

Sangamon County CO-ED Varsity Track & Field Meet
New Berlin High School
May 4, 2012
4:00 PM

Welcome to the 2012 Sangamon County Track & Field Meet! The meet will begin at 4:00 p.m. and there will be a coaches meeting in the bleachers at 3:30.

Our track is a six lane all-weather surface. Athletes must use 1/4" or less spikes.

In an effort to run the meet efficiently, coaches from each school will be asked to help as field event judges, timers, or exchange zone judges. For your preparation, each school will be assigned one field event. Please bring three people (one adult/coach required) to run each event. Tape measures and equipment will be provided.

Starter: Bill Derks

Scoring: Scoring will be 10-8-6-4-2-1.

Entries: Jokisch will be doing the entries. Only two boys and two girls from each school will be allowed to enter an event. Lanes and heats will be determined prior to the Track Meet and will be based on time. All entries and season best times must be received by Wednesday, May 2, 2012 @ 8:00 on

SydexSports Website.

Coaches will go to www.sydexsports.com and click on "Track Online Meet Entries" and follow instructions.

- o If it is 1st time, Coaches can watch Video Tutorial titled "Online Entries for Attending Coach."
- o Coaches may start the Entry process in advance by putting in Roster, and Entry Names & Performances in certain Events.
- o They can continue to update until the Entry Deadline where they then need to click on "Send Entries Email."
- o Dave Jokisch will confirm receipt of entries within 24 hours with an email reply.
- o Both the Mens and Womens Coaches (if they are different) should use the same "User Name" and "Password" when they are registering as a "New User."

Starting Blocks: Will be provided by New Berlin.

Camps: Teams should set up outside the fence. Team camps will not be permitted on the football field. Teams are also responsible for cleaning up their camps after the meet. Only officials and competitors will be allowed inside the track.

Staging: All athletes should try to report to the staging area by 2nd Call. If an athlete is not checked in or at the staging area by the Last Call, then

that athlete will not be permitted to participate. Please remind your athletes to listen for their calls.

Field Events: Contestants in the shot and discus will be allowed 4 tries only. All other field events will be run according to IHSA rules.

No one will be allowed inside the track except judges and contestants in the current track event. Please make everyone aware of this policy.

Order of Events

Girls Shot Put followed by Boys	Head Finish Judge - New Berlin
Boys Discus followed by Girls	1st Place Timer: Auburn
Girls Long Jump followed by Boys	2nd Place Timer: Rochester
Boys Triple Jump followed by Girls Triple Jump will follow Long Jump	3rd Place Timer: Pleasant Plains
Girls High Jump followed by Boys	4th Place Timer: Riverton
Boys Pole Vault followed by Girls	5th Place Timer: Williamsville
Girls 3200m Relay followed by Boys	6th Place Timer: Pawnee
Girls 400m Relay followed by Boys	
Girls 3200m Run followed by the Boys	Shot Put - Riverton
Girls 100m High Hurdles	Discus - Auburn
Boys 110m High Hurdles	Long Jump - Pawnee
Girls 100m Dash followed by Boys	Triple Jump: Williamsville
Girls 800m Run followed by Boys	High Jump: Pleasant Plains
Girls 800m Relay followed by Boys	Pole Vault: Rochester
Girls 400m Dash followed by Boys	Exchange Judges - New Berlin
Girls 300m Low Hurdles	Clerk : New Berlin

Boys 300m Intermediate Hurdles

Girls 1600m Run followed by Boys

Girls 200m Dash followed by Boys

Girls 1600m Relay followed by Boys

Each school is responsible for having enough people to cover their assignments.