

2009 GIRLS SOUTH CENTRAL CONFERENCE

TUESDAY, May 5

LITCHFIELD HIGH SCHOOL

Carlinville, Gillespie, Greenville, Hillsboro, Litchfield, Marquette, Pana, Roxana, Southwestern, Staunton,
Vandalia, East Alton-Wood River

1. IHSA Sectional entry limitations will be followed, with the exception of substitutions being allowed at the coaches meeting at 4:00. No additions will be allowed.
2. **Please e-mail all entries to djokisch@frontiernet.net no later than Saturday, May 2, at 10:00 pm.**
3. Only competing athletes and meet officials are allowed on the track and infield. Camps should be set up in the bleachers or under the bleachers on the east side of the track. Please instruct your athletes to enter the track through the gate at the south end. The clerking area will be located there. This will help to avoid any interference with the finish line.
4. Weigh-in of the shot and discus will take place in the shed at the north end of the track starting at 3:45 pm and should be completed by 4:15 pm. ¼” spikes or less are required on the track. Please try to keep spikes out of the bleachers.
5. The start times will be followed for the field events and the prelims. All other times are approximate. The meet will be allowed to move ahead of the time schedule if possible.
6. Field events will begin at 4:30. Each athlete will be allowed 4 trials. Flight 1 of the shot put will throw first. Flights 1 and 2 of the long jump and triple jump will be run at the same time. The triple jump will follow the long jump.
7. Dave Jokisch, the meet coordinator, will post meet results on his website, www.frontiernet.net/~djokisch or www.jtrackcc.com.

ORDER OF EVENTS

4:00 Scratch Meeting (Room D 135—enter the west doors, down the hallway, around the corner to the right)

4:30 Long Jump (triple jump to follow), Pole Vault, High Jump, Shot Put (Flight 1), Discus (Flight 2)

5:30 100 Prelims

100 m Hurdles Prelims

200 Prelims

Approx. 20 Minute Break

4 x 800 m Relay

4 x 100 m Relay

3200 m Run

100 m Hurdles

100 m Dash

800 m run

4 x 200 m Dash

300 m Low Hurdles

1600 m Run

200 m Dash

4x 400 m Relay