

IHSA Sectional Girls Track & Field

Hosted by Rolling Meadows HS

DATE/TIME OF MEET:

Thursday, May 15, 2025

4:30pm – Field Events, 6:30pm – Running Events

Jim Voyles - 847-800-6560

NEW***HEAT SHEETS (from seed meeting...[click here](#))**

ADMISSION:

\$8 via GOFAN ([click here](#)); \$9 CASH

SEEDING MEETING:

Tuesday, May 13th, 2023 6:30pm virtually via zoom [ZOOM LINK HERE](#)

The meeting will follow the guidelines set forth by the 2025 IHSA Girls Track & Field Series Terms and Conditions sent to you by the IHSA. Administrators and coaches are encouraged to read the terms and conditions before the day of competition. Heats and flights will be determined at the meeting. In addition, a games committee will be selected consisting of the meet director and four (4) head coaches.

TEAMS: Addison Trail, Metea Valley, Fenton, Taft, Maine West, Elk Grove, York, Leyden, Glenbard West, Proviso West, Glenbard East, Proviso East, Maine South, Rolling Meadows, Willowbrook, Wheaton North, Wheaton Warrenville South

GAMES COMMITTEE: (chosen at seed meeting) Metea Valley, Rolling Meadows, Proviso West, Wheaton Warrenville South, and Maine South

MEET OFFICIALS:

Meet Referee: Joel Wisz (59379)

Starter: Lindsay Consdorf (67466)

Assistant Starter: Crenden Keller (12649)

WORKERS:

Head coaches will be our curve judges.

4x100 and 4x200 Relays

1st Ex. Lanes 1-2 (Addison Trail)

2nd Ex. Lanes 1-2 (Maine West)

3rd Ex. Lanes 1-2 (Glenbard West)

1st Ex. Lanes 3-4 (Metea Valley)

2nd Ex. Lanes 3-4 (Elk Grove)

3rd Ex. Lanes 3-4 (Proviso West)

1st Ex. Lanes 5-6 (Fenton)

2nd Ex. Lanes 5-6 (York)

3rd Ex. Lanes 5-6 (Glenbard East)

1st Ex. Lanes 7-8 (Taft)

2nd Ex. Lanes 7-8 (Leyden)

3rd Ex. Lanes 7-8 (Maine South)

Shot Put – Frank Haralambakis (Head), Heidi Quast (Asst.)

Discus – WWS (Head), Sean Benka (Asst.)

High Jump – Maine South (Head)

Pole Vault – Metea Valley(Head), John Lemke(Asst.)

Long Jump – Glenbard West (Head), Jim Epley (Asst.)

Triple Jump – Charlie Larson (Head), Ed Rohlfes (Asst.)

***TBA will be determined at the Seed Meeting from competing school's coaches**

*****Chris (security can work)**

MEET HEADQUARTERS:

Meet headquarters will be located in the concession stand back room next to the main entrance of the stadium. Two athletic trainers will be onsite for the entire meet. Please bring your own athletic tape. All concerns can also be directed to the Athletic Director's office: (847) 718-5618 (office) by cell at (847) 800-6560

TRACK & SURFACE AREAS:

8 Lane, all weather surface. Use spikes no longer than 1/4 inch on track and runways. Shot and Discus areas are concrete.

PASSLIST:

Please fill out the pass list form May 13, 2025. [Pass List](#)
There will be one (1) gate for admission.

SCORING:

Points scored will be: 10-8-6-5-4-3-2-1

AWARDS:

IHSA State Sectional medals will be awarded for the top six place winners in each individual event and relay event. At the conclusion of the meet, the winning team and coaches will be presented with the IHSA Sectional plaque.

FAN CONDUCT:

The principal of each school is responsible for the conduct of the students and adult fans from his/her school. Mechanical noisemakers and/or band instruments are not permitted. Signs, banners, or placards are permitted provided they are in good taste, reflect good sportsmanship in their message and use, they do not obstruct the view of participants or spectators, and are not safety hazards.

CONCESSIONS:

Concessions will be available at the meet.

ENTRY INFORMATION

Sectional On-Line List of Participants/Entry Declarations and Coaching Staff: Please review the instructions in the Manual for Schools for complete instructions. Sectional event entries must be completed on Sunday, May 11 by 11:59 pm. through each school's Athletic.net account. The List of Participant/Declarations WILL NOT be completed through the Schools Center.

PARKING ([see map](#))

Team buses may drop off athletes at the main entrance of the stadium. After drop-off, yellow buses MUST park behind the school (**NOTHING IN FRONT LOT**), along Barker Avenue or directly across the street from the school in the Conyers Learning Center lot (**THIS LOT OPENS after 4:30PM**) Spectators may park in the stadium parking lot.

SECTIONAL APPAREL:

www.specialtyartanddesign.com will be on site selling shirts (I also sent pre-order instructions last week to the coaches)

FREE PICKUP OPTION ENDS MAY 8th at midnight!

DON'T WAIT...PRE-ORDER YOURS TODAY!

*****AVOID THE LINE.....ORDER ONLINE!*****

Guarantee your size/color of garment by ordering online today.

CLICK this link to order: [**ROLLING MEADOWS**](#)

CHECK IN:

Team check in will begin at 3:45pm in the concession stand back room next to the main entrance of the stadium. All implements will be weighed at the shot/discus area. All pole vaulters will be weighed in at the pole vault area. Team camps must be on the west side of the track (no teams allowed on the east side of the stadium. Results will be posted on: **PALATINE PACK TIMING**

One hard copy of the results will be available after the meet as well. Coaches should check results immediately.

TEAM TENTS/CAMPS:

NO TEAM TENTS/CAMPS in the home stand bleachers. [See map](#) for team tent areas.

INCLEMENT WEATHER:

If you have not received a call from us by 1:00 pm on Thursday, May 15 due to inclement weather, please arrive as scheduled.

All decisions to complete the meet will be made on site if changing weather conditions exist.

PRELIMINARY TIME SCHEDULE OF EVENTS

Head Coach & Captain's Meeting 3:50pm

FIELD EVENTS (4:30pm start) *Preliminaries shall be held in the Long Jump, Triple Jump, Shot Put and Discus Throw. Nine (9) contestants plus ties for ninth shall advance to competition in the finals

Shot Put (3 Flights) to completion...Discus (3 Flights)... Flight 1 will start when the Shot Put finals begin

Long Jump to completion...Triple Jump Flight 1 will start when the Long Jump finals begin

High Jump - two flights (adjusted at seed meeting)...opening height 1.32m

Pole Vault - one flight (adjusted at seed meeting)...opening height 2.15

TRACK EVENT FINALS WILL BEGIN AT 6:30PM (adjusted at seed meeting due to hot weather)

Time Schedule

4x800m Relay	6:30pm
4x100m Relay	6:55
3200m Run	7:05
100m HH	7:35
100m Dash	7:50
800m Run	8:00
4x200m Relay	8:15
400m Dash	8:30
300m LH	8:50
1600m Run	9:05
200m Dash	9:20
1600m Relay	9:35

