

Tenth Annual Niles West "All Comers" Track & Field Meets

What: Male and Female Indoor Track & Field Meets for High School and Grade School Students. Adults are also welcome to compete. All age groups can compete.

When: Friday, Jan. 16th and 23rd, 2009. Field events begin at 5:30 p.m. Pole Vault @ 5:00 p.m. Running events begin at 6:00 p.m.

Order of Events:

1. 50m Dash
2. 1600m Run
3. 50m H. Hurdle (Male)
4. 50m H. Hurdle (Female)
5. 50m L. Hurdle (Male/Female)
6. 4x2 Lap Relay (Males/Females; 4 per relay team)
7. 400m Dash
8. 800m Run
9. 200m Dash
10. 4x1 lap relay (Males/Females; 4 per relay team)

Field Events:

1. High Jump
2. Long Jump
3. Triple Jump
4. Pole Vault
5. Shot Put

Where: Niles West High School Field House
5701 Oakton Street
Skokie, IL. 60077
Phone #847-626-2810

Why: To Promote Interest for the Sport of Track and Field at the Grade School level, High School Level, and for Adults.

Cost: \$5.00 per event. Relays: \$10.00
All participants receive ribbons for all events.
Special group rates (12 athletes or more) available, please call ahead.
Under HS Age = \$10 for 2 or more events. HS + Over = \$15 for 3 events or more

Questions about the meet: Call Niles West H.S. at 847-626-2810 (Chris Vivone)

Registration will begin at 4:00 P.M. on the day of the meet.
No spikes (only flats, trainers, or rubber soled shoes).