

To: Head Girls Track Coaches

From: Dan Rourke, AD

Date: May 8, 2009

RE: 2009 Girls Sectional Seed Meeting

1. The seed meeting for the 2009 Glenwood Girls Sectional will be held Wednesday evening May 13th at 7:00 p.m. The meeting will be held in the Drivers Ed Room on the North side of the Glenwood High School. Coaches are encouraged to park on the North side of the building where they may enter the room thru the back door.

2. It is Voluntary for the Head Coach (or another school representative) to attend the Sectional Seed Meeting. We encourage all coaches to attend the seed meeting to ensure proper seeding for their athletes. Please note that only scratches can be made on race day.

3. I encourage you to read the IHSA Track and Field Manual for Schools to familiarize yourself w/ the rules and procedures to follow regarding completing the online list of participants. Deadline is noon Tuesday, May 12th. Coaches, a reminder, than when entering the On-Line List of Participants, you enter the Manual (Stopwatch) times rounded to the nearest tenth (Ex 10.6) and the FAT (Fully-Automatic Timing) be entered in hundredths (EX 10.56). A manual time entered of 10.56 will only confuse the seeding process.

Coaches can check jtrackcc.com for entries listing by approximately 8:00-9:00 pm Thursday evening May 14th.

4. Sectional Meet Time Schedule (Saturday, May 16th)

9:00-9:30 Scratches and Weigh In

10:00 Feld Events

11:00 Prelims with Finals to Follow

5. The price of admission is \$5.00 per person per IHSA.

If you have any questions you may call the High School Athletic Office, 217-483-2424, ext 5, or Coach Staley at the Middle School at 217-483-2481, ext 241.