

BATAVIA BULLDOG TRACK & FIELD



BULLDOG RELAYS 2019

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, ST.CHARLE NORTH, WEST AURORA, WEST CHICAGO, WHEELING

BOYS:

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

DATE: THURSDAY 3/21/2019

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

MEET FORMAT: 5th 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.

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 2019 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.**

ONLINE ENTRIES - REGISTER YOUR ATHLETES @ WWW.ATHLETIC.NET

Deadline: *Athlete Registration will be locked on Wednesday 3/20/19 at 12:00 PM*

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.

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RELAY BATONS: Please supply your own batons

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



BULLDOG RELAYS ORDER OF EVENTS

Running Events begin at 5:00pm and will roll ahead

4:00pm	Facility Open - (set up team camps in Cafeteria-see map below) <i>Track 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 - (lined up by 4:40pm-see route last page)
5:00pm	*(BOYS will Precede GIRLS - due to # of Girls Teams)*
5:00 PM (3B, 4G)	SMR (200-200-400-800)
(1B, 2G)	4 x 800 Relay
(3B, 5G)	4 x 200 Relay
(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>
(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** .

Contact Coach Dennis Piron (Boys)

Office: 630-937-8614

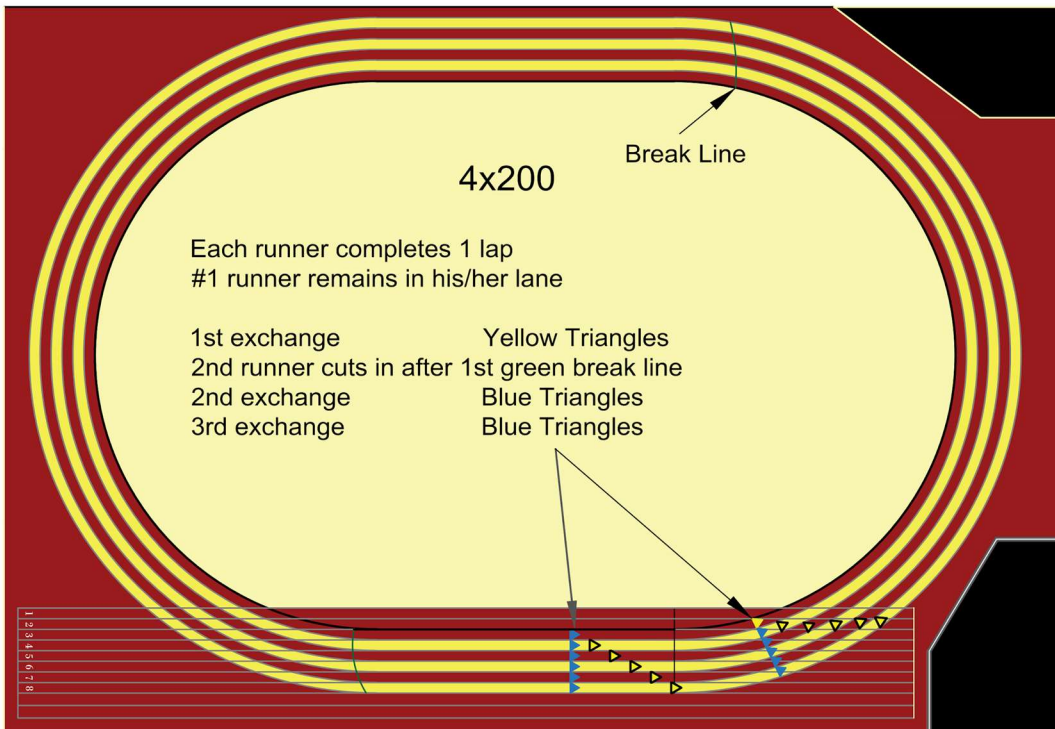
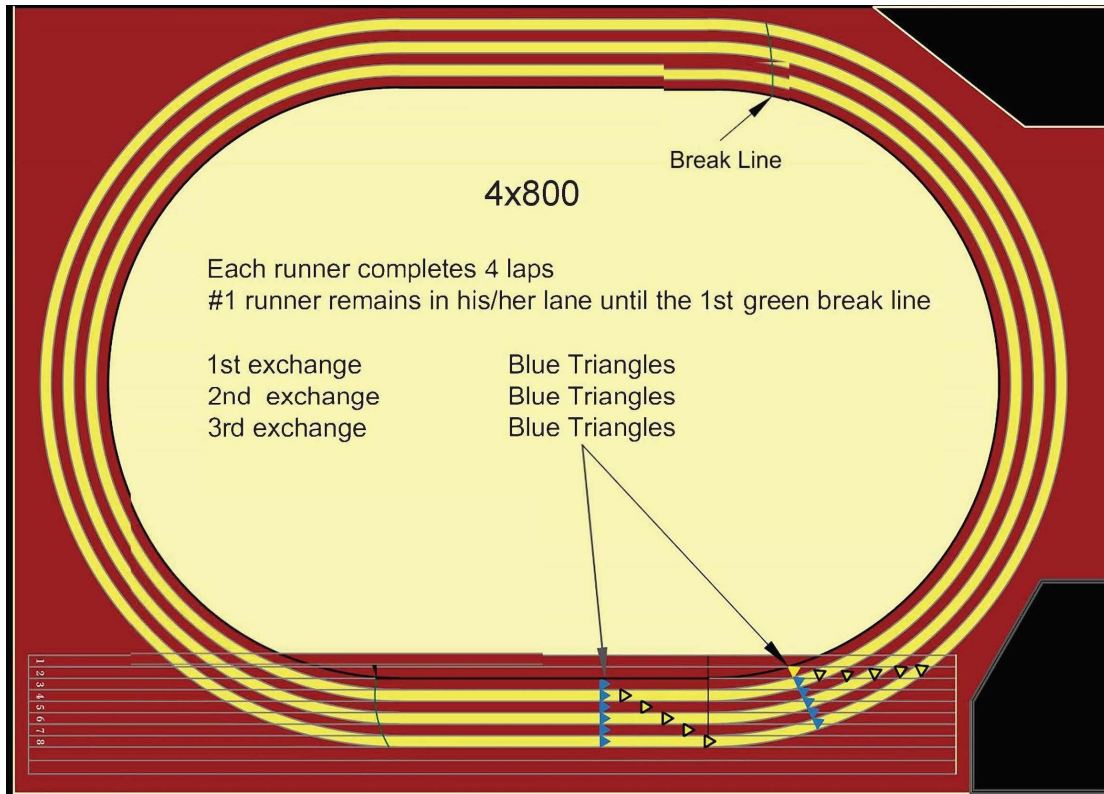
Contact Coach Justin Allison (Girls)

Work: 630-937-8661

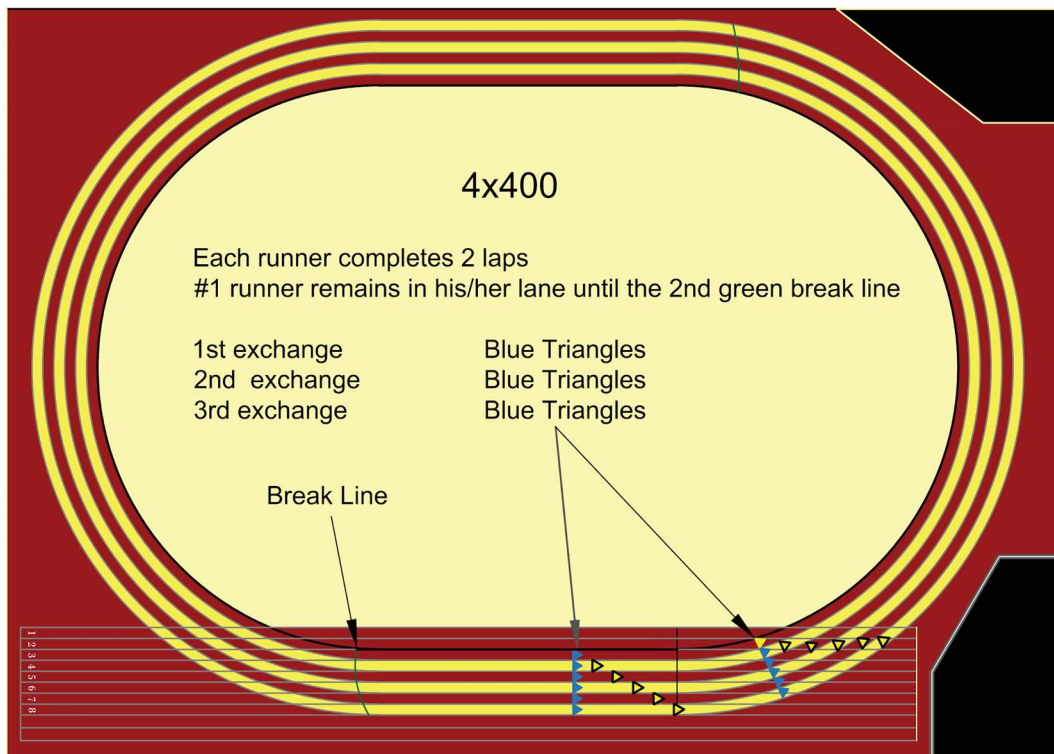


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4x800, 4x200, & 4x400 RELAY EXCHANGE INFO



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GIRLS MEET RECORDS

EVENT	CHAMPION	RECORD	YEAR
SMR	GLENBARD EAST	4:14.94	2018
4x800	HOFFMAN ESTATES	9:26.70	2015
4x200	DEKALB	1:43.90	2018
DMR	PALATINE	12:43.28	2018
4x400	WEST AURORA	4:03.74	2018

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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

YEAR

SMR	BATAVIA	3:42.57	2018
4x800	GLENBARD WEST	8:05.91	2015
4x200	BATAVIA & SOUTH ELGIN	1:32.28	2018/2016
DMR	GLENBARD WEST	10:52.42	2018
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

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
- ***OUR MEET SPONSOR: DICK POND ATHLETICS WILL BE SELLING T&F GEAR, SPIKES, 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.

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