York Invite
(March 6, 2020)

Teams: Glenbard S, Hersey, Hoffman Estates, Hononegah, Naperville North, Palatine, Prospect, Rolling Meadows, St. Charles E, St. Charles N, Taft, Wheaton Warrenville South, Willowbrook, York

Admission: $4 Adults, $2 Students/Child

Buses: The entrance to York is a horseshoe drive. You will disembark on the East Side in front of the athletic wing and enter into door #5. Buses will park in the southwest parking lot.

Track: The track is a 200m mondo surface with 8 lanes on the straight and 6 lanes around.

Spikes: We only allow ⅛ inch pyramid spikes. We will have replacement spikes for sale at $2.00 a complete set. We do check for compliance. Spikes should not be worn on the infield.

Washrooms: Washrooms are located outside the field house. We ask that athletes remove their spikes before entering the hallways.

Timing: We will use FAT
The entry deadline is Wednesday March 4th at 6:00 pm
Visit your Athletic.net account, accept the meet and register your athletes.

Relays: We will enter "A" and "B" relays. The "B" relays will have their event scored. Athletes that run in the "B" relays cannot be in any varsity event. If a team enters only one relay, it will be classified as the "A" relay.

Schedule: Field events will start at 5:00 pm along with section 1 of the 3200m run. The long jump will have 4 jumps in two flights, no finals, using both runways. The triple jump will have 4 jumps with two flights, no finals, on the infield runway. High jump and pole vault will run to completion.

The shot put will have three throws with 9 competitor's advancing to the finals. Implements will be weighed prior to the competition.

Finals will start at 5:30 pm. The meet will proceed on a rolling schedule.

All teams are asked to provide **1 field event worker**. Please send the name and 2 preferred events to: ckern@elmhurst205.org

Event scoring for relays and individual events:
10-8-6-4-2-1

Finals - Rolling schedule (Best guess time schedule)
3200m "B" Relay (1 section) 5:30
3200m "A" Relay (1 section) 5:40
3200m - Section 2 5:53
55 High Hurdles (4 sections) 6:10
55m Dash (4 sections) 6:25
800m Run (2 sections) 6:40
800m "B" Relay (3 sections) 6:53
800m "A" Relay (3 sections) 7:08
400m Dash (5 sections) 7:23
600m Run (4 sections) 7:43
55m Low Hurdles (4 sections) 8:08
1600m Run (2 sections) 8:22
200m Dash (5 sections) 8:36
1600m "B" Relay (3 sections) 8:55
1600m "A" Relay (3 sections) 9:14