



YORK HIGH SCHOOL-GIRLS TRACK AND FIELD

To: Athletic Director and Head Girls' Track and Field Coach

From: Rob Wagner, York High School Assistant Principal for Athletics

(630) 617-2437

Keegan Kilrea, York Girls Track and Field Head Coach

Event: West Suburban Silver Outdoor Conference Championship
Friday, May 4, 2018

General Information

- ¼ spikes maybe worn
- Field Events:** Begin at **5:00 pm**
- Running Events:** Begin at **6:15 pm** with the 3200m relay.
 - F/S races precede Varsity races.
- Two levels of competition: Frosh/Soph and Varsity
 - Please enter two athletes per level and one relay team per level.
- Starting blocks will be provided
- T-shirts will be sold
- Concessions will be available

Entries + Timing Information

- Timer: Direct Athletes
- Make your entries on **Directathletics.com**.
- Entries are due May 1st at 10:00 p.m.
- If you are submitting a hand held time, please add the 0.24 to convert to an FAT time.**

Meet Workers

Please submit TWO adult workers for the meet and what event area they can work. Please email me your choices (kkilrea@elmhurst205.org).

Games Committee will be determined at the seeding meeting on May 2nd at Proviso West.

MEET SCHEDULE

4:30 pm Coaches Meeting
Implement weigh-ins at the facilities building

5:00 pm **Field Events Begin**

Horizontal Jumps - 3 jumps, top 8 to finals

- Prelims for Long Jump - both levels run simultaneously
- Triple Jump will run at the conclusion of long jump

High Jump - starting height TBD at seeding meeting

- Varsity first followed by Frosh/Soph

Pole Vault - starting height TBD at seeding meeting

- Varsity first followed by Frosh/Soph

Throws - 3 throws, top 8 to finals

- Prelims for Frosh/Soph shot
- Prelims for Varsity discus

6:15 pm National Anthem
Finals - Frosh/Soph precedes Varsity

3200 Meter Relay (4x800)

400 Meter Relay (4x100)

3200 Meter Run

100 Meter Hurdles

100 Meter Dash

100 Meter Wheelchair

800 Meter Run

800 Meter Wheelchair

800 Meter Relay (4x200)

400 Meter Dash

300 Meter Hurdles

1600 Meter Run

200 Meter Dash

200 Meter Wheelchair

1600 Meter Relay (4x400)