

**Wheaton Warrenville South High School  
Tiger Girls' Track & Field  
2009**

***February 14, 2009***

**Start Times**

Field Events – 10:00 am  
Running Events – 10:45 am

**Order of Events**

**Field Events**

Shot Put  
Pole Vault  
High Jump  
Long Jump followed by Triple Jump

**Running Events**

4 x 800 Meter Relay  
3200 Meters  
55 Meters High Hurdles  
55 Meter Dash  
600 Meters  
800 Meters  
4 x 200 Meter Relay  
400 Meters  
1600 Meters  
4 x 1 Lap Thrower's Relay  
200 Meters  
4 x 400 Meters Relay

**General Information**

The track is 177.8 m which is 9 laps for 1600m. 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.

Starting lines are labeled in lane 2.

For the 55 High Hurdles, the athletes will run the hurdles not lanes. The flight of the hurdles represents the lane.

Please clean your team camp area when the meet is over.

