



PROVISO WEST HIGH SCHOOL
FIELDHOUSE

22ND Annual Lady Panther Track & Field Invitational
Saturday, March 4, 2017

Coaches,

Enter your team information below:

- Online entries are **OPEN** until 3/1/17 11:59 PM US/Eastern
- <https://www.directathletics.com/meets/track/48455.html>

Listed below is helpful information and the order of events:

- ❖ **Parking:** Team busses should park in the South Lot on the east side of Wolf Road. Busses should relocate to the North Lot after dropping off teams.
- ❖ **Team Entrance:** Teams will be directed to the fieldhouse hallway upon entrance to the building.
- ❖ **Admission:** \$4:00 for Adults | \$2.00 for Students (with ID)/Children.
- ❖ **Concessions:** Will be provided by the Proviso West H.S. Booster Club.
- ❖ **Team Camps:** May be set up around the track, not the bleachers. No locker room will be available at our facilities, please come dressed in your track gear.
- ❖ **Team Areas:** Pitch in and help keep your areas clean. **NO GUM, FOOD, OR BEVERAGES ARE PERMITTED ON THE TRACK. ONLY WATER BOTTLES ARE ALLOWED.**
- ❖ **Field House Rules:** Only 1/2" spikes allowed on track and jumping surface. Spikes will be checked at all event areas. **NO EXCEPTIONS.**

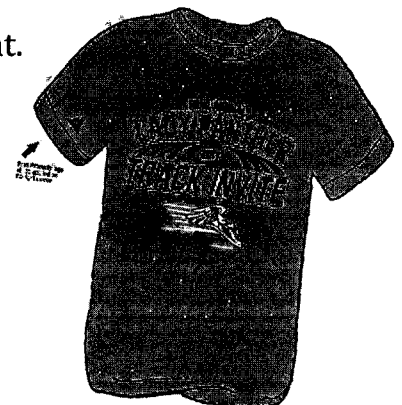
Participating Teams: Two-entry limit per event.

- ❖ One team entry limit per relay event.
- ❖ Seeding times will be used to place athletes into heats.
- ❖ 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.
- ❖ Invitational T-Shirts will be sold at the meet:

Size & Cost:

SM-LG: \$12.00

2X-5X: \$15.00



TIME SCHEDULE



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

10:00 AM START FIELD EVENTS
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)

10:30AM OFFICIALS/COACHES MEETING

11:00 AM OPENING CEREMONIES ~ 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 _____ NO LATER THAN WEDNESDAY, MAR.1
PREFERRED EVENT TO WORK _____ NO LATER THAN WEDNESDAY, MAR.1

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

EVENT WORKERS	
MEET DIRECTOR:	VICTOR DUBOIS
STARTER:	HARRY KANNRY
ANNOUNCER:	BILLY P. HARRIS
ASSISTANT STARTER:	MARK SCHALL
CLERK:	STEVE BUSA
HEAD TIMER:	GLEN STEINER
SEEDING, RESULTS SCORING:	LORETTE CHERRY
AWARDS & HOSPITALITY:	MICHELLE TEAGUE
FINISH LINE TIMER:	GLEN SNYDER
SHOT PUT:	OPEN
EAST CURVE JUDGE:	OPEN
POLE VAULT:	OPEN
LONG & TRIPLE JUMP:	OPEN
HIGH JUMP:	OPEN
RAKER:	OPEN