

PROSPECT GIRLS RELAYS MEET

Friday, April 11, 2025

At Prospect High School

Teams Competing: Glenbrook South, Grayslake Central, Loyola Academy, Minooka, Naperville Central, Prospect, Rockton Hononegah, Warren, Wheaton Warrenville South (9 Teams, 9 Lane Track)

Early Dismissal from South Campus at 2:00 pm and bus leaves from Door 1 (Main Entrance) and heads to Central at 2:15 pm

Early Dismissal from Central Campus at 2:15 p.m. and bus leaves from front doors at 2:30 pm

Scoring: Varsity Events (12-10-8-6-4-2) JV Events & Throwers Relay: (6-5-4-3-2-1)

Field Events: 4 entries per team, top 3 count in scoring; 4th entry is tiebreaker

Awards: Top 2 Team Trophies; Medals to 1-3; Ribbons to 4-6 (This is what they were in 2024. No info on 2025)

Pole Vault competes as a single flight. (State qualifying 3.20 in 2025)

Starting height is 1.82m (6'0), the bar height will progress as follows: 2.14m (7'0), 2.44m (8'0), 2.67m (8'9), 2.90m (9'6), 3.05m (10'0), and then continue with increments of 15cm (6in).

High Jump competes as 2 flights.

Flight 1 starting height is 1.37m (4'6") go up by 5cm (approx. 2 inches)

Flight 2 starting height is 1.22m (4'0") go up by 5cm (approx. 2 inches)

	Field Events – 4:45 p.m.	Field: 4 entrants per team - top 3 count in scoring
	Shot Put (Flight 1) - 4 Trials	Jegede, Martin, Ramirez, Yarbrough
	High Jump (Seeded; 2 Flights)	Wikoff, Rodriguez, Kruspe, DeGroot
	Long Jump (Flight 1) 4 Trials	Genens, Thomas, Bryer, Kilgore
	Triple Bound (Flight 2) 4 Trials	RodelyK, Vertin, Kerley, Bishop
	Pole Vault Starting Height (1.82m - 6'0)	Werve, McCollom, Undesser, Olsen
	Discus (Flight 2) 4 Trials	Jegede, Martin, Shelby, Yarbrough
	Running Events - 4:45 pm w/Open Mile	
4:30 pm	100m Dash - Open Division	Castanedo, Sadelska, Spelde, GonzalezL, Cazares
4:45pm	1600m Races - Open Division	Jorge, Stukel, Dobczyk, Costabile, Blount, Coyne, Carbajal, Briick, Tamez, Wenckowski, Kies, Seeman, Jarzyna, Wilson
5:30 p.m.	800 Meter Medley - 100-100-200-400	Carlos (Nuccio), Egwunwoke, Michalesko, Nahs
5:35 p.m.	4000 Meter Distance Medley 1200-400-800-1600	Kleckauskas - Getsoian - Joachim - Torres
5:55 p.m.	Junior Varsity - 4 X 100	Lorenz, Vaughn, Leathers, Carroll
6:00 p.m.	Varsity - Lane 6 4 X 100	Kaney, Michalesko, Nuccio, Egwunwoke
6:05 p.m.	1600 Meter Sprint Medley 200-200-400-800	Stanojlovic (200), Thomas (200), RodelyK (400), Frazier (800)
6:15 p.m.	100 Meter Hurdle Team Race	Caldwell Kaney Dyxin Tucker
6:30 p.m.	Varsity - 4 X 800 -	Hulick, Brushaber, Kleckauskas, Murphy
6:45 p.m.	JV 2000 Meter Sprint Medley 200-600-400-800	Meadows (200), Hawker (600), Rodriguez (400), Andrews (800)
6:55 p.m.	JV 4 X 200 Relay	Goelz, Lorenz, Carroll, Vaughn
7:00 p.m.	Varsity 4 X 200 Relay -	Vertin, Stanojlovic, Michalesko, Nuccio
7:05 p.m.	300 Meter Low Hurdle Race	Miller Caldwell Musser Cazares
7:20 p.m.	6400 Meter Team Race 2 Heats, Add up	Ledesma, Gummerson, Nahs, Getsoian
7:40 p.m.	4 X100 Throwers Relay, use baton	Jegede, Yarbrough, Shelby, Martin
7:45 p.m.	JV4 X 400 -	Kilgore, White, Joutras, Hawker
7:55 p.m.	Varsity 4 X 400	Joachim, Thomas, Ledesma, Egwunwoke

- **Admission - \$5.00 for adults/ \$2.00 for children/students**
- Concessions are located in the NE corner of the stadium
- Tiebreaker for Team Trophy: Team with the most 1st place finishes wins the trophy.
- School building: Off limits to athletes
- Trainer will be in the garage adjacent to the concession stand

PROSPECT GIRLS RELAYS MEET

Friday, April 11, 2025

At Prospect High School

- 4:30 OPEN/EXHIBITION 100m (For athletes not in field events as we will not slow down field)**
- 4:45 OPEN/EXHIBITION 1600m Races (We will run 2-3 heats depending on the # of entries).**
- 5:25 National Anthem**
- 5:30 800 Meter Medley Relay (100-100-200-400)**
Run in lanes for first three legs, yellow line start, yellow exchange 1 and 2, 3rd exchange is green.
- 5:35 4000 Meter Distance Medley Relay (1200-400-800-1600)**
One turn stagger for the first runner, all exchanges are green.
- 5:55 Junior Varsity 400 Meter Relay (4x100m Relay)**
Lanes all the way, yellow start, and yellow exchanges.
- 6:00 Varsity 400 Meter Relay (4x100m Relay)**
Lanes all the way, yellow start, and yellow exchanges.
- 6:05 1600 Meter Sprint Medley Relay (200-200-400-800)**
Lanes for the first two legs with yellow exchange, 2nd and 3rd exchange are green.
- 6:15 100 Meter Hurdle Team Race (4 heats of the 100m HH)**
Slowest hurdler in the first heat and fastest in the last heat. Add up total time, lowest total time wins, if tied best finisher in the last heat is the tie breaker.
- 6:30 3200 Meter Relay (4x800m)**
One turn stagger for the first runner, all exchanges are green.
- 6:45 Junior Varsity 2000 Meter Medley Relay (200-600-400-800)**
Lanes for the first leg, 1st exchange is yellow, 2nd leg runs first curve in their lane with a break line on the home stretch, 2nd and 3rd exchanges are green.
- 6:55 Junior Varsity 800 Meter Relay (4x200)**
Lanes all the way, black exchange 1 and 2, 3rd exchange yellow.
- 7:00 Varsity 800 Meter Relay (4x200)**
Lanes all the way, black exchange 1 and 2, 3rd exchange yellow.
- 7:05 300 Meter Low Hurdles Team Race (4 heats of the 300m LH)**
Slowest hurdler in the first heat and fastest in the last heat. Add up total time, lowest total time wins, if tied best finisher in the last heat is the tie breaker.
- 7:20 6400 Meter Team Race (2 heats - fastest heat is last)**
Waterfall start, 4 runners, add up total times, lowest total time wins, if tied best finisher in the last heat is the tie breaker.
- 7:40 400 Meter Throwers Relay (4x100 Throwers)**
Lanes all the way, yellow and yellow, must have thrown the shot put or discus in order to participate in the relay, use a baton to pass. (Points are 6-5-4-3-2-1, similar to JV Relays)
- 7:45 Junior Varsity 1600 Meter Relay (4x400)**
3 turn stagger, 1st exchange is blue, 2nd and 3rd exchange are green.
- 7:55 Varsity 1600 Meter Relay (4x400)**
3 turn stagger, 1st exchange is blue, 2nd and 3rd exchange are green.

Note: A team with less than 4 competitors in the 100mH, 300mH, or 1600m Team Race cannot beat a team with 4 finishers, but all teams with only 3 finisher decide on place the scoring based upon 3 total times.