## Glenbard West High School, Glen Ellyn, Illinois

To:

Athletic Directors and Girls' Track Coaches

From:

Pete Mastandrea, Assistant Athletic Director

Kelly Hass, Girls Head Track Coach

RE:

Glenbard West Sue Pariseau Girls Track Invitational, April 23, 2016

Date:

April 11, 2016

Participants:

Barrington Naperville North
Geneva Oak Park-River Forest
Glenbard West Proviso East Sandburg

Hersey Hinsdale Central Lake Zurich Lane Tech Proviso East Sandburg Sandburg Wheaton North

Whitney Young Willowbrook

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 <u>UPPERCLASSMAN</u> AT THIS LEVEL.

## PLEASE NOTE THE FOLLOWING:

- ✓ THERE WILL BE NO PRELIMS THIS YEAR IN SPRINT EVENTS
- ✓ You will make your entries by logging into Direct Athletics. Direct Athletics for online registration for both the girl's and boy's meet. Following is your direct link to the registration site for the Sue P. Invite: <a href="https://www.directathletics.com/meets/track/44557.html">https://www.directathletics.com/meets/track/44557.html</a>
- ✓ Once there, follow the prompts to connect with the Sue Pariseau meet; you will make your entries accordingly.
- ✓ 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 a.m. on Thursday, April 21.
- ✓ 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 **EMAIL KELLY HASS** your worker preference list. You must submit two workers to work <u>field events</u>. First come, first served; email to <u>kelly hass@glenbard.org</u> asap. Include head coach name and cell phone # for inclement weather. Email by Tuesday, April 19.

Rules:

IHSA rules will govern the meet.

Games Committee:

Glenbard West, Proviso East, Sandburg, Wheaton North

Time Schedule:

8:45 a.m. Coaches Meeting—make scratches prior to then

Discus and shot weigh ins

9:30 a.m. Prelims for shot/discus

4 Jumps for long /triple jump

High Jump - Varsity first, followed by F/S

4'6 is varsity opening height, 4'2 is f/s

Long Jump - Varsity and f/s at same time, best flight last

Triple Jump - At conclusion of long jump—best flights last

Pole Vault - Varsity first, followed by f/s

7'6 is varsity opening height, 6'6 is f/s

Shot Put - F/S first, followed by Varsity—top 8 to finals

Varsity first followed by F/S top 8 to finals

Discus - Varsity first, followed by F/S—top 8 to finals

**9:45 a.m.** First heat of Varsity 3200 run

## 10:00 National Anthem and FINALS BEGIN—F/S precedes Varsity

3200 Meter Relay (1 heat at each level)

400 Meter Relay (2 heats each level)

3200 Meter Run (1 heat at each level)

100 Meter Hurdles (4 heats each level)

100 Meter Dash (4 heats each level)

100 Meter Wheelchair race

800 Meter Run (2 heats each level)

800 Meter Relay (2 heats each level)

400 Meter Dash (4 heats each level)

300 Meter Hurdles(4 heats each level)

1600 Meter Run (1 F/S heat, 2 Varsity heats)

200 Meter Dash (4 heats each level)

200 Wheelchair Race

1600 Meter Relay (2 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.

Facilities:

Restroom facilities will be available and there will be a concession stand. T-shirts will also be sold. Admission will be charged-\$2-\$4 per person.

Trainer:

A certified trainer will be at the meet.

Workers:

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