



Wheaton North Best 4 Invitational

Welcome to the 38th Annual Best 4 Invitational on Saturday, April 12, 2025. Below is the meet information for you, your athletes and spectators. We hope that you and your athletes will enjoy the track meet and that it will help your teams prepare for the outdoor season.

DATE OF MEET: Saturday, April 12, 2025

TIME: 12:00 p.m.- All field events
1:00 p.m. - Running events

TEAMS: Glenbard West, Lake Park, Lincoln-Way West, Naperville North, Warren Township, Wheaton-Warrenville South, Wheaton North

LEVELS: One. Any athlete on your eligibility list may participate.

ADMISSION: **\$5 for adults, \$3 for students or children(Cash only)**

ENTRIES/RESULTS: Enter your best four individuals in each of the standard outdoor events and only one relay team in pre-assigned lanes. **Entries must be submitted on Athletic.net by 12:00 PM, April 10th.** WWS Timing will be providing the timing and [live results](#).

SPIRIT OF THE MEET: Your best athlete should compete against all other #1 athletes, #2 against #2, etc. Athletes may participate in only four events. This is most important: #1 should not run against #2, #3, or #4.

AWARDS: Ribbons for places 1-5 of each race or field flight. Team trophies for 1st, 2nd, and 3rd places based on cumulative team score for each separately scored level. (added together into a grand total).

SCORING: 6, 4, 3, 2, 1 for all events

COACHES MEETING: A short coaches meeting will take place at 11:15 at the finish line. One representative from each school must attend.

SCRATCHES/SUBSTITUTES: **All scratches and substitutions may be made with WWS timing by Noon on the day of the meet.** Substitutions may only be made at the specified level (#1, #2, etc). We will not shift entries up to fill a vacant slot.

UNIFORM RULE: There will be no penalty for non-alike uniforms, as mixed squads are likely. The only rule is that it must be a school issued team uniform.

WARM-UPS: Athletes may use the track and infield for warm-ups, as long as it does not interfere with track events. The infield should not be used as a gathering space. Distance runners are encouraged to warm-up on the WN campus and/or surrounding neighborhoods as needed.

WORKERS: Each team must provide **ONE adult worker** to run a pre-assigned field event(see next page).

SPECTATORS: Spectators should be in the home bleachers. TJ and LJ spectators may watch those areas, but stay off the track and outside of the competition area.

BUSSES/TEAM CAMPS: Please have team buses drop off and park in the FRONT BUS LOOPS. See the sitemap for details. Team camps should be made in the visitors bleachers or the grassy areas surrounding the track. See [sitemap](#).

CONCESSIONS/BATHROOMS: Our Booster Club and parent volunteers will have the concession stand open for the duration of the meet. Bathrooms are located on the west side of the concessions building.

General Meet Information:

- **RUNNING EVENTS STARTING TIME IS 1:00 p.m.** #1 (best runner) will run in the 1st heat, #2 (2nd best runner) will run in the second heat, #3 and #4 likewise.
- **3200 m and 1600 m:** #1 and #2 are combined in Heat 1, #3 and #4 are combined in Heat 2.
- **High Jump:** #1 and #2 in Flight 1 **Starting height TBD. STARTING TIME IS 12:00 p.m.**
- **Pole Vault:** 2-3 Flights depending on # of vaulters. **Starting height TBD. STARTING TIME IS 12:00 p.m.** Flight 1 is best flight. We will look to keep this event moving along in order to finish before the track events finish.
- **Long Jump:** #1 and #2 in first flight (cafeteria style). Flight 1 lasts for 60 minutes. Jumpers get four jumps. **STARTING TIME IS 12:00 p.m.**
- **Triple Jump:** #3 and #4 in first flight (cafeteria style). Flight 1 lasts for 60 minutes. Jumpers get four jumps. **STARTING TIME IS 12:00 p.m.**
- **Shot Put:** #4 throws first. #3 throws in second flight and so on. **6 Throws. STARTING TIME IS 12:00 p.m.** This will run concurrently with the Discus
- **Discus:** #1 throws first. #2 throws in second flight and so on. **6 Throws. STARTING TIME IS 12:00 p.m.** This will run concurrently with the Shot Put

Meet Workers: (Please report by 11:15)

WN and WWS
Glenbard West
Naperville North, WN
Lake Park, WN
Warren Township
Lincoln-Way West

High Jump
Long Jump
Shot Put
Discus
Triple Jump
Pole Vault

Exchange Judges:

WWS and WN Coach
Warren and LWW Coach
NN and LP Coach

#1 for 400 & 800 Relay
#2 for 400 & #1&3 for 800 relay
#3 for 400 & #1&3 for 800 relay

Order of Running Events

4 x 800
4 x 100
3200 m
110 HH
100 m
800 m
4 x 200
400 m
300 IH
1600 m
200 m
4 x 400

****We run a fast meet! Make sure your field event athletes are aware of which flight is being run if they are competing in multiple events. We will try to announce as much information as possible. Make sure your athletes report to the check-in tent located on the infield for check in and to receive chest/hip numbers if in 800, 1600, 3200, or relay anchor.** You can pick up your awards after the meet up in the press box. Please help police your team area within the stadium during and after the meet. If you have any questions or problems, please see me. Good luck and have fun!

Questions? Nate Roe (cell) 630-414-6703 Wheaton North Head Boys Track and Field Coach