



YORK HIGH SCHOOL: Indoor Invitational GIRLS' TRACK AND FIELD

To: Athletic Director and Head Girls Track & Field Coach

From: Rob Wagner, York High School Assistant Principal for Athletics (630) 617-2437
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Event: **York Invite #1**
Friday, February 16, 2024

Participating Teams: Barrington, Benet, Hinsdale Central, Naperville Central, Waubonsie Valley, York

Admission: \$5

York Indoor Meet Instructions

- **General Information:** 2 levels of competition: **Junior Varsity & Varsity**
 - 2 entries per level for individual events (plus 6 exhibition entries/school in the 55HH & 1600m)
 - 1 entry per level for relays (plus 1 exhibition 4x200)
 - 4 entries per level for field events
 - FAT Timing - coaches & athletes shall remain clear of the finish line at all times.
- **Field Events:** Begin at **5:00pm**, events open for warmups at **4:30pm** provided official is present.
 - **LJ/TJ:** LJ precedes TJ with JV & Varsity Levels competing simultaneously.
 - **HJ:** Varsity precedes JV / **PV:** Levels will run simultaneously.
 - **SHOT:** Varsity flights will precede JV with 15 min. warmups between flights.
- **Running Events:** Begin at **5:30pm** with the 4x800m Relay.
 - JV races precede Varsity races, exhibition follows.
 - **3200m:** Levels likely may run simultaneously, TBD by starter.
- **1st Place Plaques** awarded to top scoring Varsity & JV Teams.

Fieldhouse Rules

- **Only 1/8 inch pyramid spikes permitted.** Spikes will be checked at the starting line, and start of jumping events by a meet official prior to each event. Athletes WILL be scratched if they do not adhere to this rule.
- Only Indoor Shot Put implements permitted.
- Starting blocks provided, block holders are not necessary.
- Team areas will be set up outside of infield in designated areas on the northwest side of the Fieldhouse.
- Bleacher area is provided for spectators. Athletes, parents, & spectators are to remain off the infield at all times. Coaches, please help us keep the infield clear so officials & FAT timing devices can work most efficiently.
- All staging for running events will be along the south wall.
- No food or drink - other than water - to be consumed in the Fieldhouse. Please pick up your team area!

Inputting Entries + Timing Information

Timer: LakeShore Athletics (contact Andy Sbertoli: andy@lakeshoreathleticservices.com)

Entries due: Thursday, February 15 at 11:59am.

Inputting Entries: Go to: athletic.net to submit your entries for this invite. **Please enter race seed times, and heights for High Jump & Pole Vault so our sheets are best organized for competition.**

Welcome to the York Invite!

Order of Events

Running Events:

4x800 (3200m Relay)

300 Meter Dash

3200 Meter Run

55 Meter Hurdles

55 Meter Dash

55 Meter Dash EXHIBITION (6/school)

800 Meter Run

4x200 (800 Meter Relay)

4x200 EXHIBITION (1/school)

400 Meter Dash

600 Meter Run

1600 Meter Run

1600 Meter Run EXHIBITION (6/school)

200 Meter Dash

4x400 (1600 Meter Relay)

NOTES: ALL JV RACES PRECEDE VARSITY RACES

- **2 ENTRIES/LEVEL**
- **1 ENTRY/LEVEL ALL RELAYS**

Field Events:

-Horizontal Jumps - Varsity competes on the WEST Pit, JV competes on the NORTH Pit.

-15 min. warmup for Triple Jump follows the conclusion of the Long Jump on both pits.

Long Jump

- Cafeteria Style: 8' & 12' boards available
- 4 jumps / NO finals

Triple Jump

- Cafeteria Style: 24' and 26' boards available
- 4 jumps / NO finals

Vertical Jumps

- HJ Varsity precedes JV
- PV Levels run simultaneously

Shot Put - Varsity flights will precede JV 15 min. warmups between flights.

- 15 min. warmups between flights.
- Cafeteria Style: 4 throws / NO finals

****METRIC SYSTEM will be implemented to mark/record efforts in all Field Events per 2020 IHSA rule change. ****

Additional Team Information

Horizontal Jumping Pits:

- **North Pit:** JV Long Jump precedes JV Triple Jump
- **West Pit:** Varsity Long Jump precedes Varsity Triple Jump
- There will be a **15 minute warmup** after Long Jump concludes prior to Triple Jump starting.

Workers:

- You must provide 2 qualified workers to run Field Events (Varsity LJ & TJ/JV LJ & TJ/HJ/PV/Shot)
- [CLICK THIS LINK TO ADD 2 WORKERS](#)
 - Please trade amongst yourselves if there is a conflict; we will finalize at the pre-meet coaches meeting.
- Field event workers are to be present during warmups according to IHSA guidelines.

Coaches Meeting

There will be a workers/coaches meeting as soon as all schools are present (typically around 4:30). There will be an announcement to meet in the infield before the meet begins, and warmups will begin 30 minutes before scheduled start times.

We thank you in advance for helping us to protect and preserve our facility. We appreciate all of your assistance, patience, and cooperation in helping to make this meet successful for every athlete.