

BATAVIA BULLDOG TRACK & FIELD



BULLDOG RELAYS 2018

Sponsored by DICK POND ATHLETICS in ST.CHARLES!

GIRLS:

AURORA CHRISTIAN, AURORA CENTRAL CATHOLIC, BATAVIA, BARTLETT,
BURLINGTON CENTRAL, CHICAGO MARIST, CONANT,
DEKALB, EAST AURORA, GLENBARD EAST, GLENBARD SOUTH,
HOFFMAN ESTATES, LARKIN, OSWEGO EAST, PLAINFIELD CENTRAL,
PLAINFIELD EAST, PLAINFIELD SOUTH, PALATINE, PLANO, ROSARY, SOUTH ELGIN,
ST.CHARLES EAST, STREAMWOOD, WEST AURORA, WEST CHICAGO

BOYS:

AURORA CHRISTIAN, AURORA CENTRAL CATHOLIC, BATAVIA, BARTLETT,
BURLINGTON CENTRAL, CONANT, EAST AURORA, GLENBARD WEST, LAKE FOREST, LARKIN,
OSWEGO EAST, PLANO, SOUTH ELGIN, ST.CHARLES NORTH

DATE: THURSDAY 3/22/2018

STARTING TIMES: Parade of Champions: 4:45 pm Running Events: 5:00 pm

MEET FORMAT: 4th annual Bulldog Relays is a NON-SCORED, Coed Relay Meet - We will use our F.A.T. Timing System & Backup Hand Timing. RESULTS will be announced throughout the meet, posted outside the fieldhouse by the concessions, and emailed to all coaches at the conclusion of the meet. This will be a great opportunity to tune up your relays for the IPTT meet and personal best for the indoor season. Also, it's a great start in preparing for the outdoor season - spread the word to other interested teams.

ENTRIES: Each school will be allowed to enter **1 Boys & 1 Girls relay team** per relay race. **BOYS WILL PRECEDE GIRLS** - due to the larger # of girls teams, we will run Boys first followed by Girls. Each heat is considered a final. For seeding purposes, we ask that you provide legitimate times that can be verified during the 2018 indoor season. This will ensure that each heat will be highly competitive based on time. For manual hand time conversion: *first round up to the higher tenth and then add .24* (Example 10.42 manual would be converted to F.A.T. as follows, 10.42 becomes 10.5, then add .24 = 10.74. For Distance, round up & add .14) **To Register Athletes:** see the instructions to register - last page). **You may be selective with your entries/events - you can fill any # of events, or all events.**

SPIKES: Athletes may wear running flats or 1/8 inch pyramid spikes in our fieldhouse. Athletes must wear 1/8" only to prevent injury to athletes and damage to our track. Spikes may be worn only on the track surface and/or designated areas.

RELAY BATONS: Please supply your own batons



4TH ANNUAL BULLDOG RELAYS - SPONSORED BY DICK POND ATHLETICS

BATAVIA BULLDOG TRACK & FIELD

MEET ADMISSION: \$5 adults, \$3 student/children; BHS SPEED PASS = Free entry



BULLDOG RELAYS ORDER OF EVENTS

We will make every effort to stay with the time schedule

4:00pm	Facility Open - (set up team camps in Cafeteria-see map below)
<i>Tracks available for warmups/practice 4:15 pm-4:50 pm/ Main Gym becomes the WARMUP area the rest of the night</i>	
4:30pm	Coaches Meeting - by finish line
4:45pm	Parade of Champions - (please have athletes lined up by 4:40pm)
5:00pm	*<i>(BOYS will Precede GIRLS-due to # of Girls Teams)*</i>
5:00 PM (3B, 4G)	SMR (200-200-400-800)
5:40 PM (1B, 2G)	4 x 800 Relay
6:10 PM (4B, 4G)	4 x 200 Relay
6:50 PM (1B, 1G)	DMR (1200-400-800-1600) - top 12 seeded teams only- <i>- due to time restraints with the # of teams, <u>1 heat each.</u></i>
7:20 PM (3B, 4G)	4 x 400 Relay

PARADE OF CHAMPIONS - *(with the increased # of teams, we will not be giving you a team sign - feel free to bring one of your own).* To kick off the event we will have all teams, competitors, and coaches represented in our Parade of Champions. Each team will be alphabetized and lined up in the back hallway (east of the track) to be acknowledged and announced. We ask that your athletes & non-competitors be with your team as they walk down the home stretch. **All SMR & 4x800 competitors may continue their warm up during the parade.** Please encourage your parents and spectators to arrive early to see the event. It was a huge hit last year! We will **begin the parade at 4:45pm** - lineup all of your athletes & coaches to walk the route in back hallway by **4:40pm** - teams will be called alphabetically. Coaches, if you have any pics you would want to share from the meets in the past and for this season please send/share with me and I will add them in. Thanks!

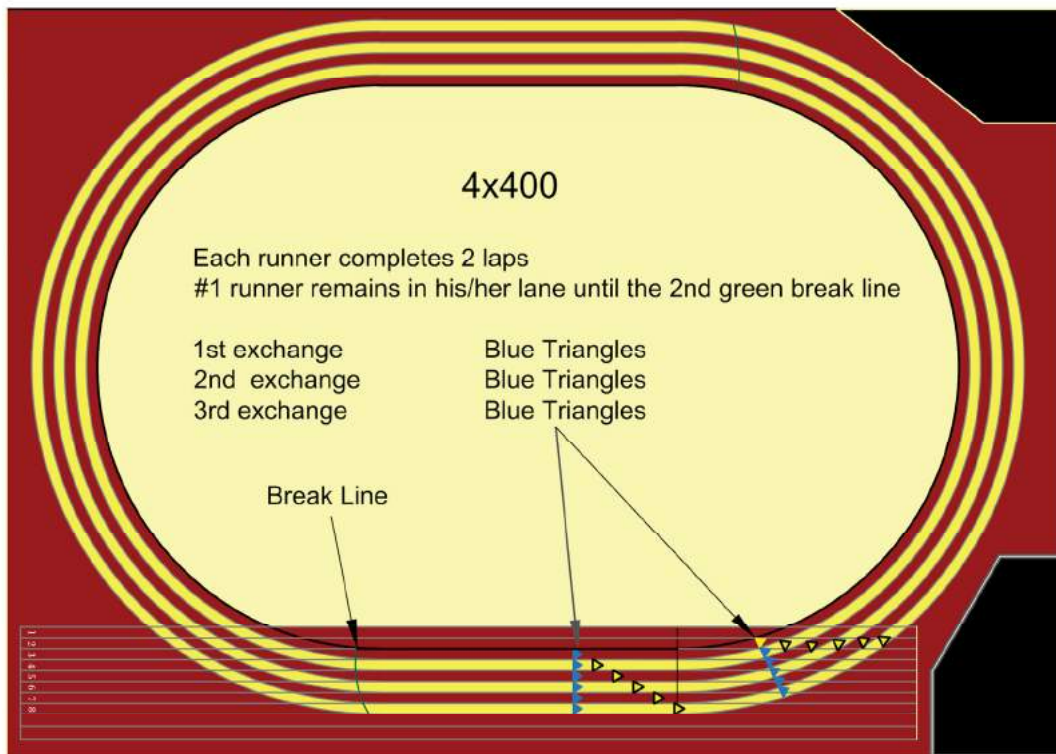
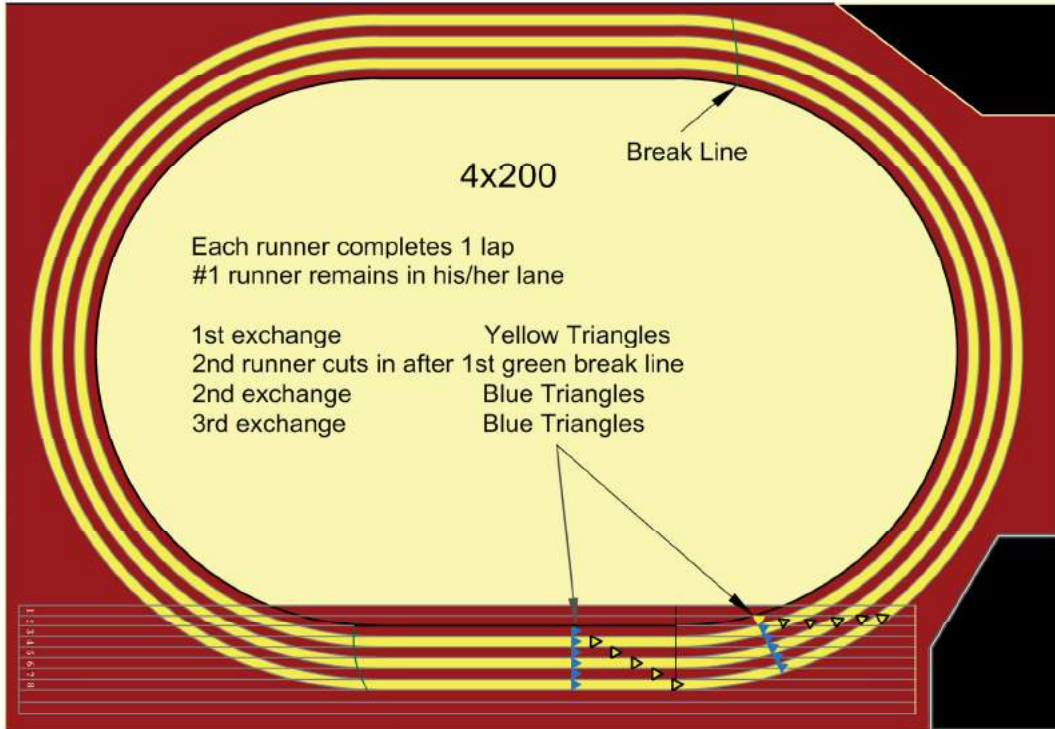
CHAMPION AWARDS: Each event Winner/Champion receives a **Champion Baton** (see page 5).

4x200 & 4x400 RELAY EXCHANGE INFO



4TH ANNUAL BULLDOG RELAYS - SPONSORED BY DICK POND ATHLETICS

BATAVIA BULLDOG TRACK & FIELD



BATAVIA BULLDOG TRACK & FIELD

GIRLS MEET RECORDS

EVENT	CHAMPION	RECORD	YEAR
SMR	GLENBARD EAST	4:17.74	2017
4x800	HOFFMAN ESTATES	9:26.70	2015
4x200	BATAVIA	1:44.32	2017
DMR	PALATINE	12:43.71	2017
4x400	WEST AURORA	4:05.84	2016

PREVIOUS MEET EVENTS

55 Hurdles	WEST AURORA, ANDREWS	8.73	2015
1600	PALATINE, O'BRIEN		5:02.04



2016



BOYS MEET RECORDS

EVENT	CHAMPION	RECORD	
SMR	GLENBARD WEST	3:43.28	2017
4x800	GLENBARD WEST	8:05.91	2015
4x200	SOUTH ELGIN	1:32.28	2016

4TH ANNUAL BULLDOG RELAYS - SPONSORED BY DICK POND ATHLETICS

BATAVIA BULLDOG TRACK & FIELD

DMR	AURORA (EAST)	11:03.40	2017
4x400	BATAVIA	3:32.53	2015

PREVIOUS MEET EVENTS

55 Hurdles	BURLINGTON CENTRAL, EGE	7.81	2015
1600	WEST AURORA, MCCUE	4:28.57	2015

PAST MEET CHAMPIONS

HOFFMAN ESTATES GIRLS 4x800



GLENBARD WEST BOYS 4x800



BATAVIA GIRLS 4x200

OSWEGO EAST BOYS 4x200



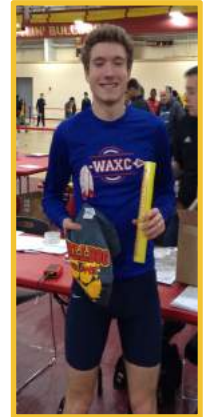
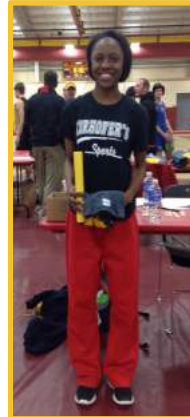
BATAVIA,
AURORA,
AURORA,



REA 1600
MCCUE, 1600
ANDREWS,
BURLINGTON



WEST
WEST
55H
C., EGE, 55H



BATAVIA BULLDOG TRACK & FIELD

PLAINFIELD SOUTH GIRLS 4x400

BATAVIA BOYS 4x400



**BATAVIA HIGH
SCHOOL FIELD HOUSE**

Please pass along this info to your athletes, coaches, & parents!

- NO GUM, FOOD, OR DRINKS IN THE FIELD HOUSE - WATER IS OKAY
- ENTER BHS through the MAIN STREET ATHLETIC entrance only
- Have buses park off-site - South of BHS on Millview Dr. or at Park.
- Please have athletes enter and exit through the south Athletic entrance ONLY
- Make your team camps in the Cafeteria – follow map
- Please clean up your camps & areas in the Café/Fieldhouse at the completion of the meet
- **SPIRIT CORNER WILL BE SELLING T&F GEAR - see the AWESOME NEW DESIGN below*
- ***OUR MEET**

ATHLETICS
GEAR, SPIKES,



SPONSOR: DICK POND
WILL BE SELLING T&F
ETC!!!*

****SPIRIT CORNER: AWESOME T-SHIRT DESIGN WILL BE SOLD AT THE MEET!****

Spirit Corner will be at the meet selling event apparel. Prices start at \$15 for a tee shirt (front design). Add \$4 for the back design. They will also have dri-fit tees, long sleeve tees, crews and hoodies available. They accept credit cards and cash.

3 great design options for shirts!

BATAVIA BULLDOG TRACK & FIELD



TEE SHIRT FRONT

Bulldog Relays

SMR (200-200-400-800)
4 x 800 Relay
4 x 200 Relay
DMR (1200-400-800-1600)
4 x 400 Relay

TEE SHIRT BACK



THANK YOU TO PAL JOEY'S FOR OUR HOSPITALITY ROOM
THANK YOU TO OUR MEET SPONSOR: DICK POND ATHLETICS!

ONLINE ENTRY INSTRUCTIONS

BULLDOG RELAYS (#329714)

Follow the 4 steps below to get started:

1. Sign up for a free coach account (if you do not have one)

- Go to: www.athletic.net
- Click on 'Sign up' in the upper right-hand corner
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar - (look up our Meet)

- Login to Athletic.net using your email address and password
- Click "Coach Tools" under the main navigation bar
- Click "Team Home"
- Click "Add Meet" above your calendar box
- Where it says "Meet ID:" **enter 329714** and click Add
- Review the information and click Save and Continue >
- You may need to click Save and Continue > again

4TH ANNUAL BULLDOG RELAYS - SPONSORED BY DICK POND ATHLETICS

BATAVIA BULLDOG TRACK & FIELD

- Repeat this process for the rest of your season calendar
- (You can also add other meets, even if you don't know the Meet ID. Just select your state and click "Next >" instead of entering your meet ID.)
- Verify that your calendar is correct. Use the Edit button next to meets to make corrections

3. Enter team roster

- Click "Coach Tools"
- Click "Edit Athletes"
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the Bulldog Relays

- Locate Bulldog Relays on your team's main track and field page and click on the meet name
- In the blue dropdown, click "Register Athletes"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Click "Save Changes"
- Use the boxes on the bottom of the page to add additional athletes to your roster

Athlete Registration will be locked on 3/20/2018 at 12:00 PM

1. AURORA CENTRAL CATHOLIC-CHARGERS - BOTH
2. AURORA CHRISTIAN-EAGLES - BOTH
3. AURORA EAST-TOMCATS - BOTH FOLLOW THE PARADE ORDER & ROUTE
4. AURORA ROSARY-ROYALS - GIRLS @4:40PM - LINE UP IN ORDER - BACK HALLWAY
5. AURORA WEST-BLACKHAWKS - GIRLS @4:45PM - TEAMS WILL BE CALLED OUT IN ORDER
6. BARTLETT-HAWKS - BOTH
7. BURLINGTON CENTRAL-ROCKETS - BOTH
8. CHICAGO MARIST-REDHAWKS - GIRLS
9. CONANT-COUGARS - BOTH BULLDOG RELAYS IS SPONSORED BY
10. DEKALB-BARBS - GIRLS DICK POND ATHLETICS, in St.Charles
11. GLENBARD EAST-RAMS - GIRLS
12. GLENBARD SOUTH-RAIDERS - GIRLS
13. GLENBARD WEST-HILLTOPPERS - BOYS
14. HOFFMAN ESTATES-HAWKS - GIRLS
15. LAKE FOREST-SCOUTS - BOYS
16. LARKIN-ROYALS - BOTH
17. OSWEGO EAST-WOLVES - BOTH
18. PALATINE-PIRATES - GIRLS
19. PLAINFIELD CENTRAL-WILDCATS - GIRLS



BATAVIA BULLDOG TRACK & FIELD

- 20. PLAINFIELD EAST-BENGALS - GIRLS
- 21. PLAINFIELD SOUTH-COUGARS - GIRLS
- 22. PLANO-REAPERS - BOTH
- 23. SOUTH ELGIN-STORM - BOTH
- 24. ST. CHARLES EAST-SAINTS - GIRLS
- 25. ST. CHARLES NORTH-STARS - BOYS
- 26. STREAMWOOD-SABRES - GIRLS
- 27. WEST CHICAGO-WILDCATS - GIRLS
- 28. BATAVIA-BULLDOGS - BOTH

