



**WARRIOR TRACK & FIELD  
WELCOMES AREA TEAMS TO THE**

# 2014 Lake County Invitational



To: Athletic Director  
Head Boys Track & Field Coach

From: Robert Ruiz – Athletic Director  
Ben Palmberg – Meet Director  
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## Competing

Teams: Antioch, Barrington, Carmel, Deerfield, Grant, Grayslake Central, Grayslake North, Highland Park, Lake Forest, Lake Forest Academy, Lakes, Lake Zurich, Libertyville, Mundelein, North Chicago, Round Lake, Stevenson, Wauconda, Warren, Waukegan

Date: Friday, May 9<sup>th</sup>, 2012

Location: Adams Field  
Deerfield High School  
1959 N. Waukegan Road  
Deerfield, IL 60015

Time: Arrival: 2:30 Please don't arrive until 2:30 PM. Athletes must be dropped off and busses may return after 3:30 PM.  
Weigh-Ins: 3:15 Implements and vaulters  
Meeting: 3:30 Scratches made here\*  
Field Events: 4:00 Long Jump will precede Triple Jump  
Shot Put and Discus Throw will run simultaneously with Shot Put finals preceding Discus Throw finals  
Semifinals: 5:00 (F.A.T.)  
Finals: 6:15 (At the earliest)

Scoring: 10-8-6-4-2-1 Individual Events  
10-8-6-4-2-1 Relays

Awards: Individuals and Relays: Medals for 1<sup>st</sup> – 6<sup>th</sup> Place  
Team: Plaques for 1<sup>st</sup> – 3<sup>rd</sup> Place

## Worker

Assignments: Each school must provide **ONE** adult worker. Timers will only be used (assigned by Games Committee) if the F.A.T. system fails. Please email [bpalmberg@dist113.org](mailto:bpalmberg@dist113.org) with your school name, worker name, and *preferred* worker assignment.

Meet Entries: All entries must be entered online at Athletic.net. We will be sending information regarding this on Wednesday, April 30<sup>th</sup> to all head coaches.

Deadline: Preferred worker assignments and entries must be made by 8:00 PM on Tuesday, May 6<sup>th</sup>.

*\*A Principals letter will be needed to make changes the day of the meet.*

*In order to help the meet run smoothly as possible please note the following:*

1. Until 3:30 PM all athletes and coaches must be dropped off. Busses may re-enter lot and park after that time. On the day of the meet, we will provide drivers with options for off-site parking.
2. All team camps must be in the grandstands or in the grassed area north of the grandstands and parking lot (the northwest corner of campus).
3. All scratches should be submitted by 3:30 PM in the garage at the north end of the bleachers. We will have a short coaches meeting at this time.
4. Throwing implements will be weighed in the garage at the south end of the bleachers from 3:00 PM to 3:45 PM.
5. Pole vaulters will be weighed in at the pole vault pits from 3:00 PM to 3:45 PM.
6. The infield will be cleared at all times. **All spectators must remain in the stands. Only meet officials, coaches and athletes called to their race will be allowed on the infield and areas of competition.**
7. The only entrance to the track will be the north gate that leads to the bullpen. **Please remind your athletes to use caution and check the track before they report to the bullpen.**
8. All athletes **MUST** report to the bullpen by 3<sup>rd</sup> call or they will be scratched.
9. Relay teams must present their filled out relay cards to the bullpen director prior to their race.
10. The Games Committee will be determined at the coaches meeting.
11. Food and drinks are on sale at the concession stands on the south end of the grandstands.
12. Lake County Invite t-shirts are available by the concessions.
13. **All athletes and coaches should abide by the IHSA standards of sportsmanship.**

### MEET WORKERS

(From Deerfield unless otherwise noted)

MEET MANAGER .....	Robert Ruiz
MEET DIRECTOR .....	Ben Palmberg
HEAD STARTER .....	Ron Campbell
ASSISTANT STARTER .....	Scott Brechtel
HEAD FINISH JUDGE .....	TBA
CLERK OF THE COURSE .....	Ryan Brown
BULLPEN DIRECTOR .....	Collin Johnson
HEAD TIMER/SCORER .....	Ben Palmberg
ASSISTANT SCORERS .....	Jason Brown
HEAD ANNOUNCER .....	Briant Kelly
ATHLETIC TRAINERS .....	Melissa Boger
AWARDS .....	Deerfield JV Distance Crew
RUNNERS .....	Deerfield JV Sprint Team