

DOWNERS GROVE SOUTH ATHLETICS

1436 Norfolk

Phone: 630/795-8517

Downers Grove, IL 60516

Fax: 630/795-7193



Hard Work, Discipline, Team Work, Confidence, Character, Academic Success, and Love of the Game

Downers Grove South Mustang Invitational Saturday, April 6th, 2024

Teams: Geneva, Glenbard North, Glenbard West, Hinsdale Central, Lyons Township, Naperville North, Yorkville, Downers Grove South.

Schedule: **8:30am** – Coaches Meeting in south squad room

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)

Var HJ, followed by F/S HJ

Var PV, followed by F/S PV

F/S Discus, followed by Var Discus

Var Shot, followed by F/S Shot

Both SP & DT: Varsity: 3 throws, top 8 to finals; F/S: 4 throws, no finals

9:15am – Open 1600m (unlimited entries)

9:45am – Open 100m (unlimited entries)

10:30am – Finals

4x800m Relay

4x100m Relay

3200m

100m Hurdles

100m

800m

4x200m Relay

400m

300m Hurdles

1600m

200m

4x400m Relay

Entries: One relay team at each level and two individuals at each level (Varsity & F/S). Athletes cannot compete in both Varsity & F/S levels. All entries must be made online by **10:00pm, Thursday, April 6th**. We will be using athletic.net for meet entries. Because this is often the first outdoor meet on many team schedules, turning in legitimate seed times for certain races (100/300 hurdles, 4x100, etc.) is not possible. Our goal is to have competitive heats and fair heat/lane positions as much as possible, so please use your best coaching judgment to estimate times for those events not run during the indoor season.

We will also run an **Open 1600m Run and an Open 100m Dash**. We did not place a limit on the number of athletes in these events, but please try to keep your entries to a manageable amount. **You must make online entries for these events as well.**

Scoring: All relays and individuals will be scored to 6 places (10-8-6-4-2-1).

Awards: 1st Place Team Trophies for each level. Medals for 1st – 5th place for the Varsity and Ribbons for 1st – 5th place for the Frosh/Soph.

Camps: Make team camps in the bleachers or the area surrounding the bleachers.

Food: There will be a hospitality lunch available for coaches and adult workers in the south squad room. Concessions will be available for athletes.

Workers: We are asking each school to provide a competent field event worker. DGS will have student helpers at each field event as well. We also would like each school to provide a coach to supervise exchange zones during the sprint relays. Schools will be assigned to the following field events and exchange zones. Please email dplunkett@csd99.org ASAP if there is a need to rearrange the worker assignments.

Pole Vault	Geneva
High Jump	Glenbard North
Shot Put	Lyons Twp
Discus Throw	Naperville North
F/S Long Jump	Glenbard West
Var Long Jump	Yorkville
F/S Triple Jump	Hinsdale Central
Var Triple Jump	Downers South

4x100m #1 (SE):	Downers South, Glenbard North, Geneva
4x100m #2 (NE):	Lyons Township, Hinsdale Central, Glenbard West
4x100m #3 (NW):	Naperville North, Yorkville

4x200 #1&3 (NE):	Downers South, Hinsdale Central, Naperville North, Geneva, Yorkville
4x200 #2 (SW):	Lyons Township, Glenbard North, Glenbard West

Games

Committee: Downers South, Hinsdale Central, Naperville North

**All entries must be made online at Athletic.net
by 10:00pm, Thursday, April 4th.**

If you have any questions, please email:
Doug Plunkett (dplunkett@csd99.org)