



Coaches Program



29th Annual Downers Grove South Mustang Invitational Saturday, April 11th, 2014

Bartlett, Downers Grove South, Geneva, Glenbard North, Glenbard West, Hinsdale Central, Loyola Academy, Lyons Township

Schedule:

- 8:15am – Scratch Meeting/ Coaches Lunch
- 9:00am – Field Events
 - Var & F/S LJ, followed by Var & F/S TJ
(Varsity: 3 jumps, top 8 to finals; F/S: 4 jumps, no finals; jumps will be called in order)
 - F/S PV followed by Var PV
 - Var HJ, followed by F/S HJ
 - Var Discus, followed by F/S Discus (3 throws, top 8 to finals)
 - F/S Shot, followed by Var Shot (3 throws, top 8 to finals)
- 9:00am– Open 1600m
- 9:15am– Open 100m
- 9:45am– Prelims (F/S then Var in all running events)
 - 100m, 100m Hurdles, 200m (top 2 per heat and next 4 fastest to finals)
- 10:30am – Finals
 - 4x800m Relay
 - 4x100m Relay
 - 3200m
 - 100m Hurdles
 - 100m
 - 800m
 - 4x200m Relay
 - 400m
 - 300m Hurdles
 - 1600m
 - 200m
 - 4x400m Relay

Workers:

- Pole Vault..... Downers South
- High Jump..... Glenbard North
- Shot Put..... Geneva
- Discus Throw..... Bartlett
- F/S Long Jump..... Glenbard West
- Var Long Jump..... Lyons Twp
- F/S Triple Jump..... Loyola Academy
- Var Triple Jump..... Hinsdale Central

Exchange Zones:

- 4x100m #1 (SE): DGS, GN, GEN
- 4x100m #2 (NE): LT, HC, GW
- 4x100m #3 (NW): BART, LOY

- 4x200 #1&3 (NE): DGS, HC, BART, GEN, LOY
- 4x200 #2 (SW): LT, GN, GW

Games Committee: Downers South, Glenbard West, Geneva