

WSC Silver Girls Indoor Track and Field Championship
March 17, 2017 at 5:00 pm - Hosted by York High School



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

Championship Day Info:

Parking: Teams should park yellow and activity buses in the bus lanes on the southwest side of the Academic building. Do not park buses in the parking lot!

Team entrance: Enter the building at door #5 (Athletic Entrance).

Fieldhouse Rules: Only ¼" spikes are allowed. Spikes will be checked at starting line. No gum, food or beverage on track! **Only** water bottles will be allowed.

Locker Rooms: Locker rooms will be available. Our hosts will direct teams after entering the field house.

Admission: \$4:00 for Adults, \$2.00 for Students/Children.

Team areas: Teams will be directed to seating areas. Please keep your areas clean. **Only** coaches, athletes, and workers allowed in the infield at all times.

Hospitality: Food and refreshments will be available to coaches.

Concessions: Will be available.

Results: Will be posted in the field house. Final results will also be posted online at Direct Athletics.

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

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Time of Events

- 4:30pm** Weigh-in of Shot Put and scratches
Pole Vault cards
- 4:45pm** Coaches and officials meeting (In-field finish line area)
- 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

Team results will be announced at the end of the meet

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 @ ?
	Frosh-Soph @ ?
Pole Vault	Varsity and Frosh-Soph will compete together
	Starting Height: Varsity @ ?
	Frosh-Soph @ ?