

# ***SAINT CHARLES NORTH INVITATIONAL 2014***

255 Red Gate Road – St. Charles, IL 60175

Fax 331-228-4614

Dan Dolney – Athletic Director

John Osmanski – Head Coach

**Bus leaves from South at 7:45 Sharp!**

**Date: Saturday, April 12<sup>th</sup>**

**Schools:** Benet, Conant, Glenbard East, Glenbard South, Libertyville, Wheaton North, Saint Charles East, Saint Charles North

**Schedule:**

9:00	Coaches Meeting and Scratches
8:45 – 9:15	Shot Put and Discus Weigh-in
9:30	Field Events begin
10:00	Semifinals: 100 M Dash
	<i>JV followed by Varsity</i> 100 M Hurdles
	3200 M Run (JV)
	200 M Dash
	National Anthem
	Finals – <i>JV followed by Varsity</i>
	4 x 800 M Relay
	4 x 100 M Relay
	3200 Meter Run (Varsity)
	100 M Hurdle Finals
	100 M Dash Finals
	800 M Run
	4 x 200 M Relay
	400 M Dash
	300 M Hurdles
	1600 M Run
	200 M Dash Finals
	4 x 400 M Relay

**Entries: Varsity: Individual Events – 2 Entries Relays – 1 Entry**

**JV: Individual Events – 2 Entries Relays – 1 Entry**

*Substitutions will be allowed the day of the meet.  
It will be a scratch and replace – no event will be reseeded.*

Field Events: High Jump the crossbar will be raised at 2" intervals until 5' and then at 1" intervals. JV and Varsity will jump together.

Pole Vault the crossbar will be raised at 6" intervals until 10' and then at 3" intervals. JV and Varsity will jump together.

Long Jump will run Varsity followed by JV. There will be 4 jumps and the athletes will have one hour to complete their jumps.

Triple Jump will run JV followed by Varsity. There will be 4 jumps and the athletes will have one hour to complete their jumps.

Discus will run JV followed by Varsity. There will be 4 throws and the athletes will have one hour to complete their throws.

Shot will run Varsity followed by JV. There will be 4 throws and the athletes will have one hour to complete their throws.

Awards: Team Plaques will be presented for 1<sup>st</sup> Place. Medals will be awarded for 1<sup>st</sup> – 6<sup>th</sup> place in individual Varsity events and 1<sup>st</sup> – 3<sup>rd</sup> for Varsity relays. JV will be awarded ribbons for the same places.

Camps: Please have your team set-up team camps on the North end of the home bleachers, visitor bleachers, or outside of the South side of fence in the team tent area.

Hospitality: Coaches hospitality will be provided. The hospitality room is located on the south side of the concession stand. Meal tickets will be provided in your packet, if you need additional meal tickets, please let me know.

Workers: Each school is responsible to submit two (2) qualified adult workers to assist in the running of the meet. **Please complete the worker sheet provided with job preference and fax to (331)228-4414 by noon on Thursday, April 10<sup>th</sup>**

Other: Concessions will be available