



COMMUNITY H. S. DISTRICT 99

Downers Grove North
Department of Athletics
Home of the Trojans
April 11, 2016

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 16th Annual Ritter Invitational Track & Field Meet. The following will provide you with the necessary information for the meet.

MEET INFORMATION

Day: Friday
Date: April 15, 2016
Time: Field Events – 5:00 p.m.
Running Events—5:45 No prelims this year.
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: Kelly Hass (Glenbard West) Mike Stine(Naperville Central), Joe Parks(Palatine) and Matt Maletich (Downers North)

ENTRY INFORMATION

Due Date: All entries are due Tuesday, April, 12. Please use the enclosed information in this mailing for the sight to e-mail your entries.

Rules Athletes may participate in 4 events . Any freshman or sophomore may compete in the Frosh-Soph 4x400m relay, but it will count as one of their four events.

Workers Since we are using FAT timing this years, each team must supply only 1 worker. Their positions are listed on the last page of this mailing. .

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 and long sleeves 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.
- New this year:** **There will be no pre-lims in the sprints as per new IHSA rules. We will start the first heat of the 3200m at 5:45pm to give field people more time to complete their events. At 5:45pm the meet will start and continue with no break.**

FACILITIES

- Track facility:** 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>Finals—5:45p.m. (no break)</u> | <u>Field Events -- 5:00 p.m.</u> |
|-----------------------------------|--|
| 3200m (slow heat) | Long Jump(two boards) 4 jumps, no finals |
| 4x800m Relay 2 Heats) | Triple Jump(two boards) after long jump |
| 4x100m relay (2 heats) | 4 jumps, no finals |
| 3200m (Fast Heat) | High Jump-starting height 4' 5" |
| 100m Hurdles (4 heats) | Pole Vault- starting height 7' |
| 100m dash (4 heats) | Discus-best flight first- no finals 4 throws |
| 800m (3 heats) | Shot Put- best flight last, - no finals 4 puts |
| 4x200m Relay (2 heats) | |
| 400m Dash (4 heats) | |
| 300m Hurdles (4 heats) | |
| 1600m Run (2 heats) | |
| 200m dash (4 heats) | |
| 4x400m Frosh-Soph Relay (2 heats) | |
| 4x400m Varsity Relay (2 heats) | |