



COMMUNITY H. S. DISTRICT 99

**Downers Grove North
Department of Athletics
Home of the Trojans
April 12th, 2019**

TO: Head Girls Track Coach
Athletic Director

FROM: Denise Kavanaugh – Athletic Director
Matt Maletich – Head Coach
Bruce Ritter - Meet Manager

RE: RITTER INVITATIONAL TRACK & FIELD MEET

Downers Grove North High School is pleased to host the 19th Annual Ritter Invitational Track & Field Meet. The following will provide you with the necessary information for the meet.

MEET INFORMATION

Day: Friday
Date: April 12, 2019
Time: Field Events – 5:00 p.m.
Finals: 5:45pm (no prelims)
Admission: \$4.00 -- adults, \$3.00 -- students/children.
Meet Scoring: Points will be awarded for the first 8 places: 10-8-6-5-4-3-2-1.
Awards: Awards will be given to the first 6 places in all individual and relay events.
Each team will get their awards in an envelope at the conclusion of the meet.
Starter: Jim Effinger
Assist Starter: Steve Johnson
Games Committee: Joe Parks(Mike Stine(Naperville Central), Greg Frandsen(Lyons Twp), Tim Nowicki(Wheeling) and Matt Maletich(Downers North)

ENTRY INFORMATION

Entry Due Date: All entries are due Wednesday, April, 9th at noon. Entries are to be entered on athletic.net

Rules Athletes may participate in 4 events. Any freshman or sophomore may compete in the Frosh-Soph 4x400m relay, but it will count as one of their four events.

Workers Since we are using FAT timing, each team must supply only 1 workers. Their positions are listed on the last page of this mailing.

GENERAL INFORMATION

- Concessions:** The Trojan Booster Club will provide concessions at the meet.
- Hospitality:** A hospitality center will be available to all coaches, administrators, and workers only.
- T-Shirts:** **RITTER INVITE t-shirts will be available in a variety of colors. Short sleeve t-shirts will Cost \$10 while Tie-Dyes and long sleeve shirts will cost \$15.**
- Buses:** Downers Grove North has their entrance on the west side of the school. We ask all busses to arrive on Saratoga and enter the new parking lot before you get to Grant Ave. There is no parking or drop off on Grant or Prince as you will be ticketed by the police. Please do not arrive before 3:30pm as our school day ends at 3:20pm and the lot will be full of busses.
- Athletic Trainer:** Trainers will be available at the meet.

FACILITIES

- Track facility:** 8 lane Action 400 track -- Long Jump, Triple Jump, High Jump, and Pole Vault are on the same surface as the track. The shot put and discus are in the track complex.
- Spikes:** Please use 1/4" spikes on our facilities.
- Locker facilities:** Locker facilities are not available. Please bring your athletes ready to perform.
- Team seating:** We ask all teams to sit or camp out in the East bleachers.
- Warm-up area:** Runners can warm-up in the underground track. This area is very convenient to the track.

MEET SCHEDULE

- Time schedule:**
- | | |
|-----------------------------------|--|
| <u>Finals -- 5:45 p.m.</u> | <u>Field Events -- 5:00 p.m.</u> |
| 3200m First Heat | Long Jump(two boards) 4 jumps, no finals |
| 4x800m Relay(1 heat) | Triple Jump(two boards) after long jump |
| 4x100m Relay(2 heats) | 4 jumps, no finals |
| <u>3200m Second Heat</u> | High Jump-starting height 4' 6" |
| 100m Hurdles(4 heats) | Pole Vault- starting height 7' |
| 100m Dash(4 heats) | Discus-best flight first- no finals 4 throws |
| 800m Run(3 heats) | Shot Put- best flight last, - no finals 4 puts |
| 4x200m Relay(2 heats) | |
| 400m Dash(4 heats) | |
| 300m Hurdles(4 heats) | |
| 1600m Run(2 heats) | |
| 200m Dash(4 heats) | |
| 4 x 400m F/S Relay(2 heats) | |
| 4 x 400m Varsity Relay(2 heats) | |

Teams Entered-- 2019

Aurora West
Belvidere North
Crete-Monee
Downers North
Glenbard West
Glenbrook South
Joliet Central
Lane Tech
Lyons Twp
Naperville Central
Palatine
Prospect
Shepard
Thornton Twp
Wheeling
York

Worker assignments for the 2019 Ritter Invite

Long Jump: Head – Lyons Twp
Assistant – Belvidere North

Triple Jump: Head – Downers North
Assistant – Naperville Central

High Jump: Head – West Aurora
Assistant – Glenbrook South

Pole Vault: Head – Prospect
Assistant – Downers North

Shot Put: Head – Palatine
Assistant – York

Discus: Head – Downers North
Assistant – Glenbard West

Exchange Zone Judge: 4x100m

Zone 1 – Lane Tech – Shepard - DGN
Zone 2 – Wheeling – Crete-Monee
Zone 3 – Joliet Central – Thornton

4x200m

Zone 1 & 3 – Wheeling – Joliet Central – Shepard – Lane Tech
Zone 2 - Officials and DGN-Thornton