

Sangamo Conference Track & Field Meet
Monday, May 4, 2009 4:00 PM

General Information:

Track: Eight lane, 400 Meter all weather track. Runways for long jump, triple jump, pole vault, and high jump are also all weather. Flats or ¼ spikes may be used. Flats will be necessary for Shot Put and Discus.

LJ, TJ, SP, & Discus will be 4 attempts no finals.

Starting Blocks will be furnished.

Dressing facilities will not be available.

Athletes should come dressed to compete.

Establish camps outside of the track fence.

Only workers/competing athletes and coaches will be allowed inside track area!

No radios or CD players will be allowed.

Announcements for events will be on intercom.

We will charge admission fee for Adults \$3.00 and Students \$2.00

Awards – 1st place medal 2-6 ribbons

A concession stand will be available.

Scoring will be 10-8-6-4-2-1 for all events

Coaches' Instructions for entries:

The Field event participants will sign in the day of the Meet. By Friday evening, April 30th, 10 pm, please email up to 4 participants in the Individual track events along with 1 Relay time to djokisch@frontiernet.net .

At the 4:00 Coaches scratch meeting on the day of the Meet, you will declare the 2, 1, or 0 runners who are going to compete out of the possibly 4 you entered. Heats will then be drawn up (necessary for F.A.T. timing).

Mr. Jokisch will be the meet manager, his website: www.jtrackcc.com , and cell # (217)415-3458.

With only one runway long and triple jump will be run cafeteria style.

Order of Events

Field Event Finals 4:30

Girls Discus followed by Boys Discus

Boys Discus followed by Girls Discus

Girls High Jump with Boys to follow

Girls Pole Vault with Boys to follow

Girls Long Jump 4:30 – 5:30

Boys Long Jump 5:45 – 6:45

Girls Triple Jump 7:00 – 7:45

Boys Triple Jump 8:00 – 8:45

5:00 – Girls 3200 Meter Run

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 100 High Hurdles

Boys 110 High Hurdles

Girls 200 Meter Dash

Boys 200 Meter Dash

6:30 Finals Girls running events followed by boys.

4X800 Relay

4X100 Relay

3200 Run (boys)

100/110 High Hurdles

100 Dash

800 Run

4X200 Relay

400 Dash

300 IH

1600 Run

200 Dash

4X400 Relay

Duty Schedule
Sangamo Conference Track and Field Meet
Monday, May 4, 2009
4:30 Start Time/Coaches Meeting 4:00

Clerk of the Course	Dave Jockish
Head Finish Judge and Recorder	Athens
Shot Put	Auburn
Discus	Williamsville
Pole Vault	Rochester
High Jump	Sangamon Valley
Long Jump	Porta/Pleasant Plains
Girls/Boys	
Triple Jump	Mt. Pulaski/Illini Central
Girls/Boys	

Exchange Zone Judges:

1 st Exchange	Illini Central
2 nd Exchange	Riverton
3 rd Exchange	Mt. Pulaski

PLEASE MAKE SURE YOU BRING ENOUGH PEOPLE TO COVER YOUR ASSIGNMENTS.