
O'FALLON PANTHER ATHLETICS



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2009 IHSA CLASS AAA **GIRLS SECTIONAL TRACK MEET** **O'FALLON TWP. HIGH SCHOOL**

DATE: Friday, May 15, 2009

SITE: O'Fallon Twp. High School
600 South Smiley
O'Fallon, Illinois 62269

TIME: Field Events- 3:00pm
Prelims- 4:00pm
Finals- 4:30pm

SECTIONAL MANAGER: Todd Moeller, Athletic Director
O'Fallon Twp. High School
(618)604-2229 Fax (618)632-1625

ADMISSION: \$5.00 per person (IHSA)

ENTRIES: All entries need to be done through www.ihsa.org by Tuesday, May 12, 2009 @ noon
*please see page 4 of this information packet for more specific information.

VOLUNTARY SEED MEETING: Wednesday, May 13, 2009 7:00 p.m.

OTHS, Room: 1103 (entrance on the east side of the building)

Coaches are encouraged to bring a hard copy of their On-Line List of Participants to the Sectional Seed Meeting. This list must be printed prior to the On-line List of Participants deadline. The option to print will not be available after that deadline.

TERMS AND CONDITIONS: The 2009 Girls Track and Field Terms And Conditions will govern the sectional track meet. Please read them carefully.

SCRATCH MEETING: Friday, May, 15th, 2:15p.m. Meeting room will be in the garage adjacent to the track.

TIMING: F.A.T. timing will be used.

WEIGHTS: All weights will be checked, weighed and marked in the storage area of the garage adjacent to track.

POLE VAULT: All poles will be checked and marked. Vaulters will be weighed in at the storage building adjacent to the track. Pole Vault cards will be filled out at this time.

TEAM STATIONS: Team stations are not allowed in the Home bleachers nor on the football field. *Set-up team stations on the visitors side outside of the track area.*

BUS PARKING: We ask that you drop athletes off at the north end of the Panther athletic complex and park the busses across the street on the Weber parking lot.

- GENERAL INFORMATION:**
- A. See attached time schedule.
 - B. Eight lane, 400 meter all-weather. 1/4 “ spikes only
 - C. Concessions will be available
 - D. No entry to school or locker room. Please keep athletes out of school.
 - E. OTHS will assume no responsibility for any lost or stolen items.
 - F. Awards can be picked up in the press box at the conclusion of the meet.
 - G. Please bring your own starting blocks
 - H. IHSA t-shirts will be available to purchase
 - I. Athletic trainer will be available.
 - J. Scoring 6 places 10-8-6-4-2-1

Games Committee

Belleville East

Quincy

O'Fallon

E. St. Louis

Moline

ORDER OF EVENTS/TIME SCHEDULE

3:00pm Field Events: The triple jump will follow long jump finals. Shot and discus will be flighted and finals held. Pole vault and high jump will be run straight through with no prelims.

4:00pm 100 Meter Dash: Prelims
110 Meter Dash: Prelims
200 Meter Dash: Prelims

4:30pm 3200 Meter Run: First Section (run against time)

FINALS (run against time)

4:50pm 4x800 Meter Relay
5:05pm 4x100 Meter Relay
5:15pm 3200 Meter Run (Second Section)
5:35pm 110 Meter High Hurdles Finals
5:45pm 100 Meter Dash Finals
5:55pm 800 Meter Run
6:10pm 4x200 Meter Relay
6:20pm 400 Meter Dash
6:35pm 300 Meter Int. Hurdles
6:50pm 1600 Meter Run
7:10pm 200 Meter Dash Finals
7:20pm 4x400 Meter Relay

Work Assignments

Long Jump- East St. Louis
Triple Jump- Belleville East and Belleville West
High Jump- Rich McCammack (OTHS)
Pole Vault- Jeremy Hayes (OTHS)
Shot- Joe Speaks (OTHS)
Discus- Pat Herrington and Kristi Mueller (OTHS)

Timers (back up to the F.A.T. system)

1st- O'Fallon
2nd- Edwardsville
3rd- Alton
4th- Granite City
5th- Collinsville
6th- Quincy
7th- Normal
8th- Normal West

Cut Line- Pekin

2nd exchange 4x100, 2nd exchange at 4x200, 1st curve in 800, 1600, 3200- East Moline
3rd exchange 4x100, 3rd exchange 4x200, 2nd curve in 800, 1600, 3200- Moline
1st exchange 4x100, and 1st exchange in 4x200- Pekin

Track and Field Online List of Participants

Online List of Participants: Before attending the Sectional Seed Meeting, complete the online List of Participants, in accordance with the Terms and Conditions, listing the names of the two (2) competitors your school is entering in each individual event and the names of not more than eight (8) competitors your school is entering as alternates in each of the relay events. **This online form is located in the IHSA Schools Center.** Schools are **required** to submit your schools **Online List of Participants, no later than noon Tuesday**, prior to the Seeding Meeting for the girls and boys Sectional meets. If a school does not submit the On-line List of Participants by the deadline, coaches and participants from that school are subject to sanctions, which could include but not be limited to being ruled ineligible to compete in the State Series. At the Sectional Seed meeting, coaches may not change names of the eight alternates in the respective relays that were submitted by the deadline. Coaches can only make name changes in the case of typographical errors and/or to entries in individual events. A time may be changed at the seeding meeting in any event. Coaches are not required to attend the Sectional Seed Meeting (however, attendance is highly recommended). It is important to remember that the procedures outlined in the Terms and Conditions must be followed in submitting your List of Participants to the Sectional Manager. If the procedure is not followed, competitors and or coaches from your school will not be permitted to participate in the Sectional meet.

LIST OF PARTICIPANT DEADLINE: Tuesday, May 12, 2009 @ noon (Girls Track & Field)

Schools Are Required to Use the Internet to File ONLINE LIST OF PARTICIPANTS

Schools should complete their online *List of Participants* to enter their team or individual(s). By completing the online *List of Participants* schools will no longer be required to fax a copy of their participants to their Sectional manager.

This report is a final entry. Any changes to the original entry must be made online prior to noon on Tuesday, May 12, 2009 (Girls). The entry form requires you to list all participants in the events to which they will be competing in the sectional meet. Substitutions for relays can be made during the state series with any eligible student listed on the list of relay members (for each specific relay) on the *Official List of Participants*.

INSTRUCTIONS TO COMPLETE THE ONLINE LIST OF PARTICIPANTS

- A. Go to www.ihsa.org
 1. Click on "Schools Center" –
 2. Enter "School ID" and either the Official Representative, Athletic Director or Spring Coaches "Password"
 3. Under the Sport & Activity Tracker, Click on girls or boys "Track & Field List of Participants"
 4. Type in requested information and save your page(s) as you proceed.
 5. After completing and submitting the *Online List of Participants* to the IHSA Office, **print out a copy of the completed *List of Participants* for your records.** IHSA will supply all Sectional Managers with *List of Participants* for each school assigned to their meet. (If you experience any problems, please call the IHSA Office and ask for Cheryl Mitchell.)

