

## 2018 Girls Suburban West Conference Track & Field Championship

Hosted by Parkway South High School

- **Dates:** Friday May 4<sup>th</sup>
- **Location:** Parkway South High School-Patriot Stadium
- **Entries/Seeding:** All entries will be through [www.trxctiming.com](http://www.trxctiming.com). The meet will be run in two divisions, Varsity and JV. Athletes may **not** cross over divisions. Seniors **are** allowed on JV. **Varsity** – two entries in open events and one entry in relays. **JV** – four entries in open events and one entry in relays. **ENTRIES DUE WEDNESDAY, MAY 2 AT 5:00PM AND CAN BE MANAGED UNTIL Friday, MAY 4 AT 9:00AM.**
- **Event workers:** Fill out and return form on back page by April 18 if you have event preferences.
- **Admission:** Entry into the Conference meet for spectators will be \$5.00 ages 10 and up.
- **Coaches Meeting:** There will be a coaches meeting at 3:30pm in the stands near the press box.
- **Scoring:** 10-8-6-5-4-3-2-1
- **Awards:** Trophies to the 1<sup>st</sup> place teams on JV & Varsity. Medals to the top 5 finishers in each event on JV & Varsity. Coaches can pick medal packets up after the meet is complete.
- **Games Committee:** Lindbergh, Lafayette, Marquette, Eureka and Northwest.
- **Track Infield:** Please inform your athletes that they will not be allowed on the infield for any reason other than being in the bullpen or warming up for an event. Athletes will not be allowed to hang out on the track infield. **NO FOOD ON ARTIFICIAL TURF.**
- **Track Surface:** 1/4 inch spikes and below will be allowed on the track and runways. Please plan to use tennis balls on the track. No tape on the track or runways.
- **Team Tents:** Schools will be allowed to set-up team tents outside of the stadium fence.
- **Dressing Facilities:** Locker rooms will not be available. Outdoor restrooms will be available and they are located next to the concession stand. Please inform your athletes that they are not allowed in the school building without permission.
- **Concessions:** There will be a concession stand available to athletes and general admission located next to the home bleachers.
- **Hospitality:** Meal tickets will be provided for coaches and bus drivers. Tickets can be redeemed at concession stand for a sandwich, chips and drink.
- **Injuries:** We will have an athletic trainer present at the meet.
- **Bus Parking:** Please unload in front of main gate at stadium. Proceed up the hill and use the circle turn around to come back down the hill. Please park on the left hand side of road near the softball field.

**Schedule of Events:** Estimated Times – Events may start early if meet is ahead of schedule.

- Shot Put, Discus, Javelin – 4 Throws, No Finals
  - 4:00 JV Shot Put
  - 4:00 Varsity Discus
  - 4:00 JV Javelin
  - As soon as JV is completed: Varsity Javelin
  - As soon as Varsity is completed: JV Discus
  - As soon as JV is completed: Varsity Shot Put
  
- Long Jump, Triple Jump, High Jump, Pole Vault
  - 4:00 Varsity Long Jump 4 Jumps – Cafeteria Style
  - 4:00 JV Triple Jump 4 Jumps – Cafeteria Style
  - 6:00 Varsity Triple Jump 4 Jumps – Cafeteria Style
  - 6:00 JV Long Jump 4 Jumps – Cafeteria Style
  - 4:00 JV High Jump (5 Active)
  - 6:00 Varsity High Jump (5 Active)
  - 4:00 Varsity Pole Vault (5 Active)
  - 6:00 JV Pole Vault (5 Active)
  
- Track Events
  - 4:00 JV 4 x 800 Meter Relay Heats vs. Time
  - Varsity 4 x 800 Meter Relay Heats vs. Time
  - 4:25 JV 110 Meter Hurdles Heats vs. Time
  - Varsity 110 Meter Hurdles Heats vs. Time
  - 4:40 JV 100 Meter Dash Heats vs. Time
  - Varsity 100 Meter Dash Heats vs. Time
  - 4:55 JV 4 x 200 Meter Relay Heats vs. Time
  - Varsity 4 x 200 Meter Relay Heats vs. Time
  - 5:20 JV 1600 Meter Run Box Alley Start
  - Varsity 1600 Meter Run Box Alley Start
  - 5:45 JV 4 x 100 Meter Run Heats vs. Time
  - Varsity 4 x 100 Meter Run Heats vs. Time
  - 6:00 JV 400 Meter Dash Heats vs. Time
  - Varsity 400 Meter Dash Heats vs. Time
  - 6:25 JV 300 Meter Hurdles Heats vs. Time
  - Varsity 300 Meter Hurdles Heats vs. Time
  - 6:55 JV 800 Meter Run Heats vs. Time
  - Varsity 800 Meter Run Heats vs. Time
  - 7:20 JV 200 Meter Dash Heats vs. Time
  - Varsity 200 Meter Dash Heats vs. Time
  - 
  - 7:30 JV 3200 Meter Run Box Alley Start
  - Varsity 3200 Meter Run Box Alley Start
  - 8:00 JV 4 x 400 Meter Relay Heats vs. Time
  - Varsity 4 x 400 Meter Relay Heats vs. Time

2018 Suburban West Conference Meet

Event assignment request

Please list your top 3 choices for field events you can run off. Since we have 14 field events and 10 schools there is a chance that some teams will run off 2 Varsity events (max of 20 competitors each) while others will run off one JV event (max 40 competitors). South will do its best to run off what it can, but we may need some help. I will do my best to meet your needs.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

List any event that may be a challenge due to a coach working at the Suburban West Boys Meet:

\_\_\_\_\_

Please return by Wednesday, April 18, 2018 by email [hfranklin@parkwayschools.net](mailto:hfranklin@parkwayschools.net)