

**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 26, 2014  
**Date:** April 14, 2014

**Participants:**

Barrington	Oak Park-River Forest
Geneva	Proviso East
Glenbard West	Sandburg
Hersey	Wheaton North
Hinsdale Central	Wheeling
Kenwood Academy	Whitney Young
Lake Zurich	Willowbrook
Naperville North	York

**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:**

- ✓ Heat winners plus the next four fastest times will qualify to finals.
- ✓ 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 **12:00 a.m. on Wednesday, April 23.**
- ✓ 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 **field events**. First come, first served; email to [kelly\\_hass@glenbard.org](mailto:kelly_hass@glenbard.org) asap. Include head coach name and cell phone # for inclement weather. Email by Tuesday, April 22.

**Rules:** IHSA rules will govern the meet.  
**Games Committee:** Glenbard West, Barrington, Hinsdale Central, Wheaton North

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

**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 -      Varsity first, followed by f/s—top 8 to finals  
Discus -      F/S first, followed by varsity—top 8 to finals

**9:45 a.m.**      **Running Prelims—F/S will run first, Varsity will follow**

100 Meter Dash  
100 Meter Hurdles  
3200 Run – Varsity, first heat  
200 Meter Dash

**11:15 National Anthem and FINALS BEGIN—F/S precedes varsity**

3200 Meter Relay  
400 Meter Relay  
3200 Meter Run  
100 Meter Hurdles  
100 Meter Dash  
800 Meter Run  
800 Meter Relay  
400 Meter Dash  
300 Meter Hurdles  
1600 Meter Run  
200 Meter Dash  
1600 Meter Relay

**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:**      Please **EMAIL KELLY HASS** your worker preference list. You will need submit two workers to work **field events**. First come, first served; email to [kelly\\_hass@glenbard.org](mailto:kelly_hass@glenbard.org) asap. Include head coach name and cell phone # for inclement weather. Email by Tuesday, April 16.