



Glenwood High School
1501 East Plummer Blvd., Chatham, IL 62629
217-483-2424, ext. 5
Fax 217-483-1256

April 17, 2009

The following teams are entered:

Girl's Team

Decatur Eisenhower Lincoln
Effingham Rantoul
Glenwood Springfield
Jerseyville Sacred Heart-Griffin
Lanphier
Taylorville

Boy's Team

Glenwood
Jerseyville
Lincoln
Rushville
Sacred Heart-Griffin
Southeast

In the following pages you will find more information pertaining to reminders, policies, and schedule of events.

ENTRIES

Entries can be made by emailing Dave Jokisch @ djokisch@frontiernet.net by Monday, April 20th by 8:00 pm. The email can be done by a Word or Excel document attachment if you prefer.

As an alternative, you can go to Dave's website, www.jtrackcc.com, and download the free TRACK ENTRIES SOFTWARE (if you try this software and have a question, feel free to call Dave @ 217-415-3458) for easy entry into this meet. An email reply will be sent to confirm receipt of entries. Heats and flights will be posted on the website by Thursday noon, April 23rd, for coaches to confirm their entries and heat/flight assignments.

Last minute substitutions can only be made via email to djokisch@frontiernet.net by Thursday evening at 8 pm. Scratches only must be made at the 3:45 Coaches meeting on Friday April 24th.

Please mail your \$85 entry fee (per team) as soon as possible, if you have not already done so. If you have questions, call 217-483-2424, ext. 5.

Sincerely,
Len Onken, Head Boys Track Coach
Ryan Staley, Head Girls Track Coach

Co-Ed Titan Invite

Entries: Girl's and Boy's Coaches: IHSA limitations will be followed. Maximum of four events per athlete. Two athletes per event from each school and one relay team. (Reminder, no boy's fresh/soph relay this year.)

Admission: \$4 for adults & \$2 for students

Concessions:

1. Will be available
2. Restrooms are located in the sports complex
3. Locker room space **will not** be available.
4. Glenwood H.S., District #5, and/or meet officials cannot assume responsibility for lost or stolen articles.

Track Description: The track is an 8-lane all weather rubberized track. Long jump, triple jump, pole vault, shot put, & discus are all located off the north side of the track. The high jump is located just off the track's north side. Athletes are required to use **1/4 inch pyramid spikes only**. Spikes will not be allowed to be worn in the short or disc rings, on the concrete, or in the bleachers.

Code of Conduct:

1. Please inform your athletes to stay off the soccer and football fields. No one is to be on them at anytime. Team camps must be made outside the track on the eastside in the open field.
2. No music boxes, radios, or discman will be allowed inside the stadium gates, unless used with headphones.
3. Coaches: you must remain outside the fence, which encircles the track and infield area. Only officials concerned directly with the meet and competitors will be allowed on the field and track area. Warm-ups may occur on the back- stretch. Please keep all team camps in the field on the east side of the track.
4. Make sure there is no interference in the running of the track events. Once the finals begin, everyone will be asked to leave the track area. Competitors will be disqualified for failure to comply.

Prelims: There are no prelims. All running events will be based on time, and are finals. FAT will be used for all running events.

High Jump: Starting height will be 4'4" for girls, and 5'2" for boys

Long Jump/Triple Jump: Cafeteria style will be used. Each contestant will get four jumps and no finals. The girls will have 45 minutes for the long jump and 45 minutes for the triple jump. The boys will only have 30 minutes for the long jump and 30 minutes for the triple jump.

Pole Vault: Starting height will be determined by the entries for the competition. Make sure your athlete's weight matches or is below their pole weight according to IHSA rules.

Field Events: All field events will begin at 4:15 pm. Report immediately to each of the respective judges. Make sure to check the time schedule to see which gender competes first at each event.

Track Events: Track events will begin at 5:45 pm. Track events will take priority over field events. Report to clerk of the course for lane assignments on first call. Starting blocks will be provided. Please bring your own batons. (At approximately 5:30 p.m. Glenwood will recognize our senior track athletes.)

Awards: Medals for top 3 places in all events. Girls and Boys Team Champions will receive a plaque.

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

Co-Ed Titan Invite Schedule of Events

3:45 Coaches Meeting

4:15 Girls: LJ & Discus (boys will immediately follow)
Boys: HJ, Shot put, & Pole vault (girl's will immediately follow)

TJ: girls / boys to follow

Running Events Begin at 5:45

G	3200m Run
G/B	3200m Relay
G/B	400m Relay
B	3200m Run
G	100m Hurdles
B	110m Hurdles
G/B	100m Dash
G/B	800m Run
G/B	800m Relay
G/B	400m Run
G	300m Low Hurdles
B	300m Intermediate Hurdles
G/B	1600m Run
G/B	200m Dash
G/B	1600m Relay

Co-Ed Titan Invite Work Assignments

Score keeper: GHS

Clerk: GHS

Announcers: GHS

Timers:

GHS

Exchange Judges

Break Line: GHS

1st exchange: Springfield

2nd exchange: Lanphier

3rd exchange: Rantoul

Field Events (B= boys, G= girls)

Pole Vault: Rushville (B)

Triple Jump: Rantoul (G) Lincoln (B)

Long Jump: Southeast (B) Taylorville(G)

Shot Put: Decatur Eisenhower (G) & Glenwood (B)

Discus: Glenwood (B) & Jerseyville (G)

High Jump: SHG (B & G)

Hurdle Flights (100m-G, 110m HH-B, 300 lows-G, & 300IH-B)

*Each school is responsible for setting up a certain flight of hurdles!!!

- (Nearest to start line)
1. Decatur Eisenhower
 2. Effingham
 3. Southeast
 4. Jerseyville
 5. Lincoln
 6. Lanphier
 7. Taylorville
 8. Springfield
 9. Rushville
 10. GHS