

# Northwest Upstate Illini Conference Track and Field Meet: Varsity Girls

- Location:** Milledgeville High School
- Date:** Thursday May 5th, 2016
- Teams:** AFC  
Dakota  
Galena/East Dubuque/River Ridge  
Lena-Winslow  
Milledgeville/Eastland  
Pearl City  
Pecatonica/Durand  
Polo/Forreston  
South Beloit  
Stockton/Warren  
West Carroll
- Track Rules:** No team camps on the football field.  
No spikes longer than ¼ inch.  
NO TAPE MAY BE PLACED ON TRACK (INCLUDING FIELD EVENT AREA)
- Parking:** Buses may let the athletes off by the track and can park on the eastern edge of the football field (drivers will be directed by a MHS staff member).
- Facilities:** Six lane all-weather surfaces (track, jump runways and high jump pad)  
No pole vault facilities, competition will be held at Pecatonica  
No locker rooms will be provided  
Starting blocks provided  
Restrooms will be available at the concessions stand
- FAT:** AccuRace Timing Services
- Concession:** There will be a concession stand available
- Entries:** Two individual event per school  
One relay event per team
- Times/Dates:** Wednesday, May 4th:  
9:00 AM Entries are due via [www.directathletics.com](http://www.directathletics.com)  
3:00 PM Heat sheets made available
- Monday, May 19<sup>th</sup>: 3:30 Scratch meeting  
4:00 PM Field events  
5:30 Start of Finals (see page #3 for schedule)

**Workers:**

Athletic Director:	John Nesemeier
Meet Manager:	Jason Wroble/Shawn Dail
Starter:	Galen Bennett
Assistant Starter:	Robert Ballard
Bull Pen:	Julia Thornton
Clerk:	Dave Thorngren/Diane Bracken
Announcer:	Rick Koch
Awards:	Jenny Merema/Sue Litwiller
Finish line/Timing:	AccuRace Timing Services

  

Long Jump:	Milledgeville & Dakota
Triple Jump:	Pearl City & Pec/Durand
Shot Put:	Le-Win & Polo/Forreston
Discus:	Galena/ED/RR & Stockton/Warren
High Jump:	West Carroll & South Beloit

Milledgeville boy's team will also assist field events.

Exchange Zones: Milledgeville & AFC

**Games Committee:**

Heather Benson	Le-Win
Terry Jenkins	Polo/Forreston
Dave Eaton	Galena/East Dubuque/River Ridge
Carrie Tresemer	Dakota
Jason Wroble (or Shawn Dail)	Milledgeville/Eastland

**Admission:** Conference passes will be honored.  
Students: \$3.00  
Adults: \$4.00

**All-Conference:** The top 3 finishers in each varsity event will be recognized as all-conference. Athletes who do not finish in the top 3 but who earn 10 team points or more at the Conference Meet, achieved state qualifying time or distance at the conference meet, or achieved state qualifying at the Sectional Meet will also be recognized as all-conference. Relay team members will receive all the points earned by the relay.

**MVP:** An MVP award will be given to the individual boy who, in the opinion of the conference coaches, stood out as the individual Most Valuable participant in the Girls' Varsity Conference Meet.

**Sportsmanship:** Varsity Girls' coaches will vote on top sportsmanship teams.

## NUIC Conference Track order of events

**1:00 Pole Vault at Pecatonica High School (unless meet is held at Pecatonica)**

**4:00 Coaches Scratch Meeting (High School Library)**

**4:30 Field Events**

Triple Jump: (top jumpers 1<sup>st</sup>)

Long Jump: (top jumpers 2<sup>nd</sup>, finals 1<sup>st</sup>)

Discus: (top throwers 1<sup>st</sup>)

Shot Put: (top throwers 2<sup>nd</sup>, finals 1<sup>st</sup>)

High Jump:

**Finals in field events:**

Long Jump followed by triple jump

Shot Put followed by discus

Varsity – 3 attempts – top 8 to finals for 3 more attempts

**5:30 Track Finals**

5:30 3200 relay

5:45 400 relay

5:50 3200 run

6:10 100 hurdles

6:15 100 dash

6:25 800 run

6:35 800 relay

6:45 400 dash

7:00 300 hurdles

7:15 1600 run

7:30 200 dash

7:45 1600 relay