

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

hosted by Downers Grove South High School  
Monday, March 9<sup>th</sup>, 2015

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 (please do not arrive before 5:30pm, you will NOT be allowed in Rec Center)
6:00	Deadline for scratches (scratches only, no additions)
6:30	Girls 4x800m Relay (3 heats)
7:15	Boys 4x800m Relay (3 heats)
7:50	Girls 4x200m Relay (6 heats)
8:20	Boys 4x200m Relay (6 heats)
8:45	Girls 4x400m Relay (6 heats)
9:25	Boys 4x400m Relay (6 heats)

## TEAMS COMPETING:

Girls: Batavia, Benet Academy, Bolingbrook, Burlington Central, Carmel, Downers Grove North, Downers Grove South, Fenwick, Geneva, Glenbard East, Glenbard South, Hinsdale Central, Hoffman Estates, Kaneland, Lake Forest, Lake Park, Lane Tech, Lincoln-Way East, Loyola Academy, Lyons Township, Minooka, Neuqua Valley, New Trier, Plainfield North, Prospect, Proviso East, Sandburg, Schaumburg, St. Charles East, St. Ignatius, Thornwood, West Aurora, Wheaton North, Whitney Young, Yorkville.

Boys: Addison Trail, Batavia, Bloom, Downers Grove North, Downers Grove South, East Aurora, Geneva, Glenbard East, Glenbard West, Hinsdale Central, Kaneland, Lane Tech, Lyons Township, Metea Valley, Minooka, Naperville Central, Neuqua Valley, Niles North, Plainfield Central, Plainfield East, Plainfield South, Proviso East, Romeoville, Sandburg, South Elgin, St. Charles East, St. Charles North, St. Ignatius, Thornwood, Walter Payton, West Aurora, West Chicago, Willowbrook, Whitney Young, Yorkville.

ENTRIES: 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, March 5<sup>th</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.

**\*\* NEW Restricted Access on the Main Floor \*\*** ...all coaches & workers will need to **CHECK IN** at a table in the lobby to receive a **BRACLET** allowing access to the main floor of the fieldhouse. Athletes must be in UNIFORM to enter the field house. 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.

## GENERAL INFO:

- 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).
- Starting blocks...will be provided by DGS. Please bring your own relay batons.
- 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.

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## MORE GENERAL INFO:

- 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.
- 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 on the infield of the track.
- Admission...spectators will be charged \$3 admission to the meet.
- T-Shirts...a limited number of 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 emailed to all coaches.

**Mustang Relays Web Page.** We have a web page dedicated to information about the meet. It can be found at <http://dgsccf.com/track-field/schedule/downers-grove-south-mustang-relays/>. Time schedule, entry information, heat sheets, past results, and meet records, etc. can be found there. Special thanks to Ben Draper of Yorkville for helping create it.

**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).

