

**Glenbard West High School, Glen Ellyn, Illinois**

**To:** Athletic Directors and Girls' Track Coaches  
**From:** *Pete Mastandrea, Assistant Athletic Director*  
*Kelly Hass, Girls Head Track Coach*  
**RE:** Glenbard West Sue Pariseau Girls Track Invitational, April 23, 2022  
**Date:** April 8, 2022

<b>Participants:</b>	Barrington	Oak Park
	Bloom	Proviso East
	Geneva	Proviso West
	Glenbard West	Warren-Gurnee
	Hinsdale Central	Wheaton Academy
	Lake Zurich	Wheaton North
	Lane Tech	Whitney Young
	Lincoln Way East	Willowbrook
	Naperville North	York
	New Trier	

**PLEASE NOTE—Field Events will start at 9:00! We will do field events until 10:30. Running events will start at 10:30 promptly. First heat (if needed) of varsity 3200 will run at 10:00.**

**Track Info:** ¼ inch spikes may be worn on track—Please have athletes dress at home

**Entries:** This is a two-level meet: frosh/soph and varsity. **FROSH/SOPH ATHLETES MUST ACTUALLY BE FRESHMEN OR SOPHOMORES. YOU MAY NOT ENTER AN ATHLETE WHO IS AN UPPERCLASSMAN AT THIS LEVEL.**

**PLEASE NOTE THE FOLLOWING:**

**THERE WILL BE NO PRELIMS IN SPRINT EVENTS**

- You will make your entries by logging into athletic.net for online registration. You have each been invited to the meet and can begin making your entries when ready. This site will close on **Thursday, April 21 at 6:00 p.m. NO CHANGES CAN BE MADE ON SATURDAY!**
- Once there, follow the prompts to connect with the Sue Pariseau meet; you will make your entries accordingly.
- You may enter two athletes and one relay team in each event on the frosh/soph and varsity level. **Athletes may only compete at one level—you may not enter one athlete in both a varsity and frosh/soph event, including relays.**
- You must have your entries completed and sent by **6:00 p.m. on Thursday, April 21.**
- On Saturday, **only scratches will be accepted**—no substitutions can be made. **I urge you to double check your entries prior to the meet!**

**Please see the attached worker assignment list.**

**Rules:** IHSA rules will govern the meet.

**Games Committee:** Glenbard West, New Trier, Wheaton North, Lincoln Way East, Barrington

<b>Time Schedule:</b>	<b>8:15 a.m.</b>	<b>Discus and shot weigh ins begin</b>
	<b>8:30 a.m.</b>	<b>Coaches Meeting—make scratches prior to then</b>
	<b>9:00 a.m.</b>	Prelims for shot/discus
		4 Jumps for long /triple jump
	High Jump -	Varsity first, followed by F/S
		4'5 is varsity opening height, 4'1 is F/S
	Long Jump -	Varsity and F/S at same time, best flight last
	Triple Jump -	At conclusion of long jump—best flights last
	Pole Vault -	Varsity first, followed by F/S
		7'6 is varsity opening height, 6'6 is F/S
	Shot Put -	F/S first, followed by Varsity—top 8 to finals
	Discus -	Varsity first, followed by F/S—top 8 to finals
	<b>10:00</b>	First heat of Varsity 3200 run (if needed)
	<b>10:20</b>	<b>Announcements</b>
	<b>10:25</b>	<b>National Anthem</b>
	<b>10:30</b>	<b>FINALS BEGIN—F/S precedes Varsity</b>

3200 Meter Relay (1 heat of F/S...Varsity TBD)  
400 Meter Relay (2-3 heats each level)  
3200 Meter Run (1 heat at each level)  
100 Meter Hurdles (4-5 heats each level)  
100 Meter Dash (4-5 heats each level)  
800 Meter Run (2 heats each level)  
800 Meter Relay (2-3 heats each level)  
400 Meter Dash (4-5 heats each level)  
300 Meter Hurdles(4-5 heats each level)  
1600 Meter Run (1-2 heats each level)  
200 Meter Dash (4-5 heats each level)  
1600 Meter Relay (2-3 heats each level)

**Scoring:** 10-8-6-5-4-3-2-1 (8 places will score). Medals will be awarded to the top 5 varsity finishers in each event and team trophies to the top 3 teams. Ribbons will be given to the top 5 athletes on the frosh/soph level. A team trophy will be awarded to the top frosh/soph team.

Live Link for Results: [results.lakeshoreathleticservices.com](https://results.lakeshoreathleticservices.com)

**Facilities:** Restroom facilities will be available and there will be a concession stand. T-shirts will also be sold for \$10. Admission will be charged-\$1-\$5 per person.

**Trainer:** A certified trainer will be at the meet.

**Workers:** **Please see the attached worker assignment list.**

## April 23--Sue Pariseau Meet Workers

*Please know that you are responsible for your assignment, regardless of if the person **you** assigned to work shows up! We will provide adult and student workers to assist.*

Field Event	Schools
Frosh/Soph Long Jump	Warren and Glenbard West
Frosh/Soph Triple Jump	Wheaton Academy and Glenbard West
Varsity Long Jump	Bloom and Glenbard West
Varsity Triple Jump	Barrington and Glenbard West
Frosh/Soph High Jump	Lincoln Way East and Willowbrook
Varsity High Jump	Naperville North and Glenbard West
Frosh/Soph Pole Vault	Geneva and Proviso West
Varsity Pole Vault	Wheaton North and Glenbard West
Frosh/Soph Discus	New Trier and Whitney Young and Glenbard West
Varsity Discus	Hinsdale Central and York and Glenbard West
Frosh/Soph Shot Put	Lane Tech and Proviso East and Glenbard West
Varsity Shot Put	Oak Park and Lake Zurich and Glenbard West

Exchange Zone	Schools
Northeast 4x100	Barrington and Bloom
Northwest 4x100	Geneva and Hinsdale Central
Southwest 4x100	Lake Zurich and Lane Tech
Northwest 4x200	Lincoln Way East and Naperville North
Southeast 4x200	New Trier and Wheaton North