

Glenbard South High School

Girls Track & Field

Dear Coach,

Glenbard South looks forward to hosting your track and field team for a meet during the indoor season. We feel that this meet offers an opportunity for your teams to get into a competitive spirit as the indoor season progresses. This meet offers all of your athletes a chance to compete. We will run 2 levels (V & JV) with (unlimited entries and relays). (Coaches - we may need limit entries to shorten the length of the meet. Please use your best judgement) There will be no prelims. **Please put your best relay in heat 1 and your best sprinters in the first 3 heats of each level.** Only 1 relay from each level will score!

The Fieldhouse is 160 meters with 4 lanes on the turns and 5 lanes on the straights. The surface is a polyurethane floor, flat shoes must be worn - **No Spikes!** Spectator seating will be inside the oval. Team camps will also be inside the oval. Please instruct your athletes to stay in the fieldhouse. No athletes are to be in any other part of the building. Please help us keep our fieldhouse in great shape for future meets by observing the following -No food, gum, beverages, radios, tape players, or cd players will be allowed in the fieldhouse. We ask the coaches to act as marshals. Please have your athletes police their camp areas and use the trash barrels that will be provided. **We would also appreciate it if each team could provide a worker for the meet.** We will need qualified people to run events and work the finish line.

Rubber covered shots must be used. Starting blocks will be provided for the sprint and relay events. A long jump board will be painted on the surface 8' & 12' from the start of the pit. The triple jump boards will be painted on the surface at 24', 30', & 36' intervals. No tape will be allowed on the runways or the exchange areas. Please use chalk.

We anticipate another great meet! If you have any questions or concerns give me a call at **630-942-6610**.

Sincerely,

Mark Tacchi
Head Girls Track & Field Coach

Order Of Events

(Coaches – please let me know if you will be pole-vaulting at mark_tacchi@glenbard.org)

9:00 High Jump, Pole Vault, Shot, & Long Jump. Triple to follow. 3 throws and jumps.

**9:30 Running Events
4 X 800
3200 M. Run
55H
55D
800 Run
4 x 160
400 Dash
1600 Run
200 Dash
4 X 400 Relay**

We are generally done by 1:00. No Spikes, no food/drink in the Fieldhouse.