

Glenbard West High School, Glen Ellyn, Illinois

To: Athletic Directors and Girls' Track Coaches
From: Joe Kain, Athletic Director
Kelly Hass, Girls Head Track and Field Coach
RE: Glenbard West Sue Pariseau Girls Track Invitational, April 26, 2025
Date: April 21, 2025

Participants:	Barrington	New Trier
	Bloom	Oak Park
	Geneva	Proviso East
	Glenbard West	Proviso West
	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

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

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 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 24 at 8:00 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.**
- 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 sign up to work TWO events—if you are unable to assign two workers, your head coach may be required to work.

Please see the attached worker assignment list.

Rules: IHSA rules will govern the meet.

Games Committee: Glenbard West, Barrington, Geneva, Proviso East, Wheaton North

Field Event	8:15 a.m.	Discus and shot weigh ins begin
Time Schedule	8:30 a.m.	Coaches Meeting—make scratches prior to then
	9:00 a.m.	Prelims for shot/discus 4 Jumps for long jump and triple jump— This year, athletes will have 75 minutes to get in all 4 jumps
	High Jump -	Varsity first, followed by F/S 4'6 is varsity opening height, 4'4 is F/S
	Long Jump -	Varsity and F/S at same time at 9:00
	Pole Vault -	Varsity first, followed by F/S 7'6 is varsity opening height, 6'6 is F/S
	Shot Put -	F/S first—4 throws for each athlete Varsity second—3 throws and top 8 to finals
	Discus -	Varsity first—3 throws and top 8 to finals F/S second—4 throws for each athlete
	10:15 a.m.	Triple jump opens for run-throughs
	10:45 a.m.	Triple jump begins—4 jumps This year, athletes will have 75 minutes to get in all 4 jumps

Running Event	10:00	First heat of Varsity 3200 run (if needed)
Time Schedule	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 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)
800 Meter Run (2-3 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 (1-2 heats each level)
200 Meter Dash (4 heats each level)
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.

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 \$15**. Admission will be charged-\$1-\$5 per person.

Trainer: A certified trainer will be at the meet.

Workers: **Please sign up on the worker assignment list [here](#) that was also emailed out.**