

Paul Gans and Fred Zeedyk Track & Field Invitationals Information Packet

Date: Saturday, April 8th, 2017
Time: 8:15 a.m. Coaches Meeting (Scratches and changes need to be done by 8:15 a.m.)
9:00a.m. Field Events
9:00 a.m. Semi-Finals for the 100m Dash, 110m H.H., 200m Dash.
Finals for all events begin following the 200m Dash Semi-Final.
Sophomore running events will go first followed by the varsity level.
We will run the sophomore 3200m run between the 110 HH and 200m.

Awards: Varsity Team Awards: 1st, 2nd, and 3rd place plaques.
Individual Awards: Medals for 1st through 6th places (relays included).

Sophomore Team Awards: 1st, 2nd, and 3rd place trophies.
Individual Awards: Medals for 1st, 2nd, and 3rd place.
Ribbons for the 4th, 5th, and 6th place.

Scoring: 10-8-6-4-2-1

Competing

Schools: Antioch, Fenwick, Mather, Northside Colleg Prep, Yorkville, Huntley, Harlem, Payton, Northridge Prep, Niles West

Entry Fee: \$225 due to Kendall Griffin, Athletic Director at Niles West High School.

Workers: We will need two workers per school. Please fax (847-626-3840) to me or email me(chriviv@d219.org) your workers by **Monday April 3rd**.

Facilities: The track is an all-weather track. Please do not use spikes bigger than a ¼” on the track. **No pin spikes. Only Pyramid Spikes.** Shot Put and discus rings are cement.

Entries: Each school is limited to two athletes per event except for relays (one team per relay). An athlete may participate in a maximum of four events. Entries should be sent to: Direct Athletics at: www.directathletics.com They will be due by Friday, April 7th at 11:59 a.m. **Reminder- This is a two level meet. Put in entries for both Varsity and Sophomore. We will follow a regulation track meet format.**

Field

Events: Long Jump, and Triple Jump competitors will receive four attempts. No Finals. We will run the long and triple jumps cafeteria style.
Pole Vault and High Jump one flight (five alive format). We will determine the opening heights for the high jump and pole vault after the entries have been received.

Throws: This year we will only have two competitors per level for Shot Put and Discus. We will have three throws, then top 7 to finals. There will be no weight man relay.

Special Note: NO TEAMS WILL BE ALLOWED TO GRILL THIS YEAR

