



York High School Track and Field
York High School, 355 W. St. Charles Rd., Elmhurst, IL 60126



TO: Athletic Director and Head Track Coach
FROM: Rob Wagner (630) 617-2437, Athletic Director
RE: Fisher Track Invitational at York
TEAMS: Glenbard West, LakePark, Mother McAuley, OPRF, Palatine, York
ADMISSION: Adults: \$4.00, \$2.00, Seniors/Students/Children

YORK INDOOR MEET INSTRUCTIONS

- ✓ 5:00 pm- field events start, 6:00 pm -3200 meter relay
- ✓ In all running events, the sophomore races will precede the varsity.
- ✓ 2 entries per level per individual event
- ✓ 1 entry per level for relays
- ✓ Number of heats determined by numbers of entries for a 6 lane 200m track with 8 lanes for the 55's

FIELD HOUSE RULES

- Only 1/8 inch *pyramid* spikes or flat running shoes will be allowed. Spikes will be checked at the starting line.
- Washroom facilities are located south of the field house next to the Green/White gym.
- Indoor shots only.
- For entry into the field house, enter in front of the main competition gym and go north to the field house, see the attached map.
- Starting blocks will be provided.
- Team's areas are to be established outside the infield.
- Bleacher area is provided for spectators.
- There is absolutely NO INFIELD TRAFFIC.
- Only water is allowed in the field house. NO FOOD OR GUM PLEASE.
- When FAT timing is used there is no traffic allowed along the straight-a-way.
- ALL STAGING WILL BE ALONG THE SOUTH WALL.

ORDER OF EVENTS

RUNNING
 3200 METER RELAY
 300 METER DASH
 3200 METER RUN
 55 METER HIGH HURDLES
 55 METER DASH
 800 METER RUN
 4X200 METER RELAY
 400 METER DASH
 1600 METER RUN
 200 METER DASH
 1600 METER RELAY

FIELD
 SHOT PUT (Varsity first)
 HIGH JUMP
 LONG JUMP (8' & 12' boards, cafeteria style)
 POLE VAULT
 TRIPLE JUMP (20' & 26' boards)
 (To be run following the long jump)

PLEASE CLEAN YOUR TEAM AREA WHEN THE MEET IS CONCLUDED

Welcome to York and the Fisher Invite!

Two Levels of Competition:

- Varsity and Sophomore

School Entries:

- 2 entries per level in individual events
- 1 entry per level for relays

THERE ARE NO EXHIBITION ENTRIES THIS YEAR

Distance Events:

- Events will run together if numbers allow

Pits:

- North Pit: JV & Exhibition Long and Triple Jump
- West Pit: Varsity- will provide 30 minutes for 3 jumps for long and triple jump with a 15 minute warm up in between.

Workers:

- Provide two (2) qualified workers for field events. We run a sophomore and a varsity jump pit. Workers will work both long and triple jump at either pit.
- Field event workers will have to be present for field event warm ups according to IHSA Guidelines.

There will be a workers/coaches meeting as soon as all the schools are present on the infield before the beginning of the meet, field event warm ups will begin 30minutes before the start time.

Coaches, please fill in forms according to your lane assignments, putting your fastest runners in the 2nd heat and your next fastest runners in the 1st heat.

A few things you can do to help the meet run smoothly and quickly:

- Have your distance coach help the starter count laps for your runners and as the runner finishes help them over to the wall in the order they finish.
- Be present at the relay exchanges to help feed your runners in the correct order.