

**2024 Lady Wildcat Indoor Invitational
Hosted by Normal Community West High School
Wednesday, March 13 at 4:00 pm**

The Normal Community West High School Lady Wildcats invite you to the Lady Wildcat Indoor Invitational. The meet will be held at the Illinois Wesleyan Shirk Center.

Participating Teams:

Central Catholic, Chatham Glenwood, Cornerstone, East Peoria, Eureka, Fieldcrest, Greenview, Illini Bluffs, Kankakee, Manual, Maroa, Mattoon, Metamora, Milford, Morris, Morton, Normal Community, Normal West, Olympia, Pekin, Pontiac, Princeville, Roanoke Benson, Seneca, SHG, Springfield, Springfield Lanphier, Springfield Southeast, St. Theresa, Tri Valley, UHigh, Washington

Entry Fee: \$225 per school **Admission:** \$6 for Adults and \$4 Children.

Timing: FAT by Adkins Trak Timing

Apparel: **First to the Finish** will have a booth to purchase meet apparel, shoes, equipment, etc.

Entries: Enter your athletes at this web page:

<https://www.directathletics.com/meets/track/84014.html>

Deadline is **Sunday, March 10th at 9:00pm**. Limit of **two** entries in all track and field events except the 200 and 400 in which you get **one** entry. One varsity and one JV entry in each of the 4x200, 4x400 and 4x800 relay events. **Teams should enter their Varsity relays as "A" Teams and their JV teams as "B" Teams.** Sectional rules will be used for replacements. Please make sure to enter performances your athletes can run on this date.

Awards: No team scores will be kept. 1st- 5th place medals will be presented in all Varsity events (no JV medals).

Parking: Parking on **east** side of the Shirk Center is limited. There is more parking across the street from the east parking lot.

Trainer: An athletic trainer will be available.

Meeting: Coaches will meet at the common finish line at 3:45pm.

Finals: Prelims in the 60M Dash and Hurdles. Top 7 athletes to finals. All other races are finals based on seed times.

Greg Rogers, Head Girls Track and Field Coach
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**2024 Normal West Lady Wildcat Indoor Invitational Track Schedule
Wednesday, March 13th**

4:00	Long Jump (Cafeteria Style)	90 minutes, 4 trials
6:00	Triple Jump (Cafeteria Style)	90 minutes, 4 trials
4:00	High Jump	Start at 4' 0"
4:00	Pole Vault	Start at 8' 6"
4:00	Shot Put	4 trials no final
4:00	60 Hurdle Prelim	
4:15	60 Dash Prelim	
4:30	4x800 JV Relay	
4:45	4x800 Varsity Relay	
5:00	4x800 Varsity Relay	
5:15	60M Hurdle Finals	
5:20	60M Finals	
5:25	4x200 JV Relay	
5:40	4x200 Varsity Relay	
6:00	400	
6:15	800	
6:35	200	
6:50	1600	
7:30	4x400 JV Relay	
7:50	4x400 Varsity Relay	

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