



York Boys Meet (March 9, 2018)

Teams: York, Neuqua Valley, St Charles N, Plainfield Central, Hinsdale Central **(Please Note: This non scored meet is a one level meet open to all athletes. Heats will be made based on time/distance.)**

Buses: The entrance to York is a horseshoe drive. You will disembark on the East Side in front of the athletic wing. Buses will park in the southwest parking lot.

Spikes: We only allow 1/8 inch pyramid spikes. We will have replacement spikes for sale at \$2.00 a complete set. We do check for compliance. Dick Pond Outlets have carried these spikes in the past.

In order to get to the restrooms, the athletes must leave the field house. We ask that they remove their spikes before entering the hallways.

Timing: We will use FAT. The entry deadline is Wednesday Feb 27th at 6:00 pm
Visit your Athletic.net account, accept the meet and register your athletes.

Relays: We will run 4x200 and 4x400 relays only

Schedule: Field events will start at 9:00am. The long jump will have 3 jumps cafeteria style with no finals and we will use both pits. The triple jump will run after the conclusion of the long jump using the same protocol on the infield runway. Running events will begin at 9:30am.

The shot put will have 4 throws.

Pole Vault and High Jump will be conducted until completion.

All teams are asked to provide **2 field event workers**. Please send the name and preferred event to: ckern@elmhurst205.org I will try my best to honor your request.

Order of events:

3200m Run
55m HH
55m Dash
800m Run
800m Relay
400m Dash
600m Run
55M Low Hurdles
1600m Run
200m Dash
1600m Relay

York High School Athletic Department Joe Newton Fieldhouse

Coaches,

Please share the following rules and expectations with your coaching staff, athletes and parents.

1. Only $\frac{1}{8}$ pyramid spikes are permitted - officials will check
 - a. The host school has a limited number of $\frac{1}{8}$ " replacement spikes for sale.
2. Do not wear spikes outside the fieldhouse - spikes are not permitted in the halls, washrooms, locker rooms.
3. Do not wear spikes on the courts inside the track area.
4. Food and drink should not be consumed inside the fieldhouse. Please eat in the hallway or by the concession stand.
5. Do not chew gum inside the fieldhouse.
6. Water bottles can be used in the fieldhouse.
7. Team areas should be established in the stands or the areas in the fieldhouse outside the track.
8. All spectators must remain in the bleachers.
9. Do not wear headphones while running on the track or warming up in the areas of competition.
10. Athletes warming up should avoid the finish line area.
11. All markings on runways should be made with chalk - tape is not permitted.

Athletic Director:	Rob Wagner rwagner@elmhurst205.org
Head Boys' Track Coach:	Charlie Kern ckern@elmhurst205.org
Athletic Secretary:	Linda Wilkie lwilkie@elmhurst205.org

Athletic Office: 630-617-2403

Athletic Fax Number: 630-617-2396