



**UPSTATE EIGHT CONFERENCE
2015 BOYS FROSH-SOPH INDOOR CHAMPIONSHIPS
ST. CHARLES EAST HIGH SCHOOL**

Date: Monday, March 23, 2015

Location: District 303 Indoor Track & Field Facility on the St. Charles East Campus
Lester J. Norris Sports Complex

Times: 3:30PM – Scratches/Substitutions
4:00PM – Coaches Meeting
4:30PM – Field Events
5:00PM – Track Semi-Finals
Finals to Begin Immediately Following Semis w/ No Break

Entries: 2 per individual event, 1 relay

Entries will be done online at www.pttiming.com like the varsity meet.

Entry Deadline –Thursday , March 19, 2015 @ NOON

Straight substitutions will be allowed the day of the meet, but **no additions**.

Workers: Coaches from all schools and varsity athletes will administer events assigned by host school. St. Charles East will provide meet management.

Starters: Miles Tishhauser– Starter
Jesse Rocha– Starter

Hospitality: Meal tickets will be provided to all coaches and adult workers which can be redeemed at the concessions stand. Thank-you to the St. Charles East School Athletic Booster Club for their help in providing hospitality for this event.

St. Charles East High School is proud to host this Upstate Eight Conference event and will do everything in our power to make it a successful, enjoyable event for your athletes, coaches, and spectators. Please do not hesitate to contact us with any questions.

Mike Sommerfeld
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St. Charles East High School
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BOYS INDOOR TRACK & FIELD CHAMPIONSHIPS**

FROSH-SOPH MEET SCHEDULE

4:30PM Field Events: Prelims – 3 trials; Top 9 to finals

Shot-Put (Top 9 to finals)

High Jump

Pole Vault

Long Jump to Completion Followed by Triple Jump (Top 9 to finals)

Triple Jump (Top 9 to finals)

5:00PM Track Semi-Finals (FAT): Winner of Each Heat + Next Best Times Advance

55M High Hurdles

55M Dash

3200M Run Section 1 or 15 Minute Break if Only 1 Heat of 3200M Run

55M Low Hurdles

****Finals Immediately Following Semis****

Track Finals (FAT):

3200 Meter Relay

4 X 160 Meter Relay (Blind Draw)

3200 Meter Run Section 2

55 Meter High Hurdle Final

55 Meter Dash Final

800 Meter run

400 Meter Dash

55 Meter Low Hurdle Final

1600 Meter Run

200 Meter Dash

1600 Meter Relay



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EVENT ASSIGNMENTS BY SCHOOL

Schools are responsible for providing capable workers, including an adult to act as the head official, for the events listed below.

EVENT	SCHOOL
MEET MANAGEMENT	ST. CHARLES EAST
HEAD FINISH JUDGE	ST. CHARLES EAST
LONG JUMP <ul style="list-style-type: none">Head OfficialTape Measure (2)Rake (1)	METEA VALLEY/EAST AURORA/BATAVIA
TRIPLE JUMP <ul style="list-style-type: none">Head OfficialTape Measure (2)Rake (1)	SOUTH ELGIN/LARKIN/STREAMWOOD
HIGH JUMP <ul style="list-style-type: none">Head OfficialBar Placement (2)	ST. CHARLES NORTH/ELGIN
POLE VAULT <ul style="list-style-type: none">Head OfficialBar Placement (2)	NEUQUA VALLEY/LAKE PARK
SHOT PUT <ul style="list-style-type: none">Head OfficialTape Measure (2)	BARTLETT/WAUBONSIE VALLEY/GENEVA
EXCHANGE ZONES	ST. CHARLES EAST
CURVE JUDGES	ALL SCHOOLS