



# 28<sup>th</sup> ANNUAL FALCON BLUE & GOLD INVITE

Friday, April 17<sup>th</sup> 2015



- Site:** Wheaton North High School  
701 W. Thomas St.  
Wheaton, IL 60187
- Participating Teams:** Buffalo Grove, Downers Grove South, Glenbard East, Maine South, Neuqua Valley, Oswego, Sandburg, Wheaton Academy, Wheaton North, Wheaton Warrenville South
- Start Time:** Field Events will begin at 4:30 p.m.  
Running Events will begin at 5:00 p.m.
- Rules:** All IHSA governing rules apply
- Entries:** The Invite will be contested at the Junior Varsity and Varsity levels. Each team may have two (2) entries per level in each individual event and one (1) relay entry per level. **No athlete may be entered in more than one level nor exceed the four event limit.**
- Seeding:** **Entries must be completed on Direct Athletics.** After signing in select Find A Meet from the top banner and search for "Blue & Gold Invite". All entries must be submitted by Wednesday, April 15<sup>th</sup> by 11:59pm. **Substitutions will be allowed the day of the meet. It will be a scratch and replace – no events will be reseeded. Scratches must be completed by 4:00 PM on meet day.**
- FAT Timing** AccuRace Timing has been hired to run the FAT System. – [www accuracetimeing.com](http://www accuracetimeing.com). There will be no prelims and please remind all non-competitors to stay away from the finish line.
- Coaches Meeting:** A short coaches meeting will take place at 4:00 PM near the finish line. One representative from each school must attend. Packet Picket Up will be available in the press box upon arrival.
- Adult Workers:** Each school is asked to provide **ONE** adult worker. Your workers should be knowledgeable of the assignment and should be ready to report to the assigned event at least 20 minutes before it is set to begin. Please email me the name of your worker along with their first and/or second event preference. If they can run an event please let me know as well. I am looking for an individual to run one of the horizontal jumps and one of the throwing events. A representative from each school will also serve as an exchange or curve judge. For my own planning purposes please email me your request by 7pm Monday, April 13<sup>th</sup>.
- Dressing Facilities:** Please bring your athletes ready to participate. No dressing facilities will be available at the meet. Restrooms are located on the side of the concession stand.
- Area For Athletes:** We hope you will help us keep athletes off the infield unless they are reporting to an event. Camps may be set up in the west bleachers or outside the area of competition. Coaches may be on the infield.

<b>Facilities:</b>	Our track is an all weather seven-lane 400-meter track. No spikes longer than ¼" may be used. Jump/Vault areas are of the same surface. Shot Put and Discus platforms are concrete and located to the far north end of the campus. Concessions are located at the Northeast corner of the track and rest rooms are located on the west side of the concession building.	
<b>Relay &amp; Runway Markers:</b>	Absolutely no tape may be used for relay or runway marks anywhere on track campus. Chalk or popsicle sticks are to be used for LJ/TJ/HJ/PV marks.	
<b>Starting Blocks:</b>	Provided by Wheaton North, however you are welcome to bring your own.	
<b>Clerking Area:</b>	Please have athletes report to the North East corner of the track near the starting line for check-in. Please instruct athletes involved in field events to wait until the 2 <sup>nd</sup> call to leave their field event, and then return in a timely manner.	
<b>Shot &amp; Discus</b>	The shot and discus implements will be weighed in at the shed by the shot and discus rings. Both the Shot Put and Discus areas are at the far North end of the campus grounds. Please ask your athletes to use the blacktop paths to move between this area and the stadium area. Also be aware that running events will <b>NOT</b> be held up for throwers who are in multiple events.	
<b>Starting Heights:</b>	Starting heights will be finalized at the coaches meeting for both levels.	
<b>Field Events:</b>	There will be no prelims. Both shot and discus will receive four attempts while horizontal jumps will receive three.	
<b>Scoring:</b>	10-8-6-4-2-1 in all events.	
<b>Awards:</b>	Team plaques will be awarded to the first and second place Varsity Teams and 1 <sup>st</sup> place Junior Varsity team. Medals will be awarded to the 1 <sup>st</sup> through 3 <sup>rd</sup> place finishers in each Varsity event. Ribbons will be awarded to the 4 <sup>th</sup> , 5 <sup>th</sup> , and 6 <sup>th</sup> place finishers in Varsity and 1-6 in Junior Varsity. Awards will be given to coaches at the conclusion of the meet in a labeled envelope.	
<b>Trainer:</b>	A certified trainer will be available. Please supply your own tape.	
<b>Rain Date:</b>	There will be no rain date. We will make every attempt to run this meet.	
<b>Games Committee:</b>	The Games Committee will be composed of the head coaches from the participating teams and the meet manager.	
<b>Concessions:</b>	The Falcon Booster Club will operate concessions during the meet. Coaches will be provided meal tickets.	
<b>Meet Shirts:</b>	Invite T-Shirts will be available for purchase near the concession stand.	
<b>Questions:</b>	<p>Matt Fisher Athletic Director Matthew.Fisher@cusd200.org School – 630-784-7319</p>	<p>Brian Zeglin Head Girls Track &amp; Field Brian.Zeglin@cusd200.org Cell – 217-898-2899</p>

## **ORDER OF EVENTS**

### **FIELD EVENTS BEGIN AT 4:30 PM**

Shot Put – Varsity to completion, then JV – Both Levels 4 Throws (no finals)

Discus - JV to completion, then Varsity – Both Levels 4 Throws (no finals)

Long Jump – Varsity to completion, then JV - 3 jumps (no finals)

Triple Jump – JV to completion, then Varsity - 3 jumps (no finals)

High Jump – Varsity to completion, then JV

Pole Vault –Varsity to completion, then JV

### **RUNNING FINALS BEGIN AT 5:00 PM.**

*All Running Events JV then Varsity*

Sprint Medley Relay – 2 Heats/ Level

4x800 Meter Relay – 1 Heat/Level

4x100 Meter Relay – 2 Heats/Level

3200 Meter Run – 1 Heat/Level

100 Meter High Hurdles – 3 Heats/Level

100 Meter Dash – 3 Heats/Level

800 Meter Run – 2 Heats/Level

4x200 Meter Relay – 2 Heats/Level

400 Meter Dash – 3 Heats/Level

300 Meter Low Hurdles – 3 Heats/Level

1600 Meter Run – 1 Heat/Level

200 Meter Dash – 3 Heat/Level

4x400 Meter Relay – 2 Heats/Level

## WHEATON NORTH HIGH SCHOOL FALCON BLUE & GOLD VARSITY GIRLS INVITATIONAL RECORDS

NO.	EVENT	HOLDER	HT/TIME	YEAR
	Triple Jump	Lindsay Douglas - Lake Forest	37' 11.75"	2001
	Long Jump	Jackie Coleman - Neuqua Valley	18' 10.25"	2006
	High Jump	Marcie Fauston - Carl Sandburg	5' 8"	2003
	Shot Put	Shepard - Palatine	42' 10"	2009
	Discus	Smith - Evanston	146' 9.5"	1988
	Pole Vault	Jenesa Armstrong - Wheaton North	10' 6"	2009
		Jacelyn Kuksa - Palatine		2007
		Rachel Secrest - Wheaton North		2006
		Amy Smith - WW South		2014
	Sprint Medley	Wheaton North - (Sanzotti, Steele, Oviatt, Maxwell)	1:54.44	2014
	3200 M. Relay	Palatine - (Millin, Bates, Standridge, Brank)	9:29.0	2005
	400 M. Relay	WW South - (Fahey, Fiola, Winternheimer, Dansdill)	49.98	2014
	3200 M. Run	Victoria Jackson - Lake Forest	10:49.8	1999
	100 M. Hurdles	Renee Murphy - Evanston	14.09	1990
	100 M. Dash	Natalie Douglas - Evanston	11.91	1990
	800 M. Run	Tess Wasowicz - Palatine	2:14.4	2012
	800 M. Relay	WW South - (Snitko, Fiola, Winternheimer, Dansdill)	1:46.36	2014
	400 M. Dash	Kim Sherman - Wheaton North	55.8	1989
	300 M. Hurdles	Maya Neal - Neuqua Valley	45.85	2014
	1600 M. Run	Olivia Jones - Buffalo Grove	5:04.7	2009
	200 M. Dash	Janis Foster - Evanston	24.9	1988
	1600 M. Relay	Evanston	4:04.9	1988

## JUNIOR VARSITY INVITATIONAL RECORDS

EVENT	HOLDER	HT/TIME	YEAR
Triple Jump	Addie Lacewell - Neuqua Valley	32' 6"	2014
Long Jump	Addie Lacewell - Neuqua Valley	15' 8.5"	2014
High Jump	Shaniah Lim - Neuqua Valley	4' 10"	2013
Shot Put	Sinai Fatafehi - Sandburg	33' 11.25"	2014
Discus	Taylor Sikora - WW South	99' 07"	2014
Pole Vault	Lana Mattice - Wheaton North	9' 6"	2014
Sprint Medley	Wheaton North - (Bell, Sanzotti, Klein, Nottke)	2:02.94	2013
3200 M. Relay	Downers Grove South (Alcantara, Anderson, Soriano, Stapleton)	10:41.54	2014
400 M. Relay	Neuqua Valley - (Lacewell, Osoba, Smith, Mensah)	53.91	2014
3200 M. Run	Natalia Boettcher - WW South	12:22.80	2014
100 M. Hurdles	Lauren Wong - DGS	17.03	2014
100 M. Dash	Lenna Klein - Wheaton North	13.24	2013
800 M. Run	Maggie Seitz - DGS	2:31.29	2014
800 M. Relay	Oswego - (Cano, Plonka, Schramm, Vega)	1:57.23	2014
400 M. Dash	Sonja Renowden - DGS	1:06.39	2014
300 M. Hurdles	Ellen Anderson - WW South	50.57	2014
1600 M. Run	Mary Erdman - WW South	5:36.53	2014
200 M. Dash	Alexa Horvatin - WW South	28.09	2014
1600 M. Relay	WW South - (Carbonaro, Anderson, Sievers, Podell)	4:30.20	2014

## VARSITY MEET WINNERS

<b>YEAR</b>	<b>FIRST PLACE</b>	<b>SECOND PLACE</b>
1987	Wheaton North	Evanston
1988	Evanston	Wheaton North
1989	Evanston	Wheaton North
1990	Evanston	Wheaton North
1991	Palatine	Evanston
1992	Palatine	Wheaton North
1993	Palatine	Wheaton North
1994	Palatine	Wheaton North
1995	Wheaton North	Palatine
1996	Wheaton North	Palatine
1997	Wheaton North	Simeon-Chicago
1998	Wheaton North	Carl Sandburg
1999	Lake Forest	Wheaton North
2000	Lake Forest	Wheaton North
2001	Palatine	Carl Sandburg
2002	Carl Sandburg	Neuqua Valley
2003	Palatine	Carl Sandburg
2005	Lake Forest	Palatine
2006	Palatine	Neuqua Valley
2007	Neuqua Valley	Wheaton North
2008	Rain	Snow
2009	Palatine	Carl Sandburg, Hoffman Estates
2010	Palatine	Wheaton North
2011	Cancelled – Inclement Weather	
2012	Neuqua Valley	Palatine
2013	Neuqua Valley	Wheaton North
2014		

## JUNIOR VARSITY MEET WINNERS

<b>YEAR</b>	<b>FIRST PLACE</b>	<b>SECOND PLACE</b>
2013	Wheaton North	Neuqua Valley
2014		