



WSC Silver Girls Indoor T&F Conference Championship

Teams: Downers Grove North, Glenbard West, Hinsdale Central, Lyons Township, Oak Park-River Forest, York & Proviso West (Host)

SEED MEETING – Wednesday, March 16, 2016 at 6:00pm at Proviso West HS in the North Café. Refreshments will be served. Our meet will be seeded, scored, and timed by Fred Kreppert of Kreppert Kompusport. **Entries are due by Wednesday, March 16, 2016 at 11:00am.** As usual changes will be allowed at the seed meeting.

Field worker: Provide one (1) field event worker. Please email their name and preferred event to: jwashington@phts209.org by Wednesday, March 16, 2016 at 11:00am.

Championship Day Info:

Parking: Teams should park in the South Lot on the east side of Wolf Road.

Team entrance: Teams will be directed to the fieldhouse hallway upon entrance to the building.

Fieldhouse Rules: Only ¼" spikes are allowed. No gum, food or beverage on track. **Only** water bottles allowed.

Locker Rooms: Locker rooms will be available. Our hosts will meet your team and direct them to the locker room area.

Admission: \$4:00 for Adults, \$2.00 for Students/Children.

Team areas: Pitch in and help keep your areas clean. **Only** coaches, athletes, and workers allowed in the infield at all times.

Hospitality room: All coaches are invited to stop by Room A101 to enjoy light refreshments.

Concessions: Will be provided by the Proviso West H.S. Booster Club.

Results: Will be posted along the walls at the fieldhouse entrance. Final results will be posted online at <http://www.kompusport.com>.

Awards: Awards will be distributed at the end of the meet. A plaque will be awarded to the winning varsity team.



**WSC Silver Girls Indoor T&F Conference Championship
Proviso West HS**

March 18, 2016 || 5:00pm || Fieldhouse



Time of Events

4:30pm Weigh-in of Shot Put and scratches
Pole Vault cards

4:45pm Coaches and officials meeting

5:00pm Field Events

6:00pm Preliminaries
55m Dash
55m Hurdles

** Winner of each heat plus next 6 fastest times advance to finals*

6:30pm National Anthem

Finals

3200m Relay
300m Dash
3200m Run
55m Hurdles
55m Dash
800m Run
800m Relay
400m Dash
1600m Run
200m Dash
1600m Relay

Scoring: 10 - 8 - 6 - 4 - 2 - 1

Team results will be announced at the end of the meet

| Field Events Information | |
|---------------------------------|---|
| Horizontal Jumps | 3 jumps, 8 to the finals, 3 jumps in finals |
| | All jumps count toward places |
| | Triple jump is parallel to long jump |
| | Varsity triple jump 1 st then Frosh-Soph follows |
| | Frosh-Soph long jump 1 st then Varsity follows |
| Shot Put | Varsity 1 st then Frosh-Soph follows |
| High Jump | Varsity 1 st then Frosh-Soph follows |
| | Starting Height: Varsity @ 4'4" |
| | Frosh-Soph @ 4'0" |
| Pole Vault | Varsity & Frosh-Soph will compete together |
| | Starting Height: Varsity @ 5'6" |
| | Frosh-Soph @ 5'6" |

** As the meet progresses, results will be posted at: <http://www.kompusport.com>*