



## YORK HIGH SCHOOL: Indoor Invitational #4 GIRLS TRACK AND FIELD

**To:** Athletic Director and Head Girls Track and Field coach

**From:** Rob Wagner, York High School Assistant Principal for Athletics (630) 617-2437  
Keegan Maletich, York Girls Track and Field Head Coach

**Event:** York Invitational #4  
Friday, March 8, 2019

**Participating Teams:** Glenbard West, Lake Park, Oak Park River Forest, Palatine, Mother McAuley, York

**Admission:** Adults \$4, Children/Seniors \$2

### York Indoor Meet Instructions

- General Information:** 2 levels of competition: Frosh/Soph and Varsity
  - 2 entries per level for individual events
  - 1 entry per level for relays
  - FAT Timing system will be used - we appreciate you & your athletes staying clear of finish area.
- Field Events:** Begin at **5:00pm**
- Running Events:** Begin at **6:00pm** with the 3200m relay.
  - Sophomore races precede Varsity races.

### Fieldhouse Rules:

- Only **1/8 inch pyramid spikes** are allowed. Spikes will be checked at the starting line by meet prior to each event.
- Indoor shots only
- Starting blocks will be provided
- Team areas may be set up outside of the infield
- Bleacher area is provided for spectators. Parents are to remain off the infield. Help from coaches in keeping the infield clear is appreciated!
- Athletes are to remain off of the infield when not competing.
- All staging will be along the south wall
- No food or drink - other than water - to be consumed in the fieldhouse. Please pick up your team area!

### **Inputting Entries + Timing Information**

**Timers:** Lake Shore Athletics

**Entries:** Please visit [athletic.net](http://athletic.net) to put in your entries. Entries are due Thursday, March 7 at 12:00pm.

# Welcome to the York Invitational!

## Order of Events

### Running Events:

3200m Relay (4x800)  
300 Meter Dash  
3200 Meter Run  
55 Meter Hurdles  
55 Meter Dash  
800 Meter Run  
800 Meter Relay (4x200)  
400 Meter Dash  
1600 Meter Run  
200 Meter Dash  
1600 Meter Relay (4x400)

### Field Events:

#### Horizontal Jumps - run simultaneously

#### Long Jump

- Cafeteria style: 8' & 12' boards available
- 4 jumps with no finals

#### Triple Jump

- To follow long jump
- 24' and 26' boards available
- 4 jumps with no finals

#### Varsity will precede F/S

- Shot Put - 5 throws, no finals
- High Jump
- Pole Vault

## Team Information

### Jumping Pits:

- **North Pit:** Frosh/Soph Long and Triple Jump
- **West Pit:** Varsity Long and Triple Jump
- There will be a 15 minute warm up after long jump concludes prior to triple jump starting.

### Workers:

- Please provide 2 qualified workers for field events (jumps, throws, pole vault)
- Email name of worker and event preferred to [kmaletich@elmhurst205.org](mailto:kmaletich@elmhurst205.org)
- Field event workers are to be present during warm ups according to IHSA guidelines.

## Coaches Meeting

There will be a workers/coaches meeting as soon as all school are present. There will be an announcement to meet in the infield before the meet begins, and warmups will begin 30 minutes before the start time.

We thank you in advance for helping us to protect and preserve our facility. We appreciate all of your assistance and cooperation in helping to make the meet successful.