

WHEATON WARRENVILLE SOUTH HIGH SCHOOL

RED GRANGE TRACK AND FIELD INVITATIONAL

Friday, April 18, 2008

5:00 p.m.

PARTICIPATING SCHOOLS

Batavia, Champaign Centennial, Evanston, Glenbard West, Naperville North, Palatine, Plainfield Central, Prospect, St. Francis, Waubonsie Valley, Wheaton North, Wheaton Warrenville South

COMPETITION

Enter your best three individuals and one relay team. The meet is an "ABC" format. Your "A" athlete must compete against the other schools "A" athletes, etc. If an athlete gets hurt during competition, we will scratch the athlete and leave that level open. We will NOT move athletes once the meet is seeded. You do not have to declare your entries until 6:00 pm on Thursday, so NO substitutions, only scratches on the day of the meet.

ENTRIES

Again this year we will seed the meet using an online entry method. Type the following link – <http://trackmeet.aspisolutions.com/team/index.asp?IDMeet=1686> into a web browser and follow the directions on the website. Here are a few hints:

- Please register as soon as possible.
- Create a user name and password that you can remember in the SIGN UP column. ASPi solutions will e-mail you a confirmation with your user name and password. Please fill in every field, especially your e-mail address and a phone number that I can get in touch with you Thursday evening if needed.
- Once you have registered, then you use the LOG IN column to enter your athletes.
- When you are ready to enter your athletes, click on the link "Add Individual Entry." If you will have an athlete compete in separate classes, then you will need to enter that athlete twice (or three times if in class A, B, and C), once for each class.
- For an entry of no mark/no time, enter "0.00"
- Be sure to follow the exact format, including the ".00" at the end of every entry submitted. The correct format is provided to the right of every entry box.
- When entering relay marks, ONLY use "Team A." Please include relay runners names.
- You can make any changes, without declaring, until Thursday, April 17th at 6:00 p.m.
- Before your entries can be final, you need to **declare** your entries are final.

If you have any questions, please contact Ken Helberg as soon as possible. It would be helpful to have a computer with internet access available.

SCORING

10, 8, 6, 4, 2, 1 for all events for each class

ENTRY FEE & AWARDS

\$135.00 Awards are medals for all 6 places at each level.

COACHES MEETING

There will be a coaches and workers meeting at 4:30 p.m. in the shed by the shot put ring.

TEAM CAMPS

Make team camps in the visiting bleachers. Please clean up the area after the meet.

TICKETS

Adults: \$4.00

Students: \$2.00

CONCESSIONS

Concessions will be available.

SCHEDULE

Field Events - 5:00 pm

Long Jump: A, B, C; 30 min. for four jumps; 10 min. warm-up
Triple Jump: C, A, B; 30 min. for four jumps; 10 min. warm-up
Discus: A, B, C; four throws, no finals
Shot Put: C, A, B; four throws, no finals
High Jump: A, B, C in one flight, five alive
Pole Vault: A, B, C in one flight, five alive

Running Events - 5:30 pm Lane assignments by seeds. A, B, C unless otherwise noted.

3200 Run – Class C
3200 Relay (exchange zone blue)
400 relay (exchange zone orange)
3200 Run - A, then B (run separately)
110 High Hurdles
100 Dash
800 Run
800 Relay (exchange zone 1 & 2 yellow, exchange zone 3 orange)
400 Dash
300 Intermediate Hurdles
1600 Run
200 Dash
1600 Relay (exchange zone 1 white, exchange 2 & 3 blue)

WORKER LIST

Each school must provide one adult worker in a pre-assigned field event and one at the finish line. Fax the names of the adults to 630-682-2196 or e-mail to khelberg@cusd200.org by 8:00 am, Thursday April 17.

MEET WORKERS

Batavia	Long Jump and Finish Line
Centennial	High Jump and Finish Line
Evanston	Discus and Finish Line
Glenbard West	Long Jump and Finish Line
Naperville North	Triple Jump and Finish Line
Palatine	High Jump and Finish Line
Plainfield Central	Pole Vault and Finish Line
Prospect	Pole Vault and Finish Line
St. Francis	Triple Jump and Finish Line
Waubonsie Valley	Shot Put and Finish Line
Wheaton North	Shot Put and Finish Line

EXCHANGE JUDGES

John Nalley (PAL) #1 for 400 and #2 800 Relay
Jack Wright (NN) #2 for 400 and #1,3 for 800 Relay
Steve Lawrence (PC) #3 for 400 and #1,3 for 800 Relay

If there is a question or a problem, please call Ken Helberg at school 630-784-7072 or at home 630-983-9176.