



## Attention: Girls Track Coach



### Downers Grove South Mustang Invitational Saturday, April 9<sup>th</sup>, 2016

**Teams:** Bartlett, Downers Grove South, Geneva, Glenbard North, Glenbard West, Hinsdale Central, Loyola Academy, Lyons Township

**Schedule:** **1:15pm** – Coaches Meeting

**2:00pm** – Field Events

Var & F/S LJ, followed by Var & F/S TJ

(Varsity: 3 jumps, top 8 to finals; F/S: 4 jumps, no finals; jumps will be called in order)

Var HJ, followed by F/S HJ

Var PV, followed by F/S PV

Var Discus, followed by F/S Discus (3 throws, top 8 to finals)

F/S Shot, followed by Var Shot (3 throws, top 8 to finals)

**2:00pm** – Open 1600m (unlimited entries)

**2:20pm** – Open 100m (unlimited entries)

**2:45pm** – Prelims (F/S then Var in all running events)

100m, 100m Hurdles, 200m (heat winner and next 6 fastest times to finals)

**3:45pm** – Finals

4x800m Relay

4x100m Relay

3200m

100m Hurdles

100m

800m

4x200m Relay

400m

300m Hurdles

1600m

200m

4x400m Relay

**Entries:** One relay team at each level and two individuals at each level (Varsity & F/S). All entries must be made online by **11:00pm, Thursday, April 7<sup>th</sup>**. We will send out an on-line invitation to register for the meet by Monday, April 4<sup>th</sup>. We will be using [athletic.net](http://athletic.net) for meet entries. Because this is often the first outdoor meet on many team schedules, turning in legitimate seed times for certain races (100/300 hurdles, 4x100, etc.) is not possible. Our goal is to have competitive heats and fair heat/lane positions as much as possible, so please use your best coaching judgment to estimate times for those events not run during the indoor season.

We will also run an **Open 1600m Run and an Open 100m Dash**. You can enter unlimited number of athletes in those events. You must make online entries for these events as well.

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- Scoring:** All relays and individuals will be scored to 6 places (10-8-6-4-2-1).
- Awards:** 1<sup>st</sup> Place Team Trophies for each level. Medals for 1<sup>st</sup> – 5<sup>th</sup> place for the Varsity and Ribbons for 1<sup>st</sup> – 5<sup>th</sup> place for the Frosh/Soph.
- Misc:** We will be using FAT timing; please remind athletes to stay away from the finish line. Make team camps in the bleachers or the area surrounding the bleachers. There will be a hospitality room available for coaches and adult workers. Concessions and T-Shirts will be available for athletes.
- Workers:** We are asking each school to provide 2 competent field event workers to run each of the field events. DGS will have student helpers at each field event as well. We also would like each school to provide a coach to supervise exchange zones during the sprint relays. Schools will be assigned to the following field events and exchange zones. Please let us know ASAP if there is a need to rearrange the worker assignments.
- Pole Vault..... Downers South  
High Jump..... Glenbard North  
Shot Put..... Lyons Twp  
Discus Throw..... Glenbard West  
F/S Long Jump..... Bartlett  
Var Long Jump..... Geneva  
F/S Triple Jump..... Loyola Academy  
Var Triple Jump ..... Hinsdale Central
- 4x100m #1 (SE): Downers South, Glenbard North, Geneva  
4x100m #2 (NE): Lyons Township, Hinsdale Central, Glenbard West  
4x100m #3 (NW): Bartlett, Loyola
- 4x200 #1&3 (NE): Downers South, Hinsdale Central, Bartlett, Geneva, Loyola  
4x200 #2 (SW): Lyons Township, Glenbard North, Glenbard West

#### Games

**Committee:** Downers South, Glenbard West, Geneva

**All entries must be made on-line at [athletic.net](http://athletic.net)  
by 11:00pm, Thursday, April 7<sup>th</sup>.**

#### **If you have any questions, please email:**

DGS Girls Head Coach Nicole Sanders ([nsanders@csd99.org](mailto:nsanders@csd99.org))  
or DGS Girls Asst Coach Doug Plunkett ([dplunkett@csd99.org](mailto:dplunkett@csd99.org))