



2025 Tiger Boys Track & Field

WWS | Downers Grove North Dual

Hosted by Wheaton Warrenville South High School
Friday, February 14, 2025

- Teams** Wheaton Warrenville South and Downers Grove North
- Arriving** Please enter through either [Door 40](#). Buses should park along the North side of the field house or in the back circle.
- Starter** Jim Effinger, Wheaton (#11027)
Adam Lewis, Roselle (#98796)
[Please rate the officials](#)

Time Schedule | Order of Events - [Link](#)

4:30 PM	Coaches Meeting (Finish line)
4:45 PM	Coaches/Captains Meeting with Starter at Finish Line
4:30 PM	Field Events
5:00 PM	Exhibition 55 Meter Sections
5:30 PM	Running Events

- Meet Format** This will be an unlimited entry meet competed at the Varsity level. The only exception to this is with the 55 meters where teams will be limited to 8 entries. Teams may put any additional 55 meters entrants into the Exhibition 55 Meters beginning at 5:00. These sections will also be F.A.T. timed, but online entries are not required.

All event sections will be run fastest to slowest. We will be using our F.A.T. system to time all running events. We encourage coaches to run as many 4 x 200 meter relays as possible. It will cut down the total number of 200 meter entries.

- Entries** Each head coach has been sent an invitation from [athletic.net](#). If you have not, please accept the invitation. Please see the [Online Entry Instructions](#) for any questions regarding your account.

You will have until **5:30 PM on Thursday, February 13th** to register your athletes. We will only accept scratches and very, very limited changes on Friday afternoon.

200 Meters - Over the past few seasons at our indoor invitationals, we've seen an increase in the number of open lanes (and even open sections) in the 200 meters. We will continue what we've done in past seasons. It worked very well to make the meet more efficient. Enter your athletes as normal (unlimited entries), but we will not seed the event. When you arrive, your entries will be posted on the glass PE Office window by the finish line. As the meet progresses, feel free to modify that list. We will declare your final entries (using that sheet) during the 400 meters. We will seed and post it on wwstiming asap.

Registration/Entry Notes

- Times and distances for all competitors, especially in the 55 meters, 55 Hurdles, and 200 Meters are VERY important.
- All field event seed marks will need to be in metric. [Here's a link to a conversion website.](#)
- Please convert all hand-timed entries by adding 0.24.
- Please estimate as much as possible. It will allow for better races by mixing the teams.
- For No Time or No Distance, please leave the entry blank.
- Every event has unlimited entries except the 55 meters. Teams are limited to 5 entries.

Wheaton Warrenville South High School

Tiger Boys Track & Field

1993 Tiger Trail

Wheaton, Illinois 60189

630-784-7200

www.tigerxctf.org | [twitter - @wwsbtf](#)



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Meet Worker We ask that every team provide one coach to help with a field event. Please email me (robert.harvey@cusd200.org) with your preference.

General Information

- No Admissionfee for spectators.
- The track is 177.8 m which is 9 laps for 1600 Meters.
- The surface is Mondo Super X (14 MM)
- **NO shoes with spikes are permitted.**
- Bleacher area is for spectators only.
- No gum, food or drink in the field house.
- For the 55 High Hurdles, the athletes will run the hurdles not lanes. The flight of the hurdles represents the lane.
- Please clean your team camp area at the conclusion of the meet.
- No tape may be used on the track. Please use the provided chalk.
- Pole Vault and High Jump starting heights will be determined by entries and confirmed at the pre-meet coaches meeting.
- There will be a small concession stand located in the hallway outside the field house.

If you have any questions, please feel free to contact me.

Thank You,

Rob Harvey
Head Girls' and Boys' Track & Field Coach
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