

PETE HEIMSATH INVITATIONAL 2020

Competing Teams:

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

Date: SATURDAY 3/7/2020

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 Thursday 3/5/2020 at 11:00 AM

Meet Format & Info

- Your team will be allowed 4 individual entries and 2 relay entries:
 - For all Entries Enter as Varsity including 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: 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. Workers are assigned below:

EVENT ASSIGNMENTS/WORKERS: (if you need to switch an event assignment let me know).

Thanks!

GENEVA - **EXCHANGES**GLENBARD EAST - **TJ**GLENBARD SOUTH - **LJ**HOFFMAN ESTATES - **EXCHANGES**LAKE PARK - **PV**METEA VALLEY - **SHOT**OSWEGO EAST - **HJ**

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

HEAT NUMBERS ARE BASED OFF OF LAST YEARS ENTRIES (will adjust once entries are in)

9:30 AM	4 x 800 Relay	1 heat
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	2 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 4 flights - WORST to BEST- 3 Throws each. 3 Finals: we will take top 9 to

Finals (6 throwers per team)

Long Jump 2 Flights BEST to WORST-2 Jumps in Prelims & 2 Jumps in Finals (9 to Finals - Following TJ Finals)

Triple Jump 2 Flights WORST to BEST-2 Jumps in Prelims & 2 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) Work: 630-937-8661 Contact Coach Dennis Piron (Boys) Office: 630-937-8614

BATAVIA HIGH SCHOOL FIELD HOUSE

1/2" spikes are allowed and encouraged for Long Jump and all running events

- ENTER BHS through the MAIN STREET ATHLETIC entrance only
- Have buses park off-site South of BHS on Millview Drive
- Please have athletes enter and exit through the south Athletic entrance ONLY
- Team Camps: 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
- Admission fee of \$5 adults, \$3 students/kids. (DUKANE RATES APPLY)
- BULLDOG SPEED PASS & Premium (WHITE) or GOLD PASS ARE HONORED

- Starters: Mr. Effinger & Mr. Jacobi
- Dick Pond Athletics will be right outside the fieldhouse for all of your T&F needs!
- 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. 2020 PETE HEIMSATH INVITE LOGO:





