

**SANGAMO CONFERENCE CO-ED VARSITY TRACK MEET**  
**New Berlin High School**  
**May 3, 2011**  
**3:15 PM**

**ENTRIES:** The field event participants will sign in the day of the meet. **By Friday, April 29, 2011 at 10:00 p.m.** please e-mail up to four participants in the individual track events along with one relay with entry times to [djokisch@frontiernet.net](mailto:djokisch@frontiernet.net) or [dave@jtrackcc.com](mailto:dave@jtrackcc.com) This information can be sent in Word, Excel or standard email form. At the **2:45 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 FAT timing and scoring processor and his cell # is (217) 415-3458.

**AWARDS:** Plaques will be presented to the first place boys and first place girls teams. Individual awards will be given based on County Bi-Laws. All awards will be placed in envelopes to be picked up by the coaches after the meet.

**SCORING:** Scoring will be 10-8-6-4-2-1

**TRACK EVENTS:** The need for preliminaries will be determined at the coaches meeting, for the 100m dash, 200m dash and 110 and 100m hurdles. All other running events will be run against time. The 3200m run, 1600m run and 800m run will be started in alleys. The 1600m relay will be run in lanes for the first three turns.

**FIELD EVENTS:** Contestants in the field events will be allowed 4 tries only. There will be no preliminaries. The shot put and discus areas are of concrete and require tennis shoes or flats. Pole vault, long jump, triple jump and high jump areas are all weather surfaces, ¼ spikes or less. **NO SPIKES IN THE BLEACHERS.**

**STARTING HEIGHTS:** High jump and pole vault starting heights will be determined at the coaches' meeting.

**STARTING BLOCKS:** Starting blocks will be provided. (You are welcome to bring your own if you so desire.) You will need to furnish your own batons.

**CAMPS:** Camps may be set up in the grassy areas between the track and the school.

**LAST CALL:** Participants who are not at the staging area and who have not reported **will not** be allowed to participate. **PLEASE REMIND YOUR PARTICIPANTS TO LISTEN FOR THE CALLS.** The staging area is located at the southwest corner of the track.

**"MUSIC AND TOYS": NO MUSIC BOOM BOXES, FRISBEES, FOOTBALLS, SOCCER BALLS, ETC., WILL BE ALLOWED AT THE MEET.**

**CONCESSIONS:** A concession stand will be open.

**No one will be allowed inside the track except judges and contestants in the current track event. Please make everyone aware of this policy.** All warm-ups should be done outside the track area or on the back stretch of the track when it is not in use.

**SANGAMON COUNTY CO-ED Fresh/Soph TRACK MEET**  
**New Berlin High School**  
**Tuesday May 3, 2011**  
**2:45 PM Coaches' Meeting – 3:15 PM Start Time**

Boys Shot Put followed by Girls  
Girls Discus followed by Boys  
Girls Long Jump followed by Boys  
Boys Triple Jump followed by Girls  
Girls High Jump followed by Boys  
Boys Pole Vault followed by Girls

Girls 3200m Relay followed by Boys  
Girls 400m Relay followed by Boys  
Girls 3200m Run followed by Boys  
Girls 100m High Hurdles  
Boys 110m High Hurdles  
Girls 100m Dash followed by Boys  
Girls 800m Run followed by Boys  
Girls 800m Relay followed by Boys  
Girls 400m Dash followed by Boys  
Girls 300m Low Hurdles  
Boys 300m Intermediate Hurdles  
Girls 1600m Run followed by Boys  
Girls 200m Dash followed by Boys  
Girls 1600m Relay followed by Boys

Head Finish Judge and Recorder – New Berlin

1<sup>st</sup> Place Timer – Athens  
2<sup>nd</sup> Place Timer – Auburn  
3<sup>rd</sup> Place Timer – Illini Central  
4<sup>th</sup> Place Timer – Mt. Pulaski  
5<sup>th</sup> Place Timer – Pleasant Plains  
6<sup>th</sup> Place Timer – Porta

Shot Put – Riverton  
Discus – Sangamon Valley  
Long Jump – Williamsville  
Triple Jump – Athens  
High Jump – Auburn  
Pole Vault – Illini Central

Clerk – New Berlin

Exchange Judges – Mt. Pulaski, Pleasant Plains, Porta

**Each school is responsible for having enough people to cover their assignments.**