

Welcome to the

25th Annual Mike VanDeveer Track and Field Invitational

Saturday, April 16, 2016



GIRLS VARSITY

Burlington Central
Dundee Crown
Geneva
Larkin (Elgin)
Northside College
Prep
Palatine
Rockford Jefferson
St. Charles North

BOYS FROSH/SOPH

Burlington Central
Dundee Crown
Geneva
Larkin (Elgin)
Northside College
Prep
St. Charles North
West Chicago

BOYS VARSITY

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Mike VanDeveer Track and Field Invitational

Coach VanDeveer passed in 2015 after a 10 year battle with Alzheimer's disease. He served as a driver's education instructor at GHS for over 34 years. During this time he also served athletics as an assistant football coach, head cross country coach, and assistant track and field coach. Coach VanDeveer's head track coaching tenure spanned over three decades from the early 1970's through his retirement from education in 2005. During this time he was the head coach of the boys and girls programs and taught hundreds of athletes how hard work, dedication and competing in the athletic arena will make you not only a fierce competitor, but more importantly a successful person.

During his time as skipper of the "Blue Smoke" Track and Field some of Coach VanDeveer's accomplishments were:

- 2nd place IHSA Class A Track and Field in 1986
- 3rd place IHSA Class A Track and Field in 1989
- 4 Sectional Championships
- 2 Individual State Champions
- Coached 15 All-State individuals in 10 different events
- Coached 12 All-State relays
- 2 State Championship relays
- Illinois Track Coach of the Year in 1989

This track meet is named in his honor and in recognition for his love of coaching high school athletes in the great sport of track and field.

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Check – in: 8:00 – 8:45 am. Please pick up coaches packets in the building north of the finish line. Scratches will be done at this time as well. Replacement of athletes will be allowed per IHSA guidelines.

Implements: All throwing implements will be weighed and inspected at the building on the northeast corner of the track (to the left of the visitors stands).

Field Events: *High Jump/Pole Vault* – Starting heights will be determined at the coaches meeting before the meet.

Pole Vault weight verification: Pole Vault entry cards must be presented to the pole vault judge. The judge will then record each vaulter's verified weight on the pole vault event sheet. Once this has been done, each vaulter's coach must initial the weight on the event sheet. All poles to be used must be inspected and approved by the head judge prior to warmups and competition. Pole inspection will take place at the event site.

Meet Schedule

8:45 am *Coaches meeting at the finish line.*

9:15 am *Field events begin*

Triple Jump and Long Jump (top 9 to finals)

North Runway	South Runway
BV – TJ to completion	GV – TJ to completion
BV – LJ to completion	GV – LJ to completion
F/S – TJ to completion	F/S –LJ after completion of F/S TJ

Pole Vault

BV is first, followed by GV and then F/S.

High Jump

GV is first, followed by BV then F/S

Shot Put (top 9 to finals)

GV is first, followed by BV then F/S

Discus (top 9 to finals)

F/S is first, followed by GV then BV

9:30 am

Semi - finals: Girls compete first, then Boys F/S with BV last. **HEAT WINNERS AND THE NEXT FASTEST TIMES TO FINALS**

From the time the semis begin, all track events will run continuously until the 200 dash semis are completed. Please note the **Boys F/S Run will follow the last heat of the BV 110 HH**. There will be a 30 minute break before the start of the 3200 m relay.

100 m dash
100 m hurdles (girls)
110 HH
Boys F/S 3200 m run
200 m dash

30 minute break

1. 4 x 800 m relay	7. 4 x 200 m relay
2. 4 x 100 m relay	8. 400 m dash
3. 3200 m run	9. 300 m hurdles
4. 100 m hurdles/110 HH boys	10. 1600 m run
5. 100 m dash	11. 200 m dash
6. 800 m run	12. 4 x 400 m relay

The 3200 m run, 800 m run, 400 m dash, 300 m hurdles, 1600 m run and all relays will be run against time. The fast heat will be the last heat in all events. We will strive to give a first call, (15 minutes) a second call, (10 minutes) and a last call (5 minutes) for all events.