



## YORK HIGH SCHOOL: Indoor Invitational GIRLS TRACK AND FIELD

**To:** WSC Silver Athletic Directors and Head Girls' Track & Field Coaches  
**From:** Rob Wagner, York High School Assistant Principal for Athletics (630) 617-2437  
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**Event:** **INDOOR WSC SILVER CONFERENCE MEET:** Friday, February 17, 2023  
**Participating Teams:** DGN/GBW/Hinsdale C/Lyons Township/OPRF/Proviso West/York

**Admission:** \$4

**Concessions:** OPEN 5:00-8:00pm

**[LIVE RESULTS LINK](#)**

### CONFERENCE MEET INSTRUCTIONS

- **General Information:** 2 levels of competition: **Fr./So. & Varsity**
  - 2 entries per level for individual events & field events
  - 1 entry per level for relays
  - FAT Timing - coaches & athletes shall remain clear of the finish line at all times.
- **Field Events:** Begin at **5:00pm**, events open for warmups at **4:30pm** provided official is present.
  - **LJ/TJ:** LJ precedes TJ with Fr/So & Varsity Levels competing simultaneously on different pits.
  - **HJ/PV/SHOT:** Varsity flights will precede Fr/So with 15 min. warmups between flights.
- **Running Events:** Begin at **6:30pm** with the 4x800m Relay.
  - Fr/So races precede Varsity races.
- **1st Place Plaques** awarded to top scoring Varsity Team

### FIELDHOUSE RULES

- Only **1/8 inch pyramid spikes** permitted. Spikes will be checked at the starting line, and start of jumping events by a meet official prior to each event. Athletes **WILL** be scratched if they do not adhere to this rule.
- Spikes will be on sale by the **FINISH LINE** by the clock keeper.
- Only Indoor Shot Put implements permitted.
- Starting blocks provided.
- **TEAM CAMPS: File into the furthest bleacher section when you arrive so we have enough room in the bleachers for spectators.** Thank you for not leaving gum, food, or beverages bottles behind. No food or drink - other than water - should be consumed in the Fieldhouse. Thank you for pitching in and cleaning your team area before you leave.
- **SPECTATORS: Bleachers on the south half of the fieldhouse towards the entrance area are provided for spectators.**
- **FINISH LINE:** Coaches, please help us keep athletes from crossing back and forth the finish during races so officials & FAT timing devices can work most efficiently.
- **CHECKING IN:** All staging for running events will be along the south and east walls.
- **INFIELD:** Only coaches, athletes, and workers are allowed in this area.

[LIVE RESULTS LINK](#) Welcome to the WSC Silver Indoor Conference Meet!

**ORDER OF EVENTS**

**Running Events:**

**4x800** (3200m Relay)

300 Meter Dash

3200 Meter Run

55 Meter Hurdles

55 Meter Dash

800 Meter Run

**4x200** (800 Meter Relay)

400 Meter Dash

1600 Meter Run

200 Meter Dash

**4x400** (1600 Meter Relay)

**NOTES: ALL FR/SO RACES PRECEDE VARSITY RACES**

- **2 ENTRIES/LEVEL**
- **1 ENTRY/LEVEL ALL RELAYS**

**Field Events:**

**Horizontal Jumps** - Varsity competes on the WEST Pit, Fr/So competes on the NORTH Pit.

**-Varsity-** Prelims: 3 attempts

- Finals: Top 8 qualify - 3 more attempts

**-Fr/So-** 4 attempts ALL athletes

-15 min. warmup for Triple Jump follows the conclusion of Long Jump on both pits.

**Long Jump**

- 8' & 12' boards available

**Triple Jump**

- 22' / 24' / 26' boards available
- Attempts TBD

**Vertical Jumps** - Varsity flights precede Fr/So

**Pole Vault**

- Fr/So Opening Height: (6-3)
- Varsity Opening Height: (6-9)

**High Jump**

- Fr/So Opening Height: (4-0)
- Varsity Opening Height: (4-4)

**Shot Put** - Varsity flights precede Fr/So

**-Varsity-** Prelims: 3 attempts

- Finals: Top 8 qualify - 3 more attempts

**-Fr/So-** 4 attempts ALL athletes

- 15 min. warmups between flights

**\*\*METRIC SYSTEM will be implemented to mark/record efforts in all Field Events per 2020 IHSA rule change. \*\***

**COACHES MEETING**

- There will be a workers/Head Coaches meeting at 4:15 or as soon as all teams arrive. All head coaches should attend or send a representative. We will review start times, opening heights, and other general information. Important announcements will also be heard from our starter.
- We thank you in advance for helping us to protect and preserve our facility.
- We appreciate all of your assistance, patience, and cooperation in helping to run Field Events, and for making this the most successful meet possible for all participants!.