



WSC Silver - Indoor Champs (Open)

Saturday March 16, 2024
York High School, Elmhurst, IL

Time Schedule/Order of Events (Always Approximate)

7:40 a.m. Bus Departure Time

9:00 a.m. Meet Begins/Field Events

- Long Jump - 4 Jumps/No Finals
- Triple Jump (following Long Jump) - 4 Jumps/No Finals
- Shot Put - 4 Throws/No Finals
- High Jump (Starting height to be determined at meeting)

9:15 a.m. Running Events Begin

- 9:15 a.m. - 3200m Run (1 heat)
- 9:30 a.m. - 55m Hurdles (1 heat)
- 9:35 a.m. - 55m Dash (23 heats)
- 10:35 a.m. - 800m Run (6 heats)
- 11:05 a.m. - 800m Relay (2 heats)
- 11:15 a.m. - 400m Dash (10)
- 11:45 a.m. - 600m Run (1 heat)
- 11:50 a.m. - 55m Low Hurdles (2 heats)
- 11:55 a.m. - 1600m Run (4 heats)
- 12:30 p.m. - 200m Dash (25 heats)
- 1:25 p.m. - 1600m Relay (2 heats)

General Information

- **Live Results Link**
- All heats will be **run slow to fast, frosh-soph followed by varsity.**
- **Track dimensions are 200m. Spikes are allowed (ONLY ¼; spikes will be available to buy for \$2)**
- **Admission Fee: \$5 (\$3 for children/student with ID and senior citizens)**
- Team Camps: around the track (not in bleachers). **Do not wander around the school at all!**
- **Admission Fee: \$5 (\$4 for students with ID and senior citizens). All fans must stay in bleachers!**

“A little fire that warms is better than a big fire that burns.” - Irish Proverb

“If it’s drowning you’re after, don’t torment yourself with shallow water.” - Irish Proverb

TROJAN LINE-UP



IN THE FIELD



LONG JUMP	Kolan, Nelson
TRIPLE JUMP	Principe
HIGH JUMP	Mitchell, Adams?
SHOT PUT	

TROJAN LINE-UP



ON THE TRACK



4 X 8 RELAY	
3200 RUN	Newell?
55 HURDLES	
55 DASH	Pratts, Economou, Jay, Glomb, Daugherty?, Williams, Apat, Kanthack, O'Shaughnessy, Bogoev, Caulk, Nelson, Spencer, Montague, Metcalf, Moore, Tirado, Steffes, Principe?, Todonem, Boucher, Patel, Evans, Toth, Kist, Simpson
800 RUN	Fisher, Lingertot, Mathieu, B. Lynch, M. Krishnan, Vasilakopoulos, Grapenthein, Brockway, Hicks, Anfuso, Gowen, Enright, Mundy, Wills, Koponec, Curran, Perry, Sue, Pelhank
4 X 2 RELAY	Jay, Glomb, Steffes, Nelson
400	Ahmad?, Murray?, Caulk, Tirado, Boucher

600 RUN	*McDonald, Kraus? Broadnax
55 LOW HURDLES	Kanthack, Metcalf
1600 RUN	*McDonald, Kelly, Moawad, Cox, Stein, Novotny, Dusek, Figliomeni, Wood, K. Krishnan, O'Brien, Farrero, Morton, Rucolas, Justice, Vinseski, Torres
200 DASH	Pratts, Daugherty?, Apat, Spencer, Kolan, Novatony, Mitchell, Moore, Principe?, Todonem, Patel, Evans, Toth, Kist, Simpson, Tirado?, Adams
4 X 4 RELAY	Open (we can and will put teams together) Montague - O'Shaughnessy - Bogoev - Williams