

PAW PAC CONFERENCE MEET 2016

ATHLETE INFORMATION

Host: Timber Ridge

Schools: Aux Sable, Drauden Point, Heritage Grove, John F. Kennedy, Indian Trail, Ira Jones, Timber Ridge

Date: Saturday, May 7th, 2016

- *Rain back up date:* Monday, May 9th, 2016

Location: Plainfield Central High School

Time: Warm-ups start at 9:15 (Field events begin at 10:00 am, running events begin at 10:30 am)

Athletes should arrive to Central by 9:00 am and check in with their coaches in their school's designated bleacher area
There will be no busses provided to or from the conference meet

- Athletes are responsible for their own rides
- Sign-outs with coaches are not needed for this meet

Meet Schedule:

- The track will be open from 9:15 – 10:00 for all running warm-ups
- Individual field events will be open from 9: 15 – 9:45 for all field event warm-ups
- 9:45 - 1st call for field events (Girls only)
- 10:20 - 1st call 100 M. Dash
- 11:45 - 1st call for field events (Boys only)
- This meet will be much longer than other meets this season, roughly **4-5 hours**

Athletes will not be given a written time at the completion of their race, they will simply exit the track at the completion of their race.

Heat results will be posted on the fence for athletes and spectators to view, as well as announced throughout the meet

Participants will be competing against two heats of participants for each event. The 3 fastest times from both heats combined will receive 1st through 3rd places. Medals will be given to coaches to hand out at a later date.

In the event that an athlete becomes ill or has to leave the meet for emergency reasons before the completion of their event, they **MUST** let one of their coaches know prior to leaving.

Awards:

- Trophy for school that receives the highest combined score for girls, and a trophy for the school with the highest combined score for boys. (Overall Conference Champs – 1st Place)
- Medals: 1st, 2nd, and 3rd place medals awarded for every running and field event (per grade level/gender)
- Top 3 places will be announced over the loud speaker throughout the meet
 - Any athlete that ran as an alternate will not have their name announced, it will be read as the original athlete due to the prior online entries and computer print outs of scores
- There will be no awards ceremony, medals will be given to coaches to hand out at their own schools

Athletes are responsible for their belongings in the bleachers
A concession stand will be available for purchase of food and drinks
T shirts will be available to purchase at the meet for \$10