



PROVISO WEST HIGH SCHOOL

FIELDHOUSE

23RD Annual Lady Panther Indoor Track & Field Invitational Saturday, March 3, 2018

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 | \$3.00 Students with an ID.
- ❖ **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.**
- ❖ **Fieldhouse Rules: Only 1/4" 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.



TIME SCHEDULE

9:00 AM WEIGH IN OF SHOT PUT
POLE VAULT CARDS

9:30 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)
SHOT PUT (VARSITY FIRST)
4 JUMPS (NO FINALS)

10:00AM OFFICIALS/COACHES MEETING

10:30 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	

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, FEB. 28
PREFERRED EVENT TO WORK _____ NO LATER THAN WEDNESDAY, FEB. 28

*** 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
LONG & TRIPLE JUMP:	OPEN
HIGH JUMP:	OPEN
RAKER:	OPEN