



**PALATINE HIGH SCHOOL**  
**• HOME OF THE PIRATES •**  
**ATHLETIC DEPARTMENT**

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[www.palatinegirlstf.com](http://www.palatinegirlstf.com)

**Meet:** IHSA Class 3A Palatine Sectional Track & Field Meet  
Thursday, May 10, 2018  
Field Events: 4:30 pm  
Running Events: 6:00 pm

**Participating Schools (17):**

Barrington	Mundelein (HS)
Buffalo Grove	Palatine (Fremd)
Grayslake (Central)	Palatine (HS)
Grayslake (North)	Round Lake
Gurnee (Warren)	Vernon Hills
Lake Villa (Lakes)	Wauconda
Lake Zurich	Waukegan (HS)
Libertyville	Zion (Zion-Benton)
Lincolnshire (Stevenson)	

**Seeding Meeting:** On Tuesday, May 8, 2018 at 7:00 pm, we will hold the seeding meeting in the faculty dining room across from the main cafeteria at Palatine High School. Dinner will be served starting at 6:30 p.m.

The meeting will follow the guidelines set forth by the IHSA *Girls Track and Field Series Terms and Conditions* sent to you by the IHSA. Final time schedule, heats, and flights will be determined. A games committee will be selected consisting of the meet manager and four (4) head coaches.

**Entries:** Schools are allowed two entries per individual event and one relay team per school. Times/distances achieved within the 2018 indoor or outdoor competition are acceptable. Schools must submit their online entries by **noon on Monday, May 7th**. Read your IHSA Track & Field manual, print out the worksheet, and bring a copy. **Your eight (8) relay members may not change after being submitted to the IHSA.**

**Facilities:** Chic Anderson Stadium. The track is an eight lane all-weather track. Flats or 1/4" spikes only. The PV is at the north end of the track with pits on both ends. The HJ is located at the south end of the track. The LJ and TJ pits are located outside the South curve of the track. The shot put is southwest of the track next to LJ/TJ area. The Discus is southeast of the track next to the baseball and softball fields.

**Meet Headquarters:** Located in the Stadium Field Building at the northwest corner of the track. All concerns can also be directed to the Athletic Director's office.

**Bus Parking:** **Team buses** may park in the staff lot on the west side of school. **Spectators** will use stadium parking lot. Athletes should be dropped off at the stadium parking lot before 3:30 pm or after 3:50 pm to avoid conflict with 3:30 pm Palatine HS student dismissal.

**Check-In:** Team check-in will begin at 3:30 PM in the Stadium Building at the northwest corner of the track. That is where all Pole Vaulters and implements must be weighed. All athletes must check-in with the Head Clerk when called in order to compete.

- Infield/Tents:** Athletes are not permitted on the field unless warming up & checking in. You may set up tents at the North end of the stadium near the tennis courts. Please enter this area through the gate nearest the parking lot, behind the 100m start line. Participants must remain in these designated areas or in the bleachers when not competing. **Coaches may be on the field, however need to keep distance away from the finish area.** A copy of the results (1 per school) will be available at the conclusion of the meet. Coaches should check results immediately, as any mistakes must be corrected at the meet.
- Officials/Workers:** Officials are assigned by the IHSA. Palatine High School will be providing all field workers for the meet. However, we need **one experienced worker** from each school to assist with relay exchanges and cut line. All workers should report to the finish line at 4:00 pm to meet with the meet referee and the head finish line judge.
- Scoring:** The meet will be scored 10-8-6-4-2-1. Medals will be awarded for the top 6 places in all events. A 3A Sectional Team Championship Plaque will also be awarded.
- Timing:** Lakeshore timing will handle F.A.T. and finish line results.
- Relay Cards:** The eight (8) runners that were entered on the IHSA website will be listed on relay card at event check-in. A runner must be listed on the card to participate in that relay at the sectional and/or the State Meet.
- Games Committee:** The games committee will consist of four participating head coaches who will be chosen at the seeding meeting in addition to the Meet Manager.
- Athletic Trainer:** There will be an athletic trainer on site the day of the meet.
- Admission:** General Admission price set by IHSA is \$5.00. **Pass List:** Please bring the attached IHSA Pass List to the seeding meeting or fax it to 847-755-1773. There will be no additional pass gate for teams participating in the sectional meet. Passes out - NO pass outs will be issued.
- Concessions:** The Palatine Booster Club will operate the concession stand throughout the meet. Washrooms are portable, located at the southwest end of the bleachers. Meal tickets for coaches will be given at the scratch meeting on Friday afternoon.
- T-Shirts:** IHSA Sectional Track & Field shirts will be for sell.
- Track Markings:**
- |        |  |
|--------|--|
| White: | 200m, 300m Hurdles, 400m, 1600m-3200m Waterfall, Common Finish Line            |
| Gold:  | 100m, 100m Hurdle start, 400m Relay exchange, 100m hurdle marks                |
| Blue:  | 110m Hurdle start, 1600m Relay Start, 110m hurdle marks                        |
| Green: | 800m Box Alley Starts, Break Line  |
| Red:   | 800m Relay start, 800m Relay exchange, 1600m Relay exchange, 300m hurdle marks |
- Relay Exchanges:**
- 4x100m Relay
- Exchange #1 – Barrington, Buffalo Grove, Grayslake (Central), Lake Zurich
  - Exchange #2 – Grayslake (North), Vernon Hills, Wauconda, Zion-Benton
  - Exchange #3 - Lake Villa (Lakes), Round Lake, Mundelein, Stevenson
- 4x200m Relay
- Exchange #1 & #3 – Waukegan, Warren, Fremd, Libertyville
  - Exchange #2 – Palatine, Buffalo Grove, Stevenson, Vernon Hills

IHSA 3A Palatine Sectional Track & Field Meet  
Chic Anderson Stadium • Palatine HS  
Thursday, May 10, 2018

Time Schedule

3:45 pm Scratch Meeting for coaches in Stadium Building northwest of track  
Shot, Discus, Pole Vault weigh in – Stadium Building northwest of track

**Field Events**

4:30 pm	High Jump	5 Alive, Starting Height TBD
	Pole Vault	5 Alive, Starting Height TBD
	Long Jump	3 flights, to completion
	Triple Jump	3 flights (top flight last), <u>TJ Flight 1 starts when LJ Finals begins</u>
	Discus	3 flights, to completion
	Shot Put	3 flights (top flight last), <u>SP Flight 1 starts when Discus Finals begins</u>

**Nine (9) competitors advance to the Finals in the Long Jump, Triple Jump, Shot Put and Discus**

5:45 pm OPENING CEREMONIES – NATIONAL ANTHEM

**Running Events**

6:00 pm	4x800m Relay	2 heats
6:25 pm	4x100m Relay	2 heats
6:35 pm	3200m Run	2 heats
7:05 pm	100m High Hurdles	4-5 heats
7:15 pm	100m Dash	4-5 heats
7:25 pm	800m Run	3 heats
7:45 pm	4x200m Relay	2 heats
7:55 pm	400m Dash	4-5 heats
8:15 pm	300m Low Hurdles	4-5 heats
8:30 pm	1600m Run	3 heats
8:55 pm	200m Dash	4-5 heats
9:05 pm	4x400m Relay	2 heats
9:20 pm	PRESENTATION OF SECTIONAL CHAMPIONSHIP PLAQUE	

**LIVE MEET RESULTS**

[www.LakeshoreAthleticServices.com](http://www.LakeshoreAthleticServices.com)

