



WSC Girls Silver Indoor Track & Field Championship
March 16, 2018
Hosted by Proviso West High School

TEAMS: Downers Grove North, Glenbard West, Hinsdale Central,
Lyons Township, Oak Park-River Forest, York & Proviso West

SEED MEETING:

Wednesday, March 14, 2018 at 5:30pm at Proviso West in the North Café.
Refreshments will be served. Meeting will be seeded by Lorette Cherry.

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@pths209.org by Wednesday, March 14, 2018 at 11:00am.

CHAMPIONSHIP DAY INFORMATION:

TEAM BUSES / PARKING: Busses should drop off teams in the South parking lot, on the East side of Wolf Road, and relocate to the North parking lot until the meet is over.

TEAM ENTRANCE: After entering Door #23, teams will be directed to the fieldhouse.

ADMISSION: \$4.00 for Adults, \$2.00 for Students and children.

SPIKES: Only ¼" spikes are allowed on track and jumping surface.

TEAM CAMPS: May be set up around the track. Please pitch in and help keep your areas clean. No gum, food, or beverages are permitted on the track. Only water bottles are allowed.

INFIELD: Only coaches, athletes, and workers (and media!) are allowed in this area.

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

CONCESSIONS: Will be provided by the Proviso West High School Booster Club.

RESULTS: Will be posted along the walls at the fieldhouse entrance.

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

TRAINER: Will be on the premises during the meet.





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

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"

Team results will be announced at the end of the meet