



WHEATON WARRENVILLE SOUTH HIGH SCHOOL



RED GRANGE TRACK & FIELD INVITATIONAL

Friday, April 20, 2018 5 p.m.

PARTICIPATING SCHOOLS

Centennial, Dixon H.S, Evanston, Geneva, Glenbard West, Hononegah, Metea Valley, Naperville North, New Trier, Oswego, Palatine, Plainfield Central, Prospect, Saint Charles East, South Elgin, St. Rita, Waubonsie Valley, & Wheaton Warrenville South

COMPETITION

Enter your best three individuals and one relay team. The meet is an “ABC” format. Your “A” athlete must compete against the other school’s “A” athletes, etc. If an athlete gets hurt during competition, we will scratch the athlete and leave that level open. We will NOT move athletes once the meet is seeded. **Entries are closed on Thursday, April 19th at 6:00 pm, so NO substitutions, only scratches on the day of the meet.**

SCORING

10, 8, 6, 4, 2, 1 for all events for each class. Each level is scored separately, then added together for a total team score. Again, your “A” athlete must compete against the other schools “A” athletes, etc. If you only have two, then you fill the A & B levels.

COACHES MEETING

There will be a coaches and workers meeting at 4:30 p.m. near the finish line.

TEAM CAMPS

Make team camps in the visiting side bleachers. Please clean up the area after the meet.

TICKETS Adults: \$5.00 Students: \$3.00

CONCESSIONS Concessions will be available. No grills allowed on the grounds during the meet.

ATHLETIC TRAINER We will have an athletic trainer stationed near the finish line.

SCHEDULE

Field Events - 5:00 pm

Long Jump: A, B, C; 30 min. for four jumps; 10 min. warm-up

Triple Jump: C, A, B; 30 min. for four jumps; 10 min. warm-up

Discus: A, B, C; four throws, no finals; 20 min. warm-up

Shot Put: C, A, B; four throws, no finals; 20 min. warm-up

High Jump: A, B, C pick an opening height. Group 1 - opening height 5'5" Group 2 - 4' 9"

Pole Vault: A, B, C pick an opening height. Group 1 - opening height 10'6" Group 2 - 7' 6"

Running Events – 6:00 pm Lane assignments by seeds. C, B, A unless otherwise noted.

3200 Run – Class C – one heat

4 x 800 Relay (exchange zone blue) – one heat

4 x 100 relay (exchange zone orange) – two heats

3200 Run - B, then A (run separately) – one heat each level

110 High Hurdles – two heats each level

100 Dash – two heats each level

800 Run – one heat each level

4 x 200 Relay (exchange zone 1 & 2 yellow, exchange zone 3 orange) – two heats

400 Dash – two heats each level

300 Intermediate Hurdles – two heats each level

1600 Run – one heat each level

200 Dash – two heats each level

4 x 400 Relay (exchange zone 1 white, exchange 2 & 3 blue) – two heats

MEET WORKER

Centennial	Shot Put (flight A)
Dixon H.S.	High Jump (flight 1)
Evanston	Discus (flight B)
Geneva H.S.	Pole Vault (flight 1)
Glenbard West	Triple Jump (flight B)
Hononegah	Long Jump (flight B)
Metea Valley	Long Jump (flight C)
Naperville North	Shot Put (flight B)
New Trier	Long Jump (flight A)
Oswego	Pole Vault (flight 2)
Palatine	High Jump (flight 1)
Plainfield Central	High Jump (flight 2)
Prospect	Shot Put (flight C)
Saint Charles East	Discus (flight C)
South Elgin	Triple Jump (flight C)
St. Rita	Triple Jump (flight A)
Waubonsie Valley	Discus (flight A)

EXCHANGE JUDGES

South Elgin & Glenbard West #1 for 4 x 100 and #2 4 x 200 Relay

Naperville North & Metea Valley #2 for 4 x 100 and #1,3 for 4 x 200 Relay

Centennial & Waubonsie Valley #3 for 4 x 100 and #1,3 for 4 x 200 Relay