

Lake Park/St. Charles North/Wheaton North JV Triangular

Date: Wednesday, February 23, 2023

Starting Time: Field Events- 4:30 PM Running Events: 5:00PM

Team Camps: In hallway next to Fieldhouse(east end)

Entries: Entries will be done through Athletic.net. **Deadline for entries is Tuesday 2/21 by 7PM**

THIS IS TO BE A JV LEVEL MEET. NO VARSITY ATHLETES PLEASE.

Please, NO SPIKES ARE TO BE USED!

Order of Events

Field Events start at 4:30 pm

Long Jump(Cafeteria Style, 3 jumps)

Triple Jump(Cafeteria Style, 3 jumps)

Shot Put(Flights, 4 throws)

High Jump(One Flight)

Pole Vault(One Flight)

Triple Jump follows Long Jump

Running Events start at 5:00 pm (Heats run from fast to slow) **All times are approximate!**

55 HH- 5:00

55 m-5:15

3200 m- 5:45

800 m-6:00

400 m-6:10

1600 m-6:30

200 m-6:40

Meet Workers:

LJ/TJ- WN

HJ- SCN/LP

PV- LP/SCN

Team Camps

Please make your team camp in the large hallway to the east of the Fieldhouse. Please make sure to clean up camp and monitor from time to time. ATHLETES ARE NOT ALLOWED IN OTHER PARTS OF THE BUILDING. Warm ups may only take place outside or in the Fieldhouse, not the surrounding hallways.

Timing/Results

We will use the Sprint Timer App on iPads(glorified handtime). All athletes will receive a time and/or distance. We will update results as they are submitted and input during the meet. Please check to see if there are any errors.

We are looking forward to having you at WN! Please reach out if you have any questions.

nathan.roe@cusd200.org

630-414-6703