



**District 117 Coed Early Bird
Invitational
Friday, April 30th at 4:30 PM
@ ACHS Stadium**



Participating Schools:

4/30 - Girls: Antioch, Lakes, Warren, Harvard, Woodstock, Lake Forest, Vernon Hills, Libertyville (closed)
Boys: Antioch, Lakes, Woodstock, Harvard, Lake Forest, Mundelein, Harlem, Hampshire (closed)

Entries: Entries will be done online ONLY using Athletic.net. Invitations will be sent by Ben Palmberg.

Live Results: Live results are available at [pfvperformance](http://pfvperformance.com).

Format: Traditional lineup with 2 individual entries per event and 1 relay. Athletes can compete in a maximum of 4 total events.

Scoring: Individuals: 10-8-6-4-2-1 (2 per school shall score)
Relays: 10-8-6-4-2-1 (1 relay per school shall score)
***Running events will be FAT-timed and the meet will be scored by Ben Palmberg.**

Workers: We are looking forward to a successful meet with your team's participation. To facilitate the running of the meet, we request that you submit the name of two workers from your school to assist with the field events. Email that information to the meet manager, whose email address is listed below, by Friday, April 23rd.
We will attempt to use either one of your workers or none at all.

Meet Manager: Travis Shepherd (travis.shepherd@chsd117.org)

Fees: Please send your entry fee of \$300.00 per team, by 4/30/21, to
Lakes Community High School Athletic Department
1600 Eagle Way
Lake Villa, IL 60046

Rules: All IHSA rules apply for this meet

Games Committee: Acting athletic director and 4 randomly-assigned head coaches.

Trainer: A certified athletic trainer will be on-site to treat injuries.

Concessions: There will be no concessions.

Restrooms: Located at the concession stand.

Locker Rooms: Changing facilities are not available. Please have athletes dress at your school prior to arrival.

Facilities: The track is an all weather eight-lane track. No spikes longer than ¼ inch allowed.

Bus Parking: Busses should drop-off athletes at the lower lot of the football stadium. Spectator parking is available at the upper lot of the high school. Please walk down the path and enter the stadium gate next to the south team room.

Team Camps: There is an area of grass in the southeast corner of the stadium that is suitable for putting up tents. Please make sure tents are appropriately spaced.

Spectators: We are strictly limiting visiting spectators to **2 immediate family members** for each rostered athlete. The parents/ guardians of our visiting teams will need to complete the electronic waiver to attend events on D117 property. Upon arrival at the event, you will be asked to provide a photo ID to ensure the waiver has been completed. The waiver will need to be completed for admittance to summer events on D117 property. We will not charge admission to any of our summer competitions, but will cross-check and reference waiver completion at specific check-in locations. Please park in the upper lot and walk into the stadium via the gate next to the South team room. **Wear masks.**

D117 Visiting Spectator Form - [CLICK HERE](#)

Event Schedule

4:30 PM Field Events begin (Cafeteria style with 4 attempts for throws and jumps, no finals)

Shot Put (Boys first)

Discus (Girls first)

Girls Long Jump on West runway (first)

Boys Long Jump on East runway (first)

Triple Jump will follow long with Girls on East and Boys on West

High Jump (Boys first)

Pole Vault (Girls first)

5:30 PM Running Events (Girls races will precede boys races, rolling schedule)

4 x 800 m relay (1 heat each gender)

4 x 100 m relay (1 heat each gender)

3200m run (1 heat each gender)

100m/110 m hurdles (2 heats each gender)

100m dash (2 heats each gender)

800m run (1 heat each gender)

4 x 200m relay (1 heat each gender)

400 m dash (2 heats each gender)

300 m hurdles (2 heats each gender)

1600 m run (1 heat each gender)

200m dash (2 heats each gender)

4 x 400m relay (1 heat each gender)

Workers			
<u>Event</u>	<u>Main Worker</u>	<u>Assistant</u>	<u>Assistant</u>
Discus	McLaren (Lakes)	McHenry Girls	Woodstock Boys
Shot Put	Anderson (Antioch)	Lake Forest Girls	Mundelein Boys
High Jump	Proffitt (Antioch)	Vernon Hills Girls	Harlem Boys
Pole Vault	Jazo (Lakes)	Libertyville Girls	
Long Jump	Gomez (Lakes)	Warren Girls	Hampshire Boys
Triple Jump	Francis (Antioch)	Harvard	Lake Forest Boys
<u>Relay</u>	<u>Lanes 1-4</u>	<u>Lanes 5-8</u>	
4x1 Ex 1	Woodstock Boys	Harvard	
4x1 Ex 2	Lake Forest Boys	Harlem Boys	
4x1 Ex 3	Mundelein Boys	Hampshire Boys	
4x2 Ex 1 & 3	Lake Forest Boys	Mundelein Boys	
4x2 Ex 2	Woodstock Boys	Harlem Boys	