

2013 Central State 8 Girls' Track and Field Meet

WHEN: Thursday, May 2, 2013

HOST: Southeast High School

WHERE: Southeast High School, 2350 East Ash Street, Springfield, IL 62703

SCHOOLS: Glenwood, Lincoln, Taylorville, Rochester, Jacksonville, Springfield, Lanphier, Southeast, SH-G

ENTRIES: **DUE April 30th @ 8am**

This year entries will be made ONLINE by going to 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.

SEED MEETING: Tuesday, April 30th at 6:30pm at Southeast High School (enter on Taylor Street). Pizza/drinks 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: Will be designated.

Shots and Discs will be weighed before events begin.

*We will do a senior announcement at 6:00pm prior to finals.

*T-shirts will be available for purchase.

*Concessions will be available.

Any questions or concerns please contact Barb Montgomery

Phone: 217-971-8310

Email: barbmont@sps186.org

2013 Central State 8 Girls' Track and Field Meet

Meet Schedule:

4:15 Field Events Begin

5:00 100 Prelims

5:15 110m Hurdle Prelims

5:30 200m Prelims

6:00 Finals Begin

4x800m Relay

4x100m Relay

3200m Run

110m Hurdles Final

100m Dash Final

800m Run Final

4x200m Relay

400m Dash Final

300m Hurdles Final

1600m Run Final

200m Dash Final

4x400m Relay

DUTIES

SHOT PUT	Taylorville
POLE VAULT	Springfield
HIGH JUMP	Southeast
LONG JUMP	Rochester
DISCUS	Glenwood
TRIPLE JUMP	SHG

EXCHANGE ZONES

400 M. Relay	
1st exchange	Lincoln
2nd exchange	Jacksonville
3rd exchange	Lanphier
800 M. Relay	
1st & 4th exchange	Southeast
3rd exchange	Springfield
BREAK LINE	SHG

Each school should assign workers to help place hurdles on the track at the appropriate time.

If you have a problem with your assignment, please get in touch with me as soon as possible.

Thank you,
Coach Montgomery