

PLAINFIELD SOUTH HIGH SCHOOL
Girls JV/ Varsity Track and Field Invite
March 14, 2014



PLAINFIELD SOUTH HS GIRLS JV/VARSITY INDOOR TRACK AND FIELD INFORMATION

SITE: Plainfield South High School Fieldhouse. Please enter at Entrance W located at the south end of the building. We would ask that buses park in our lot nearest the tennis courts.

TEAMS: Glenbard South, Lemont, Lincoln-Way North, Minooka, Plainfield East, Plainfield South, Yorkville

DATE: Friday, March 14, 2014

TIME: **MEET WILL START AT 5:00 PM SHARP.** Field events begin at 5:00 p.m. Running events will begin at approximately 5:45 p.m.

SCORING: 6-4-3-2-1 **RELAYS :** 6-4-2

FACILITY: The indoor track has an Elastiplus surface, 179.79-meter circumference (9 laps = 1600m). The surface is rubberized but **spike inserts are not allowed**. Plastic bottoms may be slippery around the curves and are not recommended. **Flats must be worn in the pole vault.** All teams and athletes will enter and exit through designated areas.

NO FOOD OR DRINK WILL BE ALLOWED IN THE FIELDHOUSE. CONCESSIONS WILL BE AVAILABLE. PLEASE CLEAN UP YOUR TEAM CAMP AREA AT THE END OF THE MEET!

ENTRIES: The entry limitations are listed in parenthesis next to the event below. ***Entries completed on attached spreadsheets and names of two adult workers are due no later than 3:00 p.m. on Tuesday, March 11. Please email them to Head Coach Janeen Carlberg at jcarlbe1@psd202.org.*** Contestants will be assigned a heat and lane. Substitutions may be made the day of contest and will be inserted in original assignment lane and heat. Entries may be picked up at the coaches' meeting in room 191 starting at 4:00 p.m. Please refer to included "Meet Sheet" for specific terms and logistics of meet.

Field Events: LJ, PV, HJ, Shot will begin at 5:00 p.m. TJ will follow LJ.

Long Jump (2 per level)	45 minutes to complete 3 jumps with no finals
High Jump (2 per level)	Starting height to be determined at coaches' meeting
Pole Vault (2 per level)	Starting height to be determined at coaches' meeting
Shot Put (2 per level)	4 throws, no finals
Triple Jump (2 per level)	45 minutes to complete 3 jumps with no finals

Running Events: Will begin at approximately 5:45 p.m.

4x800 Relay (1 per level)	international curve start
3200m (2 per level)	international curve start
55m HH (2 per level)	finals (heats against time)
55m (2 per level)	finals (heats against time)
800m (2 per level)	alley start
4x200m Relay (1 per level)	1 st exchange in lanes
400m (2 per level)	heats, slower heat first (1 st lap in lanes)
1600m (2 per level)	international curve start
200m (2 per level)	heats, slower heat first (lanes all the way)
4x400m Relay (1 per level)	1 st lap in lanes to break point