



COMMUNITY H. S. DISTRICT 99

Downers Grove North
Department of Athletics
Home of the Trojans
April 7, 2015

TO: Head Girls Track Coach
Athletic Director

FROM: Denise Kavanaugh – Athletic Director
Matt Maletich – Head Coach
Bruce Ritter - Meet Manager

RE: RITTER INVITATIONAL TRACK & FIELD MEET

Downers Grove North High School is pleased to host the 15th Annual Ritter Invitational Track & Field Meet. The following will provide you with the necessary information for the meet.

MEET INFORMATION

Day: Friday
Date: April 17, 2015
Time: Field Events – 5:00 p.m.
Prelims -- 5:30 p.m.
Admission: \$4.00 -- adults, \$3.00 -- students/children.
Meet Scoring: Points will be awarded for the first 8 places: 10-8-6-5-4-3-2-1.
Awards: Awards will be given to the first 6 places in all individual and relay events.
Each team will get their awards in an envelope at the conclusion of the meet.
Starter: Jim Effinger
Referee: Charles Morgan
Games Committee: Willie Cole(Crete-Monee), Annette Schulte(York) Teresa Towles(West Aurora) and Matt Maletich(Downers North)

GENERAL INFORMATION

Concessions: The Trojan Booster Club will provide concessions at the meet.
Hospitality: A hospitality center will be available to all coaches, administrators, and workers only.
T-Shirts: RITTER INVITE t-shirts will be available in a variety of colors. Regular t-shirts will Cost \$10 while Tie-Dyes will cost \$15.
Buses: Downers Grove North has a new entrance to west part of the school. We ask all buses to arrive on Saratoga and enter the new parking lot before you get to Grant Ave. There is no parking or drop off on Grant or Prince as you will be ticketed by the police. A map is included in this mailing. Please do not arrive before 3:30pm as our school does not dismiss until 3:20.
Athletic Trainer: Trainers will be available at the meet.

FACILITIES

- Track facility:** New 8 lane Action 400 track -- Long Jump, Triple Jump, High Jump, and Pole Vault are on the same surface as the track. The shot put and discus are in the track complex.
- Spikes:** Please use 1/4" spikes on our facilities.
- Locker facilities:** Locker facilities are not available. Please bring your athletes ready to perform.
- Team seating:** We ask all teams to sit or camp out in the East bleachers.
- Warm-up area:** Runners can warm-up in the underground track. This area is very convenient to the track.

MEET SCHEDULE

- Time schedule:**
- | | |
|------------------------------------|--|
| <u>Prelims -- 5:30 p.m.</u> | <u>Field Events -- 5:00 p.m.</u> |
| 100 m Dash prelims | Long Jump(two boards) 4 jumps, no finals |
| 100 m Hurdle prelims | Triple Jump(two boards) after long jump |
| 3200m run-slow heat | 4 jumps, no finals |
| <u>200m Dash prelims</u> | High Jump-starting height 4' 5" |
| 4 heats in all sprint prelims | Pole Vault- starting height 7' |
| Heat winners plus next 4 | Discus-best flight first- no finals 4 throws |
| fastest times go to finals | Shot Put- best flight last, - no finals 4 puts |
| <u>Finals</u> | |
| 4 x 800 m Relay | |
| 4 x 100 m Relay | |
| 3200 m Run | |
| 100 m Hurdles | |
| 100 m Dash | |
| 800 m Run | |
| 4 x 200 m Relay | |
| 400 m Dash | |
| 300 m Hurdles | |
| 1600 m Run | |
| 200 m Dash | |
| 4 x 400m F/S Relay | |
| 4 x 400m Varsity Relay | |