Girl’s Track and Field

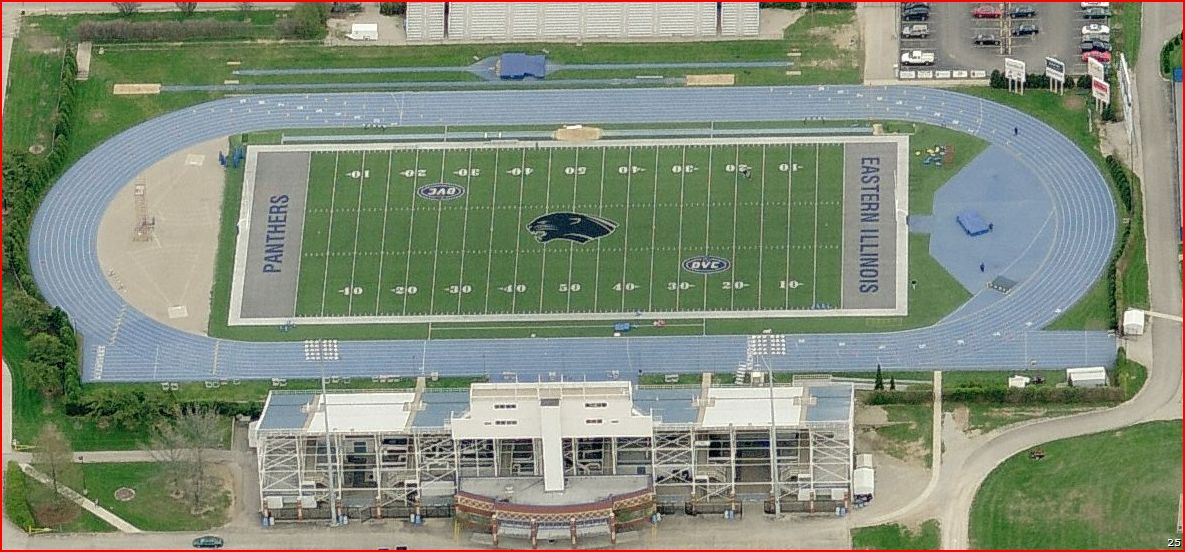
State

2011

May 19- 21

Eastern Illinois University

Charleston, IL



Girl’s Track and Field

State 2011

May 20- 22 at Eastern Illinois University in Charleston, IL

Where is EIU:

|  |  |  |
| --- | --- | --- |
| 1. | Head **north** on **S Kedzie Ave** toward **W 99th St**  About 1 min | go 0.5 mi  total 0.5 mi |

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| http://www.google.com/chart?chst=d_dir_us_f&chld=12|2&chf=bg,s,EEEEEE | 2. | Turn **right** at **W 95th St/US-12 E/US-20 E**  About 4 mins | go 3.0 mi  total 3.5 mi |

Show: [Text only](javascript:void(0)) | [Map](javascript:void(0)) | [Street View](javascript:void(0))

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| --- | --- | --- | --- |
| http://maps.gstatic.com/intl/en_us/mapfiles/turn-r.png | 3. | Turn **right** at **S Halsted St**  About 1 min | go 0.4 mi  total 4.0 mi |

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| --- | --- | --- | --- |
| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rg.png | 4. | Turn **right** at the 3rd cross street onto **W 98th Pl** | go 308 ft  total 4.0 mi |

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|  |  |  |  |
| --- | --- | --- | --- |
| http://www.google.com/chart?chst=d_dir_us_i&chld=57|2&chf=bg,s,FFFFFF | 5. | Take the ramp on the **left** onto **I-57 S**  About 2 hours 54 mins | go 168 mi  total 172 mi |

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|  |  |  |  |
| --- | --- | --- | --- |
| http://www.google.com/chart?chst=d_dir_us_s&chld=16|2&chf=bg,s,EEEEEE | 6. | Take exit **190A** to merge onto **IL-16 E** toward **Charleston**  Destination will be on the right  About 13 mins | go 8.1 mi  total 180 mi |

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|  |  |
| --- | --- |
| http://maps.gstatic.com/intl/en_us/mapfiles/icon_greenB.png | 600 Lincoln Ave, Charleston, IL 61920‎  O’Brien Stadium in next to Lincoln/Douglas/Stevenson Halls |

Where are we staying: EIU dorm Rooms on campus

How do I contact the Coach:

Coach McArthur: 815-370-4147

Schedule

May 19-21 at Eastern Illinois University in Charleston, IL

Thursday:

* leave EPCHS @11:20 after 2nd Block from AD office
* Stop for Lunch
* Check in at EIU at 3:00, get ready for practice
* Practice @ 5:00 on the EIU Track
* Dinner at 7:30 at the Alamo in Mattoon (217) 234-7337
* Wal-Mart Run if needed
* Bed-Time: 9:30, Lights off 10:30

Friday:

* Wake-up: 7:00 Breakfast in cafeteria
* Weigh –in girls shot - 8:00 a.m. – 8:45 a.m.
* Compete 9:00 in AA Shot Put (warm-ups 8:30)
* Compete 9:00 in AA High Jump (warm-ups 8:30)
* Weigh –in girls discus- 9:30 a.m. – 10:15 a.m.
* Compete 10:30 in AA Discus (warm-ups 10:00)
* Lunch Jimmy Johns
* Watch Meet, Explore Vendors
* Dinner at Monical’s Pizza at 6:30 Charleston, IL (217) 348-7515
* Bed-Time: 9:30, Lights off 10:30

Saturday:

* Wake-up: Breakfast 8:00 in cafeteria
* Parades of Athletes at 9:00 wear EP apparel!!
* Compete/Watch State Finals
* Lunch at TBD
* Travel to home TBD

What to Bring?

May 19-21 at Eastern Illinois University in Charleston, IL

Clothes:

* Uniform
* Spikes/ Gym shoes
* Nice Shoes
* Warm-Ups
* Warm, Rain, and Cold gear
* Pajamas
* Hanging out clothes
* Nice clothes for dinners
* EP Mustang Apparel

Hygiene Products:

* Toothbrush
* Deodorant
* Hair brush
* Sunscreen
* Lotion
* Hair care products

Others Recommendations:

* Blankets
* Pillows
* Phone charger
* No TV in rooms, bring games (Uno, sorry, etc..)
* IPod and charger
* Towel
* Flip Flops for shower
* Spending Money
* Umbrella
* Camera
* Snacks
* Swimsuit