

TO: GENEVA

Attention: Girls Track Coach

**Downers Grove South Mustang Invitational
Saturday, April 8th, 2017**



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

Schedule: **12:00pm** – Coaches Meeting

1:00pm – 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)

1:00pm – Open 1600m (unlimited entries)

1:20pm – Open 100m (unlimited entries)

No Prelims will be run.

1:45pm – 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 6th**. We will send out an on-line invitation to register for the meet by Monday, April 3rd. We will be using 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:** 1st Place Team Trophies for each level. Medals for 1st – 5th place for the Varsity and Ribbons for 1st – 5th 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 Naperville North
 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): Naperville North, Loyola

4x200 #1&3 (NE): Downers South, Hinsdale Central, Naperville North, 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
by 11:00pm, Thursday, April 6th.**

**If you have any questions, please email:
DGS Girls Head Coach Nicole Sanders (nsanders@csd99.org)**