

Wheaton Warrenville South High School

Tiger Girls' Track & Field

2014

Date	Saturday, February 22, 2014
Teams	Aurora (Metee Valley), Naperville (Neuqua Valley), Naperville (North), Roselle (Lake Park)
Arriving	Please enter through either Door 40 in the front of the school. The buses should park along the North side of the field house or in the back circle.
Team Camps	Please make team camps in the Ewoldt (Wrestling) Gym. Teams may <i>NOT</i> use the spectator's bleachers.
Starter	Jim Effinger, Wheaton (#11027)
Start Times	8:30 AM – Coaches Meeting (Starting Line) 8:45 AM – Coaches Captain's Meeting with Starter (Starting Line) 9:00 AM – Field Events 9:15 AM – 55 Meters – Exhibition 9:45 AM - Running Events Finals
Meet Format	This will be an unlimited entry meet (except in the 55 meters) competed at the Varsity and the Junior Varsity levels. Junior Varsity will be followed by Varsity. Due to time considerations, we have decided to limit the amount competing in the 55 meters to 3 Varsity and 3 junior varsity runners in the regular event schedule. You may run any other 55 meter runners in the exhibition 55 meters which will start at 9:15. We also encourage you to run as many 4 x 200 meter relays as possible. This will help limit the amount competing in the 200 meters. One relay at each level will score and the rest will run as exhibition. When you arrive, please sign-in your athletes into the heat/section sheets. Place your faster athletes in the first section.
Meet Worker	We ask that every team provide a coach to help with a field event. <i>Please contact me with your preference.</i>
General Information	*Admission - \$5.00 for adults and \$3.00 for students *There will be a small concession stand located in the hallway outside the field house. *The track is 177.8 m which is 9 laps for 1600 Meters. The surface is Mondo Super X (14 MM) *NO shoes with spikes are permitted. *Bleacher Area is for spectators only *No gum, food or drink in the field house. *For the 55 High Hurdles, the athletes will run the hurdles not lanes. The flight of the hurdles represents the lane. *No tape may be used on the track. Please use chalk.

If you have any questions, please feel free to contact me.

Thank You,

Rob Harvey
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