



PROVISO WEST HIGH SCHOOL
4701 W. Harrison St. || Hillside, IL 60162



FIELDHOUSE

21ST Annual Lady Panther Track & Field Invitational Saturday, March 5, 2016

Dear Coaches,

Thank you for returning to our girls' track meet. Team camps maybe set up around the track, not in the bleachers. Since no locker rooms will be available at our facilities, please come dressed in your track gear. Only 1/8" spikes allowed on track and jumping surface.

Enter your team information:

- **Online entries are OPEN until 3/2/16 11:59 PM US/Eastern**
- **During the meet, live results available at: www.adkinstrak.com**

Listed below is helpful information and the order of events:

Participating Teams:

Two-entry limit per event.

- ❖ One team entry limit per relay event.
- ❖ Seeding times will be used to place athletes into heats.
- ❖ There will be prelims and finals in the 55-meter dash and the 55 meter hurdles. The top two and next fastest times overall in each heat will advance to the finals.
- ❖ Four throws in the shot put, no finals. Four jumps in long and triple, no finals.
- ❖ The triple jump and the long jump will run at the same time on parallel runways with varsity preceding frosh/soph.
- ❖ The frosh/soph high jump precedes the varsity high jump. The varsity shot put precedes the frosh/soph shot put.
- ❖ The throwers relay will be scored at the varsity level only, frosh/soph varsity throwers can run on a team relay.
- ❖ Pole vault will be determined by the workers running the event.
- ❖ No food or beverage allowed on track. Only water bottles allowed.



TIME SCHEDULE



9:30 AM WEIGH IN OF SHOT PUT
POLE VAULT CARDS

9:55 AM FINISH WEIGH IN

10:00 AM HIGH JUMP (FROSH/SOPH FIRST)
LONG JUMP (VARSITY FIRST)
4 JUMPS (NO FINALS)
TRIPLE JUMP (VARSITY FIRST)
4 JUMPS (NO FINALS)
POLE VAULT (ALL JUMP TOGETHER)
4 JUMPS (NO FINALS)
SHOT PUT (VARSITY FIRST)
4 JUMPS (NO FINALS)

10:15 AM OFFICIALS/COACHES MEETING

10:30 AM 55M DASH PRELIMS -
TOP 2 PLUS NEXT FASTEST TIMES
MOVE ON TO FINALS

10:45 AM 55 HURDLES PRELIMS -
TOP 2 IN EACH HEAT PLUS NEXT FASTEST TIMES
MOVE ON TO FINALS

11:00 AM NATIONAL ANTHEM

FINALS IN THE FOLLOWING ORDER

3200M RELAY	55M DASH	1600M RUN
300M DASH	800M RUN	200M DASH
3200M RUN	800M RELAY	1600M RELAY
55M HURDLES	400M DASH	THROWERS RELAY

AWARDS PRESENTATION - TEAM TROPHIES

****NOTE: THE INDIVIDUAL AWARDS WILL BE PUT INTO A TEAM ENVELOPE AND WILL BE GIVEN TO THE COACH AT THE END OF THE MEET. RESULTS WILL BE AVAILABLE (15) MINUTES AFTER THE COMPLETION OF THE MEET.**

PLEASE SUPPLY:

ONE WORKERS' NAME _____

PREFERRED EVENT TO WORK _____

*** COACHES MAY ONLY MAKE SCRATCHES ON THE DAY OF THE MEET**

EVENT WORKERS	
MEET DIRECTORS:	VICTOR DUBOIS
STARTER:	STEVE BATTLE / JOE LAWS/ BERNIE LEWIS
ANNOUNCER:	NICHOLAS STEELE
ASSISTANT STARTER:	MARK SCHALL
CLERK:	STEVE BUSA
HEAD TIMER:	GLEN STEINER
SEEDING, RESULTS SCORING:	LORETTE CHERRY
AWARDS/HOSPITALITY:	INSERT NAME
FINISH LINE TIMERS:	GLEN SNYDER
SHOT PUT:	INSERT NAME
EAST CURVE JUDGE:	INSERT NAME
POLE VAULT:	INSERT NAME
LONG & TRIPLE JUMP:	INSERT NAME
HIGH JUMP:	INSERT NAME
RAKER:	INSERT NAME