



DGN/WWS Dual Meet
Friday, February 9, 2024
Wheaton Warrenville High School

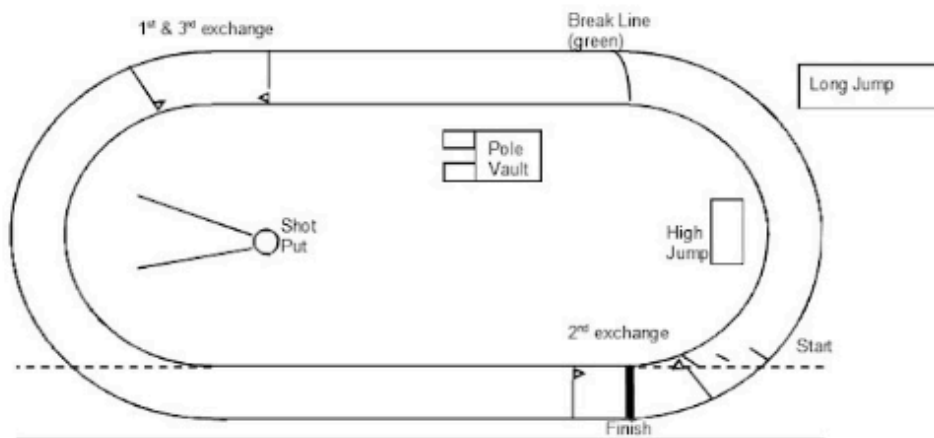
Time Schedule/Order of Events (Always Approximate)

- 3:30 p.m. Meet in Purple Gym Lobby
3:45 p.m. Estimated Bus Departure Time
4:45 p.m. Coaches/Captains Meeting with Starter (Finish Line)
5:00 p.m. Field Events Begin
Shot Put
Number of Throws will be Determined by Entries
Pole Vault
High Jump
Starting Heights to be Determined by Entries
Long Jump (Cafeteria-style one flight – 3 jumps – 45 minute Time limit)
Boards - 8' (Orange) and 12' (White)
Triple Jump (Cafeteria-style one flight – 3 jumps – 30 minute Time limit)
Boards - 20' & 26" (Orange) and 32' & 38' (White)
5:15 p.m. Exhibition 55m Dash Heats Begin
5:45 p.m. Running Events Begin (Varsity Followed by F/S; Fastest Heats First)
 - 5:45 p.m. - 3200 Meters (1 heat)
 - 6:00 p.m. - 55 Meter High Hurdles (2-3 heats)
 - 6:05 p.m. - 55 Meters - 5 Entries per level (4 heats)
 - 6:20 p.m. - 800 Meters (4-5 heats)
 - 6:40 p.m. - 4 x 200 Meter Relay (1-2 heats)
 - 6:50 p.m. - 400 Meters (6-8 heats)
 - 7:10 p.m. - 1600 Meters (3-4 heats)
 - 7:35 p.m. - 200 Meters (8-10 heats)
 - 8:00 p.m. - 4 x 400 Meter Relay (2-3 heats)

General Information

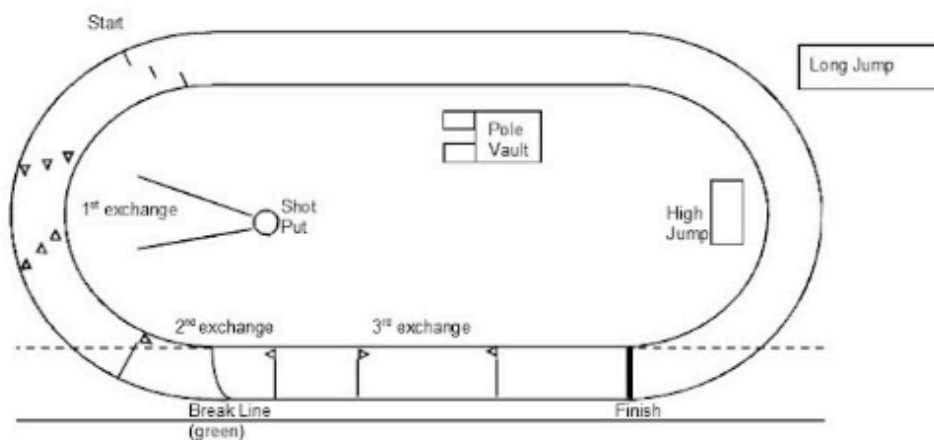
- [Live Results Link](#)
- **Track dimensions are 177.8m** (9 laps per 1600m). Please review the diagram below
- **No spikes are allowed.** You may wear the shoes without the spikes in, however
- **Warm-ups:** you should board the bus prepared and ready to compete, which includes being dressed in your team warm-ups. A reminder that **only warm-ups and DGN gear should be worn**
- **Spectator Admission Fee:** \$5 for adults and \$3 for students
- Bleacher area is spectators only. No gum, food or liquids (non-water) in the field house. No tape.
- Remember to **leave our area cleaner than we found it and represent our core values at all times, on the bus, in the field and on the track!**

“Show class, have pride, and display character. If you do, winning takes care of itself.” Paul ‘Bear’ Bryant



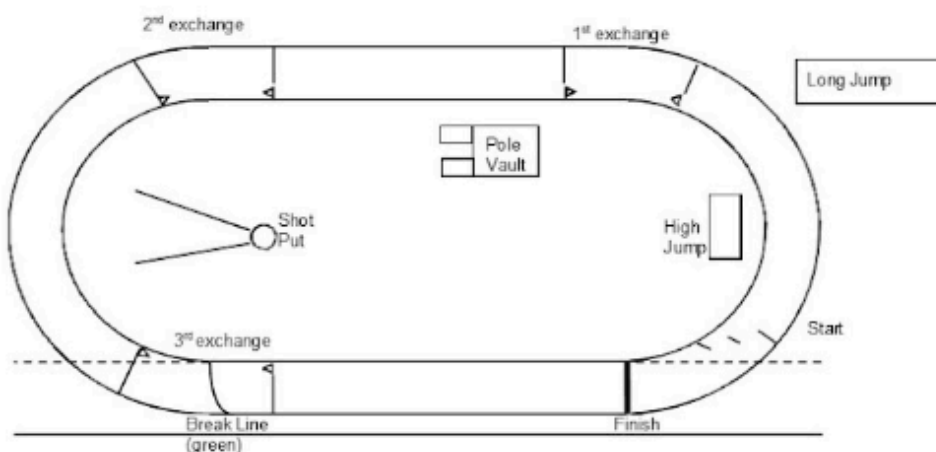
4 x 800 Meter Relay

- Each runner runs 4 1/2 laps.
- #1 runner stays in their lane until the green break line.
- All exchanges are Red.



4 x 200 Meter Relay

- Each runner runs slightly more than 1 lap.
- #1 runner stays in their lane.
- 1st exchange is Orange triangles.
- #2 runner stays in their lane until the green break line.
- 2nd exchange is Gray.
- 3rd exchange is Orange.



4 x 400 Meter Relay

- Each runner runs 2 1/4 laps.
- #1 runner (2 turn stagger) stays in their lane until the green break line.
- 1st exchange is Gray.
- 2nd exchange is Red.
- 3rd exchange is Gray.