200 runners need a lap counter at the starting line.*
55 Dash
800 *Lap counter needed at starting line.*
400
55 High Hurdles
1600 *Lap counter at the starting line.*
200
4x400

No spikes allowed anywhere.

No locker rooms available.

Wash rooms and water fountains are available in the building.

