

# 10<sup>th</sup> Annual Mustang Relays Indoor Invitational

hosted by Downers Grove South High School  
Monday, February 25<sup>th</sup>, 2013

**LOCATION:** North Central College Recreation Center, 440 S. Brainard St., Naperville, IL.

**BUS PARKING:** You may drop athletes off next to the Rec Center and then all vehicles will be directed to park by security officers. Mini-buses and vans will be directed to park in the lot directly north of the football stadium AND at Highland Elementary School (525 S. Brainard Street, Naperville, IL). All full-size yellow buses will drop off athletes and then will be directed to park at Naperville Central HS (440 W. Aurora Avenue, Naperville, IL).

**SCHEDULE OF EVENTS:** (the times after the first race are approximate; the meet will run straight through)

5:30pm	Doors open ( <b>please do not arrive before 5:30pm, you will NOT be allowed in Rec Center</b> )
6:00	Deadline for scratches (scratches only, no additions)
6:30	Girls 4x800m Relay (3 heats)
7:15	Boys 4x800m Relay (3 heats)
7:45	Girls 4x200m Relay (6 heats)
8:15	Boys 4x200m Relay (6 heats)
8:35	Girls 4x400m Relay (6 heats)
9:05	Boys 4x400m Relay (6 heats)

## TEAMS COMPETING:

**Girls:** Bartlett, Benet Academy, Bolingbrook, Carmel, Downers Grove South, Geneva, Glenbard East, Glenbard South, Hillcrest, Hoffman Estates, Homewood-Flossmoor, Lake Forest, Lake Park, Lake Zurich, Lane Tech, Lincoln-Way East, Lyons Township, Metea Valley, Minooka, Naperville North, Neuqua Valley, New Trier, Plainfield North, Prospect, Proviso East, Sandburg, Schaumburg, St. Ignatius, Thornwood, West Aurora, West Chicago, Wheaton North, Whitney Young, Yorkville.

**Boys:** Bloom, Carmel, Downers Grove North, Downers Grove South, East Aurora, Geneva, Glenbard East, Glenbard West, Hinsdale Central, Hinsdale South, Lane Tech, Maine West, Metea Valley, Minooka, Naperville Central, Neuqua Valley, Niles North, Notre Dame, Plainfield Central, Plainfield East, Plainfield South, Proviso East, Romeoville, Sandburg, St. Charles East, St. Charles North, St. Ignatius, South Elgin, Thornwood, Walter Payton, West Aurora, West Chicago, Willowbrook, Yorkville.

**ENTRIES:** Due to the later start time, we are eliminating the 2<sup>nd</sup> relay team option this year. Every school will be allowed to enter 1 relay team in each of the 3 races. For seeding purposes, we are asking for a projected time for each of the three relays, keeping in mind the athletes who will be competing. We want to have heats between teams so that they are as competitive as possible and so that ALL teams can run their fastest times against similar competition. We are just asking that all coaches be realistic rather than wishful in determining your seed times. The actual race will prove everyone right or wrong.

**ENTRY DEADLINE:** **Thursday, February 21<sup>st</sup> at 12:00 noon.** Please email entries to [dplunkett@csd99.org](mailto:dplunkett@csd99.org) by the deadline. Entries not received by this time will be seeded as 'No Time' and placed in the slowest heats.

## GENERAL INFO:

- **Restricted Access**...only athletes and coaches will be allowed on the main floor of the fieldhouse. All spectators will be directed to the 3<sup>rd</sup> floor balcony to view the meet. Spectators must use the elevator to reach the 3<sup>rd</sup> floor.
- **Spikes**...athletes may wear running flats or up to **1/8 inch exposed pyramid spikes** in the fieldhouse. Spikes will be checked at the starting line. Athletes with improper spikes will cause their relay team to be removed from the race. Spikes may NOT be worn anywhere outside of the fieldhouse (including the lobby or restroom facilities).
- **Team Camps**...please make team camps in the west half of the fieldhouse. We want to keep the finish line side of the infield free from camps.
- **Bullpen**...the bullpen will be located in the southwest corner of the track. All relay teams must report to the bullpen 10 minutes prior to their race to check in and receive hip numbers.
- **FAT Timing for all races**...please help keep your athletes clear of the finish line area. The anchor leg of each relay team must wear hip numbers.
- **FOOD / DRINKS**...There will be concessions available for spectators and athletes on the 3<sup>rd</sup> floor lobby, but no food or drinks will be allowed in the fieldhouse. Please enforce this policy with your own team.
- **Locker Rooms / Restrooms**...there are NO locker room facilities available to use. Access to the restrooms for all athletes will be from inside the fieldhouse. Spikes must be removed when exiting fieldhouse.
- **Starting blocks**...will be provided by DGS. Please bring your own relay batons.

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## MORE GENERAL INFO:

- **Awards**...there will be medals for the top 3 relay teams in each event.
- **Warm-Ups**...athletes may use the infield area to warm-up. Please help keep your athletes off of the track during the races.
- **Trainer**...there will be a trainer available near the finish line.
- **Admission**...spectators will be charged \$3 admission to the meet.
- **T-Shirts**...Mustang Relays T-shirts will be sold at the meet for \$10.
- **Spectator Parking**... is available first come first serve in campus lots P13, upper level P14, surrounding city streets per posted city parking regulations, and Downtown Naperville Parking Garages.
- **Results:** No team scores will be kept. Results will be posted near the finish line and on the DGS Girls Track website ([http://www.athletics2000.com/dgs/Team.aspx?sportgender=TRACK\\_G](http://www.athletics2000.com/dgs/Team.aspx?sportgender=TRACK_G)).

**QUESTIONS:** If you have any questions regarding the meet contact coach Doug Plunkett at [dplunkett@csd99.org](mailto:dplunkett@csd99.org) or 630-269-2884 (cell).

