



# Huntley Red Raider Indoor Invitational

March 12th @ 9:00 AM

**Subject:** Huntley Girls Red Raider Invitational

**Entries:**

1. All entries must be completed online at [athletic.net](http://athletic.net)
2. **Deadline is March 10th @ 8:00 PM.** Please enter athlete's best mark.
3. **THREE** individual entries from each team will be allowed per event. Only 2 individuals will score per team
4. **Two** relays will be allowed. Only the "A" relay will score.
5. **There will be meet day changes allowed but no reseeding will be completed the day of meet.**

**Surfaces:** Track is a 6 lane, 200 meter Mondo surface. Up to ¼ pyramid spikes only  
Long and Triple Jump is also IAAF approved for up to ¼ pyramid spikes.  
High Jump will be on the rubber courts. Tennis shoes only.  
Pole Vault is on the Mondo surface, but no spikes allowed in any shoes  
Shot Put is from a Polanik platform. Throwing shoes or tennis shoes

**Workers:** Please see attached sheet. Any changes can be addressed at seed meeting

**Location:** Huntley High School Fieldhouse

**Scoring:** 10-8-6-4-2-1

**Teams:(18)** Benet, Dekalb, Dundee Crown, Fenwick, Fremd, Geneseo, Harlem, Hersey  
Huntley, Lake Zurich, Libertyville, Minooka, New Trier, Prospect, Sandburg,  
Schaumburg, Stevenson, Wheaton North

**Awards:** Top 6 places will receive medals and an overall winning team award

**Timing:** We will electronically timing all races

**Equipment:** We will provide starting blocks. **No** personal blocks allowed. Teams are responsible for providing throwing implements, batons, and vaulting poles.

**Admissions:** \$5.00 adult, \$3.00 grades 7-12, \$2.00 grades K-6, \$2.00 senior citizens

**Concessions:** Will be open if boosters available, **No food in fieldhouse and only water allowed in.**

**Athletic Trainer:** Will be available



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## **Field Events: (9:00)**

<b>Long Jump:</b>	Three Flights: Flight 1-Flight 2-Flight 3 4 jumps, 10 min warm up between flights
<b>Triple Jump:</b>	Three Flights: Flight 3-Flight 1-Flight 2 4 jumps, 10 min warm up between flights
<b>High Jump:</b>	Field seeded into 2 flights, one flight per mat
<b>Shot Put:</b>	Flight 1, Flight 2, Flight 3, No finals 4 throws, 10 min warm up between flights
<b>Pole Vault:</b>	One flight according to seeds, 5 Alive jumping

## **Running Events: (10:00/10:30)**

<b>7:30</b>	Fieldhouse open to teams
<b>9:00</b>	All Field Events
<b>10:00</b>	3200 Heat 1 and 2 (depending on entries)
<b>10:30</b>	4 x 800m Relay 4 x 200m Relay 3200 Run Final heat 60m Hurdles 60m Dash 800m Run 400m Dash 1600m Run Final heat 200m Dash 4 x 400m Relay



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Starting at 10:30, we will use a rolling schedule.....one event to follow the next.

**10:00            3200 non-final heats**

**10:30            4 x 800 Meter Relay**

**4 x 200 Meter Relay**

*Start Line Color: Black*

*1st exchange is black to black*

*2<sup>nd</sup> runner cuts at green line (around 1st curve)*

*2<sup>nd</sup> and 3<sup>rd</sup> exchanges are blue to blue*

**3200 Meter Run**

*Alley Start Line or Lane Line Color: Green*

*Or use Common Waterfall start*

**60 Meter Hurdles**

*Boys Triangle Marks: Blue*

*Girls Triangle Marks: Yellow*

**60 Meter Dash**

**800 Meter Run**

*Alley Start Line or Lane Line Color: Green*

*Or Use Common Waterfall Start*

**400 Meter Dash**

*Start Line Color: White (Lane Numbers)*

*Green Cut Line after 2<sup>nd</sup> curve (by 60 Start)*

**1600 Meter Run**

*Alley Start Line or Lane Line Color: Green*

*Or Use Common Waterfall Start*

**200 Meter Dash**

*Start Line Color: White (Lane Numbers)*

**4 x 400 Meter Relay**

*1 Turn Alley  
Green Dashes  
Break Line*

*4X800*

*3200*

*800*

*1600*

*Break Line*

*1<sup>st</sup> Runner*

*4x400*

*2<sup>nd</sup> Runner*

*4X200*



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## Long Jump:

Three Flights: Flight 1, Flight 2, Flight 3  
4 jumps, 10 min warm up between flights

## Triple Jump:

Three Flights: Flight 3, Flight 1, Flight 2  
4 jumps, 10 min warm up between flight

### Flight 1

Benet  
Fenwick  
Huntley  
Lake Zurich  
New Trier  
Schaumburg

### Flight 2

Dekalb  
Fremd  
Harlem  
Libertyville  
Prospect  
Stevenson

### Flight 3

Dundee Crown  
Geneseo  
Hersey  
Minooka  
Sandburg  
Wheaton North

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## Shot:

Flight 1, Flight 2, Flight 3, No finals  
4 throws, 10 min warm up between flights

- Shot will be flighted by seeds
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## High Jump:

Roll Call 5 Alive Jumping

- 2 mats will be used, with flights determined by seeds. Mat 1 will open at 1.27M and Mat 2 will open at 1.37M

## Pole Vault:

Two flights-seeded by marks. Flight 2 will jump first, followed by flight 1. Flight 2 opening height 7 feet, Flight 1 opening height 6 feet