

2015 GIRLS ESCC TRACK & FIELD CHAMPIONSHIPS
HOSTED BY CARMEL CATHOLIC HIGH SCHOOL
WEDNESDAY MAY 6, 2015

TO: Athletic Director
Head Boys' Track & Field Coach

FROM: Jim Halford, Head Track Coach
Carmel Catholic High School 847-388-3369 or jhalford@carmelhs.org

RE: 2015 GIRLS ESCC Track & Field Championship Information

PARTICIPATING SCHOOLS: Benet Academy, Carmel Catholic, Fenwick, Joliet Catholic, Marist, Marian Catholic, Marian Central Catholic, Providence, St. Viator

START TIMES: 12:45 pm Coaches Scratch Meeting in the press box.
1:00 p.m. Pole Vault and Long Jump.
2:30 p.m. Triple Jump, High Jump, Shot then Discus.
4:00 p.m. Semi-finals with Finals to follow.

ENTRIES: Sectional rules apply, two entries per individual event and one relay team per school. Entries must be received by Sunday May 3rd by 3:00 PM TO www.directathletics.com Only outdoor times (FAT) or the .24 conversion are acceptable. There are four JV relays in addition to the varsity meet entries.

SEED MEETING: We will have a seeding meeting on Monday, May 4, 2015 at 7:00 p.m. in the Carmel cafeteria. Changes to your team entries may be completed at this time. Any substitutions ON THE DAY OF THE MEET must be verified by your school principal at our Thursday afternoon scratch meeting. When you enter Carmel Catholic off Route 176 you can enter the school at the Hesse Center (new gymnasium) entrance.

WORKERS: We are using FAT timing, so we will only need help with the field events. One worker from each school will put us in good shape to run a great meet. Please sign up for an event you are PROFICIENT in at the seed meeting. Head coaches will be assigned as exchange zone judges.

CLERK OF THE COURSE: Please inform your athletes that they will be reporting to the clerk (tent) at the south corner of the football field. Hip patches will be worn on the left hip of each competitor. Competitors must be to the tent/benches by the second call to keep the meet moving.

POLE VAULT: All vaulters will be weighed on site that will include the inspection of the poles. All signed cards must be presented to the official running the event.

SHOT & DISCUS: Will be weighed and inspected in the southwest garage by 2:15 pm.

GAMES COMMITTEE: Carmel Catholic, Fenwick, Nazareth

SCORING: Sectional scoring 10-8-6-4-2-1. A plaque will be awarded to the Frosh-Soph and Varsity team champions.

CONSESSION STAND: WILL BE OPEN! Coaches will be given meals.

TEAM CAMPS: Teams should stay in the west (home bleachers) unless you have a tent. All participants must enter the track from the northwest corner of the stadium.

TENTS: There is limited space for tents on the visitor's side (east) of the stadium, north/south of the bleachers.

WASHROOMS: There will be two outhouses on the northwest side of the stadium. In addition there will be indoor bathrooms open by the concession stand.

MARKERS: Please no tape on the track or runways. Please use beanbags or half tennis balls.

ATHLETIC TRAINER: Carmel will provide an athletic trainer.

BUS PARKING: Bus parking will be available south of the stadium between the stadium and the tennis courts after 3:30 pm. Early buses can drop off athletes and then park at Marytown located a short distance from Carmel. The busses may return to Carmel at 3:30. Marytown is one half-mile East of Carmel on Route 176.

QUESTIONS/CONCERNS: Please call Jim Halford at 847-388-3369 school, 847-395-6154 home or email at jhalford@carmelhs.org.

QUESTIONS REGARDING SEEDING CALL TOM HICKEY AT 847-347-9398, OR EMAIL TOM AT pvcoach@gmail.com.

2015 GIRLS ESCC TRACK & FIELD CHAMPIONSHIPS
WEDNESDAY MAY 6, 2015 AT CARMEL CATHOLIC HIGH SCHOOL

ORDER OF EVENTS

12:45 PM Coaches Meeting in the press box. All changes made by 12:45 PM.
Shot/Discus weighed and inspected by 2:15.
1:00 PM Pole Vault and Long Jump. Long Jump 3 jumps, 9 to Finals.
2:30 PM Triple Jump, High Jump, Shot then Discus.
Triple Jump 3 jumps, 9 to Finals.
Shot & Discus 3 throws, 9 to finals, then 3 more throws.

****ALL PRELIMINARY THROWS AND JUMPS CARRY OVER TO THE FINALS! TOP NINE TO FINALS.***

RUNNING EVENTS

4:00 100 Meters - Winner of each heat advances to the Finals plus the next fastest times. Two or three heats pending total entries.
4:15 110 Meter High Hurdles- Two heats
4:25 3200 Run First heat.
4:45 200 Meters- 2-3 heats pending total entries.
For all Semifinals races the winner advances to the Finals, plus the next fastest times.

The finals will start no earlier than 4:45. The 4 x 800 races will serve as the break for the 200 meter runners.

TRACK FINALS

Once the Finals begin the Meet will run straight through.

4:45 3200 Meter Relay- 1 Heat for each level (JV and Varsity)
400 Meter Relay- 1-2 Heats per level (JV and Varsity)
3200 Meter Run- 1 Heat Varsity Only
110 High Hurdles- 1 Heat
100 Meter Dash- 1 Heat
800 Meter Run- 2 Heats
800 Meter Relay- 1-2 Heats per level (JV and Varsity)
400 Meter Dash- 2-3 Heats
300 Meter Hurdles- 2-3 Heats
1600 Meter Run- 1-2 Heats
200 Meter Dash- 1 Heat
1600 Meter Relay- 1-2 Heats per level (JV and Varsity)

WORKER ASSIGNMENTS ESCC 2015

Meet Director: ***Jim Halford & Tom Hickey***
Starter: Ben Anderson
Assistant Starter: Larry Genge
Meet Referee: Dwayne Foote
Head Field Judge: Tom Hickey, Dwayne Foote
Clerk of the Course: Jerry Mikrut/Ashley Perkinson
Assistant Clerk: Tom Young
Games Committee: Carmel Catholic, Fenwick, Nazareth
Announcer: Jim Halford
Awards: Linda Ruddell, Carmel Parents
Head Finish Judge: Dwayne Foote
Athletic Trainer: Dan Heinrichs
Hurdles/Blocks: Jen Fromm/Ken Foy and Carmel Students
Results to Booth: Carmel Students

Exchange Zones Judges:

First Exchange 4 x 100 Marist, Nazareth, Benet
Second Exchange 4 x 100 Providence, St. Viator, Marian Catholic
Third Exchange 4 x 100 Fenwick, Marian Central Catholic

First/Third Exchange 4 x 200 St. Viator, Benet, Fenwick, Marist
Second Exchange 4 x 200 Starter, Assistant Starter, Providence
4 x 400/800: Dwayne Foote, Ken Foy **Break Line:** Dwayne Foote

Long Jump: TBA **Triple Jump:** Marian Catholic
Shot: TBA
Discus: TBA
Pole Vault: Tom Hickey (Carmel) **High Jump:** TBA