

## 2013 Central State 8 Boy's Track and Field Meet

**WHEN:** Friday, May 10

**HOST:** Glenwood High School

**WHERE:** Glenwood High School, 1501 E. Plummer Blvd. Chatham, IL 62629

**SCHOOLS:** Glenwood, Lincoln, Taylorville, Rochester, Jacksonville, Springfield, Lanphier, Southeast, Sacred Heart-Griffin

**ENTRIES:** **DUE Tuesday, May 7 at noon**

This year entries will be made ONLINE by going to [www.sydexsports.com](http://www.sydexsports.com)

Click on "Track Online Meet Entries" to complete the process.

This is a varsity only meet. You may enter 2 individuals in each event, and 1 varsity relay. This year we will have "Open" Relay events as well. Please make a copy of your entries and be prepared with proof of performance materials.

**SEED MEETING: Wednesday, May 8<sup>th</sup> at 6:30 in the Glenwood High School Driver's Ed room. You may park in the back of the building and enter directly into the Driver's Ed room. Pizza will be available.**

This is a scored meet. (10-8-6-4-3-2-1)

We are using FAT timing for this meet. Please remind your athletes to stay away from the finish line during the meet.

**MEET WORKERS:** We will designate meet workers at the seed meeting

Shots and Discs will be weighed before events begin.

We will do a senior athlete presentation following the Varsity 4 x 200m Relay

**Any questions or concerns please contact Len Onken**

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EMAIL: lonken@chathamschools.org

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## Meet Schedule:

4:15 Field Events Begin  
5:00 100 Prelims  
5:15 110m Hurdle Prelims  
5:30 200m Prelims  
6:00 Finals Begin  
Open 4x800m Relay  
Varsity 4x800m Relay  
Open 4x100m Relay  
Varsity 4x100m Relay  
3200m Run  
110m Hurdles Final  
100m Dash Final  
800m Run Final  
Open 4x200m Relay  
Varsity 4x200m Relay  
400m Dash Final  
300m Hurdles Final  
1600m Run Final  
200m Dash Final  
Open 4x400m Relay  
Varsity 4x400m Relay