

SOUTHWEST SUBURBAN CONFERENCE: Girls' Track: Sport Guidelines

I. Season Limitations

- A. Practice may begin on Monday, January 18, 2010.
- B. First contest may be held on Monday, February 1, 2010.
- C. Season ends on Saturday, May 29, 2010.

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

18 dates.

III. Levels of Competition

- A. Varsity
- B. Sophomore

IV. Coaches Meeting

- A. Pre-season meeting will be hosted by Thornridge on Wednesday, February 24, 2010 at 6:00 p.m. at Andrew as a part of the SWSC spring mega-meeting.
- B. Post-season meeting will be held on Monday, May 17, 2010, at a site and time to be determined.

V. Championships and Awards

- A. Division Team Championship
 1. A championship trophy shall be awarded to the winner at the Varsity level of each Division.
 2. An engraved plate will be awarded to the winner at the Sophomore level of each Division.
 3. The Division Champion will be determined solely by the results of the conference divisional meet.
- B. Individual Awards
 1. Varsity top **eight (8)** individual finishers **in the 8-team division (seven (7) in the 7-team division)** will receive medals on neck drapes.
 2. The top two (2) places in each event will be declared All-Conference.
 3. Awards will be given to the top **eight (8)** individual finishers **in the 8-team division (seven (7) in the 7-team division)** at the sophomore level.
- C. Relay Event Awards
 1. Varsity top **four (4)** relay team finishers will receive medals on neck drapes.
 2. The 1st place relay in each event will be declared All-Conference.
 3. Awards will be given to the top **four (4)** relay team finishers at the sophomore level.

VI. Terms of Contests

- A. Division Championship Meet
 1. The games committee shall consist of three members.
 - a. The host school and two at large members.
 - b. At large members should be on a rotating basis.
 2. The SWSC Division Championship Meet should adhere to IHSA and National Federation Rules.

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3. The host athletic director should hire a head starter, assistant starter and clerk of the course. Upon the host school request, each division school is required to provide up to three (3) workers for the meet. If a school cannot provide this, the host school should hire workers and bill the deficient school accordingly.
 4. Entries are limited to IHSA regulations. These entries are to be given to the division host school in the manner that the host school stipulates. Entries can be changed on the night of the seeding meeting BEFORE final seeding is completed.
 5. Once a competitor is entered at either level of the division meet, an athlete may not change to another level. An athlete may only compete at the division meet at the level entered at the seed meeting.
 6. Scoring for the division meet will be as follows:
 - a. Individual scoring: 10-8-6-4-2-1.
 - b. Relay scoring: 10-8-6-4-2-1.
 7. Sites for the division meets will be determined annually by the athletic directors.
 8. The division meet will be held on Thursday the week prior to the IHSA sectional.
 9. Seed meetings will held on the Monday before the division meet at 7:00 p.m. at the host school's site.
- B. Dual or triangular meets
1. Meets shall follow NFHS guidelines.
 2. Every attempt should be made to begin the meet at 4:30 p.m. with the field events.
 3. Running events should begin 15-minutes after the field events.
 4. If a school does not plan on running a full line up, as a courtesy, they are urged to call the opposing school(s) and inform them.
 5. If a school does not have pole-vaulting facilities, there will be no pole vault competition conducted at another site.
- C. Events
1. Running events (in order)
 - a. 4 x 800 meter relay
 - b. 4 x 100 meter relay
 - c. 3200 meter run
 - d. 100 meter hurdles
 - e. 100 meter dash
 - f. 800 meter run
 - g. 4 x 200 meter relay
 - h. 400 meter dash
 - i. 300 meter hurdles
 - j. 1600 meter run
 - k. 200 meter dash
 - l. 4 x 400 meter relay
 2. Field events
 - a. Pole vault
 - b. High jump
 - c. Triple jump
 - d. Long jump
 - e. Shot put
 - f. Discus

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VII. Officials (for division meet)

- A. Head starter
- B. Assistant starter

VIII. Reporting Results

- A. Each varsity and sophomore coach (or their designee) will record their conference home meet scores on the SWSC conference website at www.athletics2000.com/swsc.
- B. Each host school is responsible to report results of the division tournament immediately after the event to all local newspapers and forward the results to the Historian.
- C. The resource AD is responsible to enter conference team champions and all-conference players on the SWSC website.

IX. . Miscellaneous Information

- A. Playing Sites
 - a. All school will host meets on their campus
 - b. The following school do not have pole vault facilities on their campus
 - i. Andrew
 - ii. Bradley
 - iii. Sandburg
 - iv. Stagg
- B. During the division meet, coaches may time an open mile for their athletes during the preliminary running events before the finals begin.