

# St. Charles North Track & Field

## Indoor Meet Information

**Date: 16 February 2019**

**Participants: Lincoln Park, Marshall, South Elgin, St. Charles North**



**Entries:** *Please make entries on Athletic.net by noon on Friday.*

We are very flexible on the day of, but it will help us to plan if we have prior numbers.

**Location:** St. Charles East Sports Complex Indoor Track: DOOR 35  
1020 Dunham Road, St. Charles, IL 60174

## Time Schedule

7:30 All SCN athletes arrive. St. Charles North Parent Meeting FIELD EVENT parents. Meet in the Sports Complex classroom (if your athletes are competing in any jump, vault or throw).

8:00 St. Charles North Parent Meeting RUNNING ONLY parents in Sports Complex Classroom.

8:00 Coaches Meeting at finish line

### **8:30 AM Field Events**

High Jump - Combined unless numbers dictate separation

Long Jump - 4 Jumps Cafeteria, 45 minutes unless numbers dictate

Triple Jump - follows Long Jump - 4 Jumps cafeteria

Shot Put - 4 Throws, JV followed by Frosh-Soph

Pole Vault - Combined

### **9:00 AM Running Events**

**Frosh/Soph followed by JV unless noted**

**First heat is fast heat for each.**

**We will record times for the first two heats. All others will be "show and go."**

4x800 JV and Frosh Soph combined unless numbers dictate separation-decided at coaches meeting. *All 4x800's need a lap counter.*

-Also 3200 if numbers are small

4 x 160 (one lap)

3200 (unless combined earlier) *All 3200 runners need a lap counter at the starting line.*

55 Low Hurdles \*NOT ON ATHLETIC.NET- show up at line and we will hand-write

55 Dash

800 *Lap counter suggested.*

400

55 High Hurdles

1600 *Please have a lap counter at the starting line.*

200

4x400

No spikes allowed anywhere.

No locker rooms available.

Wash rooms and water fountains are available in building.

