



**Date:** Friday, May 1, 2015

**Location:** Lincoln-Way West HS - 21701 S. Gougar Rd, New Lenox

**Participants:** Huntley, Bradley-Bourbonnais, Lincoln-Way Central, Lincoln-Way West, Romeoville, Crete-Monee, Providence Catholic, Thornton, Hinsdale Central, Lincoln-Way North

**Entries:** Varsity events - 3 entries per event, 1 relay team per relay-event. We will also be contesting sophomore level relays. We will use the Athletic.net online meet entry system for this meet. Entries are due by 11:00 pm Tuesday April 28th. We will be using a Fully Automatic Timing System.

The meet name on Athletic.net is: Warrior Invitational. Instructions can be found on the Athletic.net website. This is the first year using Athletic.net & Hy Tek meet management software. Please feel free to call Jason Van Swol at 217-390-2607 with any questions.

**Meet Workers:** Each School will be asked to provide 1 field event worker. Please see attached sheet and return via fax to: 815-717-3522 You can also email your preferences (jvanswol@lw210.org)

**Awards:** Plaque to 1st place team..T-shirts to event winners.

**Meet Schedule:**

4:10 - Coaches meeting @ garage near finish line

4:30 - Field Events

Long Jump - 3 preliminary jumps. Top 8 to finals for 3 more attempts.

Triple Jump - Follows LJ. Same format as LJ (our boards are 20' 26' 32' and 38')

HJ - Opening Height TBD

PV - Opening Height TBD

Disc - 3 preliminary throws. Top 8 to finals for 3 additional attempts.

Shot - Follows disc. Same format as disc.

5:15 - Prelims(FAT)

" 110 Hurdles

" 100 Meter Dash

" Sophomore 3200 Relay

" 200 Meter Dash

\*\*\* 10 Minute Break or Slow Heat 3200 Run\*\*\*

Var 3200 Relay

Soph 4x100

Var 4x100

3200 Run

110 Hurdle Finals

100 Dash Finals

800 Run

Soph 800 Relay

Var 800 Relay

400 Dash

300 Hurdles

1600 Run

200 Dash Finals

1600 Relay

**Meet Workers**

Huntley	Shot or Disc
Bradley-Bourbonnais	Long Jump
Lincoln-Way Central	Pole Vault
Lincoln-Way West	High Jump
Romeoville	Shot or Disc
Providence Catholic	Shot or Disc
Thornton	Triple Jump
Hinsdale Central	High Jump
Lincoln-Way North	Long Jump
Crete-Monee	Triple Jump

## LWW Warrior Invite Entries

Event	Name		Name		Name
100	Hunt		Sykes		*Miranda
110H	Graff		Ehrhart		Graham
200	Hunt		*Elizararras		*Kazmierczak
300H	Graff		Ehrhart		Graham
400	Goodwin		Miranda		Amos
800	Panici		Healy		Sullivan
1600	Bechtold		Tidwell		Trost
3200	J. Chomiak		Harris		Niendorf
4x1 Fr/So	Costanzo	Molina	Wilder	Diggs	
4x1 Varsity	Hunt	Sykes	Miranda	Amos	
4x2 Fr/So	Wilder	Berger	Diggs	T. Trost	
4x2 Varsity	Kazmierczak	Isioma	Wilson	Mota	
4x4Fr/So	T. Trost	Diggs	Wilder	Noonen	
4x4 Varsity	Amos	Sykes	Miranda	Isioma	
4x8 Fr/So	Schuetz	Iozzo	Nino	Patel	
4x8 Varsity	Goodwin	Tidwell	Healy	Panici	
Long Jump	Dawson		Diggs		Moustis
Triple Jump	Molina		Moustis		Schlott
High Jump	Harrington		Berger		
Pole Vault	Curtin		Juskee		Bland
Shot Put	Peterka		Schlott		Paraday
Discus	Paraday		Peterka		Hennessey