

Glenbard West High School, Glen Ellyn, Illinois

To: Athletic Directors and Girls' Track Coaches
From: *Mary McGrane, Assistant Athletic Director*
Kelly Hass, Girls Head Track and Field Coach
RE: Glenbard West Sue Pariseau Girls Track Invitational, April 20, 2024
Date: April 7, 2024

Participants:	Barrington	New Trier
	Bloom	Oak Park-River Forest
	Geneva	Proviso East
	Glenbard West	Proviso West
	Hinsdale Central	Warren-Gurnee
	Lake Zurich	Wheaton Academy
	Lane Tech	Wheaton North
	Lincoln Way East	Whitney Young
	Naperville North	Willowbrook

PLEASE NOTE—Field Events will start at 9:00

THIS YEAR—we are going to allow 75 minutes for athletes to complete 4 jumps in the long and triple jumps.

Running events will start at 10:30 promptly. First heat (if needed) of varsity 3200 will run at 10:00.

Track Info: 1/4-inch spikes may be worn on track—Please have athletes dress at home

Entries: This is a two-level meet: frosh/soph and varsity. **FROSH/SOPH ATHLETES MUST ACTUALLY BE FRESHMEN OR SOPHOMORES. YOU MAY NOT ENTER AN ATHLETE WHO IS AN UPPERCLASSMAN AT THIS LEVEL.**

PLEASE NOTE THE FOLLOWING:

THERE WILL BE NO PRELIMS IN SPRINT EVENTS

- You will make your entries by logging into athletic.net for online registration. You have each been invited to the meet and can begin making your entries when ready. **This site will close on Thursday, April 18 at 11:59 p.m. NO CHANGES CAN BE MADE AFTER THIS TIME!**
- You may enter two athletes and one relay team in each event on the frosh/soph and varsity level. **Athletes may only compete at one level—you may not enter one athlete in both a varsity and frosh/soph event, including relays.**
- **You must have your entries completed and sent by 11:59 p.m. on Thursday, April 18.**
- On Saturday, **only scratches will be accepted**—no substitutions can be made. **I urge you to double check your entries prior to the meet!**

Please see the attached worker assignment list.

Rules: IHSA rules will govern the meet.

Games Committee: Glenbard West, Hinsdale Central, Lake Zurich, Lincoln Way East, Willowbrook

Time Schedule:

8:15 a.m. Discus and shot weigh ins begin

8:30 a.m. Coaches Meeting—make scratches prior to then

9:00 a.m. Prelims for shot/discus
 4 Jumps for long /triple jump—75 minutes to complete jumps

High Jump - Varsity frst, followed by F/S
 4'5 is varsity opening height, 4'3 is F/S

Long Jump - Varsity and F/S at same time, best fights last

Triple Jump - At conclusion of long jump—best fights FIRST

Pole Vault - Varsity frst, followed by F/S
 7'6 is varsity opening height, 6'6 is F/S

Shot Put - F/S frst, followed by Varsity—top 8 to fnals

Discus - Varsity frst, followed by F/S—top 8 to fnals

10:00 First heat of Varsity 3200 run (if needed)

10:20 Announcements

10:25 National Anthem

10:30 FINALS BEGIN—F/S precedes Varsity

3200 Meter Relay (1 heat each)
 400 Meter Relay (2-3 heats each level)
 3200 Meter Run (1 heat at each level)
 100 Meter Hurdles (4-5 heats each level)
 100 Meter Dash (4-5 heats each level)
 800 Meter Run (2 heats each level)
 800 Meter Relay (2-3 heats each level)
 400 Meter Dash (4-5 heats each level)
 300 Meter Hurdles (4-5 heats each level)
 1600 Meter Run (1-2 heats each level)
 200 Meter Dash (4-5 heats each level)
 1600 Meter Relay (2-3 heats each level)

Scoring: 10-8-6-5-4-3-2-1 (8 places will score). Medals will be awarded to the top 5 varsity finishers in each event and team trophies to the top 3 teams. Ribbons will be given to the top 5 athletes on the frosh/soph level. A team trophy will be awarded to the top frosh/soph team.

Live Link for Results: results.lakeshoreathleticservices.com

Facilities: Restroom facilities will be available and there will be a concession stand. T-shirts will also be sold for \$10. Admission will be charged-\$1-\$5 per person.

Trainer: A certified trainer will be at the meet. _____