



Meet Week

Southwest Prairie Conference Championships



Oswego East @ Plainfield South HS SPC Championships
(6-5-21)

@Plainfield South High School *Bus leaves at 2:45pm*

4:00pm Field Events 6:00pm Track Events

****No spectator limit. Spectators are to be masked, socially distanced, and in the “Home” bleachers.****

4x800m

- Das, Henz, Nold, Patterson - Section 1

4x100

- Gacek, Smith, Brooks, Harris - Section 1

3200m

- Lanzara, Pankiewicz - Section 1

110mHH

- F/S: Patel - Section 1, Bramstedt - Section 1

100m

- Var: DeValdivielso, Gerald - Section 1

800m

- Kieffer - Section 1, Nold - Section 2

4x200m

- Gacek, DeValdivielso, Gerald, Lewandowski - Section 1

400m

- McElyea - Section 2, Mottet - Section 2

300mIH

- F/S: Rinehart - Section 2, Ramirez - Section 1

1600m

- Henz - Section 2, Das - Section 2

200m

- DeValdivielso - Section 2, Gerald - Section 1

4x400m

- Henz, Das, Patterson, Rickenbaugh - Section 1

***Relays are to be run in the order listed above.**

Shot Put

- Herring - Flight 1, Palfenier - Flight 1

Discus

- Herring - Flight 1, Palfenier - Flight 1

High Jump

- Var: Battle, Johnson

Long Jump

- Battle - Flight 1, Lewandowski - Flight 1

Triple Jump

- Johnson - Flight 1

Pole Vault

- N/A

Time Schedule

4:00pm

- Long Jump (4 Jumps) Followed by Triple Jump
- Discus Flight 2, Followed by Flight 1
- Shot Put Flight 1, Followed by Flight 2
- Pole Vault
- High Jump

Time Schedule

6:00pm - 4x800 - 1 section

6:15pm - 4x100m - 2 sections

6:25pm - 3200m Run - 1 section

6:45pm - 110m Hurdles - 3 sections

7:00pm - 100m - 3 sections

7:10pm - 800m - 2 sections

7:25pm - 4x200m - 2 sections

7:35pm - 400m - 3 sections

7:50pm - 300m Hurdles - 3 sections

8:05pm - 1600m - 2 sections

8:20pm - 200m - 3 sections

8:35pm - 4x400m - 2 sections

Outdoor track

Common events:

4x800m relay - 3200m relay - 2 mile relay - 4x8

400m relay - 4x1 - 4x100 - Sprint relay

3200m run - 2 mile run

110 High Hurdles - 110's - High Hurdles

100m dash - the hundred

800m run - Half mile run - the 800

400m dash - Quarter mile - the 400

4x200m relay - 4x2 - 800m relay

300m intermediate hurdles - 300 hurdles - the 300

1600m run - the 1600 - the mile

200m dash - the 200

1600m relay - the 4x4 - the mile relay

Field events: Long jump, triple jump, high jump, pole vault, shot put, & discus

When we arrive

We find a team “camp” spot

We stay together and start a team warm-up - 400m Jog then Sprint Drills

You may use the restroom afterwards

Field Events will go put marks down and get “steps”

Sprint relays will get handoffs in and check track markings

Stay near the team camp

Pay attention to announcements, event calls, and THE MEET!

The meet

Warm-up at the proper time - You should be checking in with your coaches throughout the meet.

Warm-up with your relay team and teammates in your warm-ups. Bring warm clothes, hats, & gloves as you may have to warm-up outside.

Check-in with the meet clerk before the “final call.” They will have a clipboard usually and everyone will be checking in with them. So, pay attention to who that is during the meet.

The meet

When it's time to race, the clerk and the starter will help you get set up on the track.

Pay attention to the starter's instructions

Know how many laps you are running AND count your laps as you race!

Know how many laps you are running AND count your laps as you race!

Race hard, THROUGH the finish line!

The meet

After you race you will have to wait near the finish area ON THE TRACK until the Starter releases you. Sometimes they will tell you your time. We will also have your times/splits

The first people that you go to are YOUR COACHES. You do not go to your parents, friends, girlfriend, etc.

You will receive important feedback from us.

We have things to discuss and other events to get prepared for.

Reminders

Be Respectful - Be mindful of how you talk and what you say. Watch your language...

Be Enthusiastic - You will accomplish great things!

Be Focused - You are there to compete and accomplish goals

Cheer for your teammates - Support helps all of us do better!

We always stay for the entire meet - Check out with Coach Milner