

### PETE HEIMSATH INVITATIONAL

#### **Competing Teams**:

BATAVIA, GENEVA, GLENBARD EAST, GLENBARD SOUTH HOFFMAN ESTATES, LAKE PARK, METEA VALLEY, OSWEGO EAST

Date: SATURDAY 3/4/2017

Starting Times: Field Events: 9:00 am Running Events: 9:30 am

\*\*\* ONLINE ENTRIES - REGISTER YOUR ATHLETES @ WWW.ATHLETIC.NET \*\*\*

Deadline: \*Athlete Registration will be locked on 3/2/2017 at 10:00 AM\*

#### Meet Format & Info

- Your team will be allowed 4 individual entries and 2 relays
- Only your TOP 2 INDIVIDUALS & YOUR "A" RELAY will be scored.
- ALL races will be seeded by performance not levels- this will allow for a more efficient meet.
- Varsity is scored 10-8-6-5-4-3-2-1 for individual events, and 10-8-6-5-4-3-2-1 for relay events.
- Entry Instructions: http://www.athletic.net/Help/Track.aspx?Meet=298213
- When entering athletes PLEASE USE FAT or CONVERTED FAT MARKS ONLY
- FAT conversion: first round up to the higher tenth and then add .24 (Example 10.42 manual would be converted to F.A.T. as follows, 10.42 becomes 10.5, then add .24 = 10.74).
- MEDALS will be awarded for top 3 individuals on the Varsity level and top 2 relays on the Varsity level.
- The team champion trophy will be presented by Coach Heimsath himself!
- We will need assistance in the Field Events and at the Finish line. 1 worker from each school -please provide a coach/quality worker - Name and preferred event.

### 9:30 AM ORDER OF EVENTS - (TIMES ARE ESTIMATES)

9:30 AM	4 x 800 Relay	2 heats
9:55 AM	3200 m	2 heats
10:30 AM	55 Hurdles	4 heats
10:40 AM	55 m	4 heats
10:50 AM	800 m	3 heats
11:00 AM	4 x 200 Relay	3 heats
11:15 AM	400 m	6 heats
11:30 AM	1600 m	3 heats
12:00 PM	200 m	6 heats
12:25 PM	4 x 400 Relay	3 heats



FOR RESULTS VISIT: WWW.BATAVIATRACK.COM
TWITTER: @BHSGIRLSTRACK

#### 9:00 AM FIELD EVENTS

**Pole Vault** We will flight this event with TOP flight first

**Shot Put** We will run 3 flights - WORST to BEST- 3 Throws each. 3 Finals: we will take top 9 to

Finals

(6 throwers per team)

**Long Jump** 3 Flights BEST to WORST-3 Jumps in Prelims & 3 Jumps in Finals (9 to Finals - Following TJ

Finals)

**Triple Jump** 3 Flights WORST to BEST-3 Jumps in Prelims & 3 Jumps in Finals (9 to Finals -

Immediately after TJ prelim)

**High Jump** We will flight this event with TOP flight first

Contact Coach Justin Allison (Girls) Cell: 630-935-6026 / Work: 630-937-8661 Contact Coach Dennis Piron (Boys) Cell: 630-742-6194 / Office: 630-937-8614

#### **BATAVIA HIGH SCHOOL FIELD HOUSE**

½" spikes are allowed and encouraged for Long Jump. Please keep off main gym floor!

- ENTER BHS through the MAIN STREET ATHLETIC entrance only
- Have buses park off-site South of BHS on Mill Street
- Please have athletes enter and exit through the south Athletic entrance ONLY

- Make your team camps in the Cafeteria follow map below
- Please clean up your camps & areas in the Café/Fieldhouse at the completion of the meet
- Spirit Corner will be at the meet selling invite apparel PLUS other track and field designs. They will
  have tees, dri-fit tees, long sleeve tees, crews and hoodies. Personalization available. They accept
  credit cards, cash and apple pay. 2017 PETE HEIMSATH INVITE LOGO:



\*DICK POND ATHLETICS WILL BE SELLING TRACK & FIELD GEAR, SPIKES, ETC!!!\*





