

# **WEST SUBURBAN CONFERENCE: Girls' Track & Field: Sport Guidelines**

## ***Revised 7/15/2009***

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### **I. Season Limitations**

- A. Practice may begin Monday, January 18, 2010.
- B. First contest may be held on Monday, February 1, 2010.
- C. Season ends on Saturday, May 22, 2010.

### **II. Contest Limitations (Exclusive of the IHSA State Series)**

- A. Varsity and Sophomore - eighteen (18) dates

### **III. Levels of Competition**

- A. Varsity and Sophomore

### **IV. Coaches Meeting**

- A. Pre-season meeting will be held on Wednesday, January 13, 2010, in the Cafeteria of Proviso West H.S., 4:30 pm.
- B. Post season meeting will be held on Tuesday, May 25, 2010, in the Cafeteria of Proviso West, at 4:30 p.m.

### **V. Championships and Awards**

- A. Division Standings
  - 1. A championship plaque shall be awarded to the winner at the Varsity level only of each Division for the indoor and outdoor meet.
  - 2. The division championship for indoor and outdoor track shall be determined solely by the results of the division meet.
- B. Individual Awards
  - 1. Medals will be awarded the first five (5) finishers in each individual event and the first three (3) finishers in relays and will be declared "Medalist".
  - 2. Ribbons will be awarded on the Sophomore level in alignment with the Varsity awards.
  - 3. The WSC All-Academic Team shall be recognized composed of senior award winners from each Conference school who have received a Grade Point Average of "B" or above in grades accumulated at the conclusion of the seventh (7th) semester.

### **VI. Conduct of Contests**

- A. Division Championship Meet
  - 1. The Games Committee shall consist of three members (the host school and two at large schools based on an alphabetical rotation).
    - a. The starter should not be a member of the Games Committee.
    - b. At large members should be on a rotating basis.

2. The WSC Division Championship Meet should adhere to the National Federation Rules.
3. The host Athletic Director is to engage a head starter and clerk-of-the course. Upon his/her request, league schools are to supply up to 3 workers for the division championship meet. If they do not do so, he/she is to hire them and bill the school.
4. Entries are limited to IHSA regulations. These entries are to be given to the division championship meet host in forms provided the night of the seeding meeting.
5. Once a competitor is entered at the varsity or sophomore level of competition at the seeding meeting, he/she must not change to another level after the seeding meeting. (i. e . a sophomore is entered in the 100 M Dash on the varsity level at the seeding meeting, she must then be considered a varsity competitor for the rest of the meet and may not run in any event on the sophomore level. This also would include scratching the sophomore from the varsity 100 M Dash in order to run on sophomore relay teams).
6. Scoring will be on a 10-8-6-4-2-1 basis, indoor and outdoor.
7. Sites to be determined annually by each division. Refer to the WSC Track and Field schedule.
8. At the discretion of the host school, all seeding meetings should be held on the preceding Tuesday or Wednesday prior to the Division Championship Meet as specified by the host school.

B. Girls' Indoor Order of Events

1. 160 Meter Track
  - a. 3200 Meter Relay
  - b. 3200 Meter Run
  - c. 300 Meter Dash
  - d. 55 Meter High Hurdles
  - e. 55 Meter Dash
  - f. 800 Meter Run
  - g. 4 Lap Relay
  - h. 400 Meter Dash
  - i. 1600 Meter Run
  - j. 200 Meter Dash
  - k. 1600 Meter Relay
  - l. Shot Put
  - m. Long Jump
  - n. High Jump
  - o. Triple Jump
  - p. Pole Vault
2. 200 Meter Track
  - a. 3200 Meter Relay
  - b. 3200 Meter Run
  - c. 300 Meter Dash
  - d. 55 Meter High Hurdles
  - e. 55 Meter Dash
  - f. 800 Meter Run
  - g. 800 Meter Relay
  - h. 400 Meter Dash
  - i. 1600 Meter Dash

- j. 200 Meter Dash
- k. 1600 Meter Relay
- l. Shot Put
- m. Long Jump
- n. Triple Jump
- o. High Jump
- p. Pole Vault

**C. Girls' Outdoor Order of Events (Both Divisions)**

- 1. 400 Meter Track
  - a. 3200 Meter Relay
  - b. 400 Meter Relay
  - c. 3200 Meter Run
  - d. 100 Meter High Hurdles
  - e. 100 Meter Dash
  - f. 800 Meter Run
  - g. 800 Meter Relay
  - h. 400 Meter Dash
  - i. 300 Meter Low Hurdles
  - j. 1600 Meter Run
  - k. 200 Meter Dash
  - l. 1600 Meter Relay
  - m. Shot Put
  - n. Discus
  - o. Long Jump
  - p. High Jump
  - q. Triple Jump
  - r. Pole Vault

**VII. Officials**

- A. It is the responsibility of the Division Championship Meet host school to contract meet officials.

**VIII. Reporting Results**

- A. It is the responsibility of the Division Championship Meet host school to provide meet results to be distributed to the Resource Athletic Director, Conference Athletic Directors, and coaches.

**IX. Miscellaneous Information**

- A. For girls' meets, hurdle heights will be: 30" for the Low Hurdles and 33" for the High Hurdles in both divisions (Federation Standard).
- B. Playing Sites
  - 1. Leyden - West Campus
  - 2. Lyons Twp. - South Campus
  - 3. Morton - West Campus