

NAPERVILLE NORTH HIGH SCHOOL

Gus Scott Track & Field Invitational

PLACE: Naperville North High School
899 North Mill Street
Naperville, Illinois 60563

DATE: Friday April 17, 2015

PARTICIPATING SCHOOLS: Benet(B&G), Cary-Grove(G), Jacobs(B&G), New Trier(B),
Naperville North(B&G), OPRF (B), Romeoville(B&G), Stagg (G),
St. Charles East(G), Waubonsie Valley(B&G), and Wheaton Academy (B)

The A-B-C scoring format will once again be used this year, but with additional scoring through 8 places. In this fashion, all competitors (unless DQ'd or scratched) have the potential to score. The A-B-C format allows teams to enter one relay and three varsity athletes in all individual events. Athletes will be designated as "A," "B" or "C" for each event and will compete against A, B or C athletes from other schools. All events will be scored and added into the team total for the night. The scoring system will work as follows:

Place	Relays	"A" Level	"B" Level	"C" Level
1 st	24 points	16 points	12 points	8 points
2 nd	21 points	14 points	10 points	7 points
3 rd	18 points	12 points	8 points	6 points
4 th	15 points	10 points	6 points	5 points
5 th	12 points	8 points	4 points	4 points
6 th	9 points	6 points	3 points	3 points
7 th	6 points	4 points	2 points	2 points
8 th	3 points	2 points	1 point	1 point

SCHEDULE: Scratches and Implement Weigh-In 3:30 PM
Grade School Races on Track 3:30
Scratches Closed & Coaches Meeting 4:00
Exhibition Mile 4:15
Girls' Pole Vault 4:15
Rest of Field Events 4:30
Running Finals 5:15

ADMISSION: Adults – \$5.00
Students – \$3.00

ENTRY FEE: \$150 for one team. \$300 for two.

SCRATCHES: All Coaches should report to the press box for scratches between 3:30 and 4:00.

ADULT WORKERS: Naperville North will supply most of the officials and student help. However, we ask that each school supply adults to be used as needed (two for girls teams, two for boys teams). **WE ONLY NEED FIELD EVENT WORKERS AND EXCHANGE JUDGES, SO PLEASE TRY TO OFFER QUALIFIED WORKERS. Please email Joanna Wilson your workers by April 14th at 6:00 PM at jwilson@naperville203.org**

CLERK: We ask that your athletes report to the clerk of the course located at the north endzone no later than second call. Athletes who fail to report will be scratched from that event.

- WEIGH-IN:** The shot and disc weigh-in will be in the shed near the shot put ring.
- LOCKER ROOMS:** Locker rooms will not be available. Please come dressed ready for competition.
- CAMPS:** Team camps may be set-up on the grassy area NW of the field or in the bleachers on the back-stretch. Please respect spectator seating in the bleachers on the home-stretch. No team camps on the infield. **PLEASE ASK YOUR ATHLETES TO REMAIN OUTSIDE THE TRACK UNLESS THEY ARE WARMING UP OR COOLING DOWN. THIS SHOULD CUT DOWN ON CONGESTION IN THE INFIELD.** We do not want to make this a large issue on the day of the event, so it would simply help if you could take responsibility for asking spectators from your own teams to stay out of the infield if they are not in the competition process. Garbage bags will be provided in your team packet to clean up your team area at the conclusion of the meet.
- SPIKES:** Participants may use 1/4" spikes.
- BLOCKS:** Starting blocks will be furnished by Naperville North for all events.
- ENTRIES:** Each school will be allowed one athlete per level per event and one relay team per relay event. An athlete may compete in different levels for different events. For example, an athlete may run the "A" 100m and the "C" 200m. All events are considered "Varsity." **Entries should be done on-line at www.directathletics.com by Thursday, April 16th at 8:00 am. You will receive an email notification from Direct Athletics to accept The Gus Scott Invitational. You can register your athletes at that time.**
- TIMETABLE:** The timetable provided is an estimate. We will follow it to the best of our abilities. We will run ahead of scheduled times depending on meet flow.
- AWARDS:** Medals will be awarded to the top three in the A events and to the B and C first-place finishers. Ribbons will be awarded to all other top-6 finishers. A plaque will be awarded to the Boys' and to the Girls' team champion and plaques will be awarded to the Male and Female Most Valuable Athlete as voted by head coaches at the conclusion of the meet.
- SCORING:** See note above regarding the A-B-C format
- RULES:** Sectional rules will be in effect unless otherwise noted.
- GAMES:** The games committee will consist of the starter, meet manager, and all head coaches.
- UNIFORMS:** School-issued uniforms must be worn.
- FINISH LINE:** Coaches are allowed on the track during the meet, but we ask that coaches and athletes steer clear of the finish area, especially the FAT equipment. The finish area will be flagged off.
- TRAINER:** Naperville North's trainer will be in attendance and will be available throughout the meet.
- THROWS:** All athletes will receive four trials in three separate (A-B-C) flights.
- POLE VAULT:** Please remember to bring a pole vault card for all athletes competing in the pole vault certifying that the athlete's weight is compatible with the pole to be used.

- HORIZ. JUMPS:** All athletes will receive FOUR (4) trials. Jumps will be run according to the time schedule provided cafeteria style. It is the jumpers' responsibility to get in their jumps during that time.
- VERTICAL JUMPS:** All athletes will receive THREE (3) attempts per height.
- TIME RULE:** All athletes in the field events will have 1 minute from the time they are called until they either begin (throws & horizontal jumps) or complete (vertical jumps) their attempt. When 3 competitors remain; 3 minutes. When one remains; 5 minutes.
- CONCESSIONS:** Concessions will be sold.
- QUESTIONS:** If you have questions, please email me at jwilson@naperville203.org (Joanna Wilson – Naperville North Girls Head Coach)
- BUSSES:** After dropping off athletes at the stadium the busses can park in the bus parking lot on the east side of the building (off Mill Street).
- EXHIBITION MILE:** We will run a girls' and boys' exhibition mile (1600m) at 4:15, with the girls' race preceding the boys' race. All schools are welcome to enter as many athletes as they wish who are NOT participating later in the meet. If multiple heats are needed for either exhibition race, that decision will be made at the coaches meeting. You do not have to enter athletes on-line for this race.



Time Schedule

Track Opens/Implement Weigh-In	3:30 p.m.
Scratches FINAL	4:00 p.m.
Coaches' Meeting	4:00 p.m.
Exhibition 1600m Girls	4:15 p.m.
Exhibition 1600m Boys	4:25 p.m.
Pole Vault	Girls A-B-C Boys A-B-C
	4:15 to completion (1 flight, Starting height TBD) 6:45 to completion (1 flight, Starting height TBD)
Shot Put	Girls A-B-C Boys A-B-C
	4:30 (3 flights, 4 throws) 6:30 (3 flights, 4 throws)
Discus	Boys A-B-C Girls A-B-C
	4:30 (3 flights, 4 throws) 6:30 (3 flights, 4 throws)
High Jump	Boys A-B-C Girls A-B-C
	4:30 to completion (1 flight, Starting height TBD) 7:00 to completion (1 flight, Starting height TBD)
Long Jump	Boys' A-B-C Girls' A-B-C
	4:30 (2 hours to get in 4 jumps) 7:00 (2 hours to get in 4 jumps)
Triple Jump	Girls' A-B-C Boys' A-B-C
	4:30 (2 hours to get in 4 jumps) 7:00 (2 hours to get in 4 jumps)
Girls' 3200m relay (1 heat)	5:15 (times are VERY approximate – we will run in order)
Boys' 3200m relay (1 heat)	
Girls' 400m relay (1 heat)	
Boys' 400m relay (1 heat)	5:45
Girls' 3200m run (1 heat, combined)	
Boys' 3200m run (1 heat, combined)	
Girls' 100m hurdles (C-B-A)	6:15
Boys' 110m hurdles (C-B-A)	
Girls' 100m (C-B-A)	
Boys' 100m (C-B-A)	6:45
Girls' 800m (C-B-A)	
Boys' 800m (C-B-A)	
Girls' 800m relay (1 heat)	7:15
Boys' 800m relay (1 heat)	
Girls' 400m (C-B-A)	
Boys' 400m (C-B-A)	
Girls' 300m hurdles (C-B-A)	7:45
Boys' 300m hurdles (C-B-A)	
Girls' 1600m run (1 heat, combined)	8:15
Boys' 1600m run (1 heat, combined)	8:25
Girls' 200m (C-B-A)	8:32
Boys' 200m (C-B-A)	
Girls' 1600m relay (1 heat)	8:54
Boys' 1600m relay (1 heat)	
End of Running Events	9:15 ish