

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 22, 2017

Date: April 10, 2017

Participants:

Barrington	Oak Park
Bloom	Proviso East
Geneva	Sandburg
Glenbard West	Warren
Hinsdale Central	Wheaton Academy
Lake Zurich	Wheaton North
Lane Tech	Whitney Young
Lincoln Way East	Willowbrook
Naperville North	

Track Info: ¼ 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 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: <https://www.directathletics.com/meets/track/50183.html>. This site will close on **Thursday, April 20 at 6:00 p.m. NO CHANGES CAN BE MADE ON SATURDAY!**
- 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 see the attached worker assignment list. If there is a problem, please let Kely Hass know asap.

Rules: IHSA rules will govern the meet.

Games Committee: Glenbard West, Lake Zurich, Hinsdale Central, Geneva

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

9:45 a.m. First heat of Varsity 3200 run (if needed)

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

3200 Meter Relay (1 heat at F/S...possible two heats at Varsity)
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)
100 Meter Wheelchair race
800 Meter Run (2 heats each level)
800 Meter Relay (2 heats each level)
400 Meter Dash (4-5 heats each level)
400 Meter Wheelchair Race
300 Meter Hurdles(4-5 heats each level)
1600 Meter Run (1 F/S heat, 2 Varsity heats)
200 Meter Dash (4-5 heats each level)
200 Wheelchair Race
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.

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

Trainer: A certified trainer will be at the meet.

Workers: **Please see the attached worker assignment list. If there is a problem, please let Kelly Hass know asap.**