



**Prospect "Wanner Knights" Track and Field Invitational**  
801 W. Kensington Rd, Mt. Prospect, IL 60056



[2022 Results](#)

[2023 Results](#)

[2024 Results](#)

**[2025 Results](#)**

**[Live Stream](#)**

**Teams**

Barrington, Downers Grove South, Grayslake Central, Hersey, Hoffman Estates, Hononegah, Lane Tech, Lincoln Way East, Lockport, Lyons, Maine East, Maine West, Naperville Central, Neuqua Valley, New Trier, Niles North, OPRF, Prospect, Proviso West, Springfield, Whitney Young, Zion-Benton

**Bus Time - be at the Greenhouse door by 2:30**

**ADMISSION:**

- \$5.00 for all attendees (Tickets can be purchased via the GoFan app):  
<https://gofan.co/app/school/IL15628>
- All attendees (including students) must purchase a ticket. Booster passes will not be accepted. Please send this information and link out to your Track and Field community.
- [Meet Website](#)

**Facilities**

- All-weather, red synthetic 9 lane track.
- Shot put and discus will be thrown adjacent to the track.
- Portable restrooms will be available in the stadium.
- A trainer will be in the garage next to the concession stand at the north end of the track.
- Teams can set up camp in the visitor bleachers or grass areas within the stadium for tents.

**Field Events**

- Long Jump - Flight 1 begins at 4:30. 3 preliminary jumps, top 10 to finals. 1 jump "Jump Off" in finals. Flight 2 and 3 follows. Preliminary marks carry over into finals. Same as triple jump.
- Triple Jump - Flight 1 begins at 4:30. 3 preliminary jumps, top 10 to finals. 1 jump "Jump Off" in finals. Flight 2 then 3 follows.
- Long Jump and Triple Jump finals will run concurrently.
- Shot Put - Flight 3 begins at 4:30. 3 preliminary throws, top 10 to finals. 3 throws in finals. Flight 2 and 1 follows.
- Discus - Flight 1 begins at 4:30. 3 preliminary throws, top 10 to finals. 3 throws in finals. Flight 2 and 3 follows.
  - Discus Finals following Discus Flight 3. Shot Put Finals following Discus Finals.
- Pole Vault - 1 flight. Begins at 4:45. Starting height 9'2"-10'2"-11'2"-11'8"
- High Jump - 1 flight. Begins at 4:45. Starting height

**NC Coaches duties:**

- 4x100m Relay - 3rd Exchange



## Order of Events (Running Events Time Schedule is Approximate)

- 4:10 Coaches meeting at the start / finish line.  
4:30 Start Long Jump, Triple Jump, Shot Put and Discus  
4:30 Open 1600m - Teams are allowed to enter up to 4 athletes to run the open 1600m.  
4:45 Start High Jump and Pole Vault  
5:00 3200m Run - Section 1 - Waterfall  
5:15 4x800m Relay - Section 1 - Super Alleys - Green  
5:30 Frosh/Soph Medley (200-200-400-800) – 3 Sections – Yellow, Green, Green exchanges - Must be a Freshman or Sophomore in the medley. Athletes can participate in the medley and other varsity events. This event does count towards double varsity relay points.  
5:45 Hedstrom-Clements Wanner Knights' Invitational Service Award  
6:00 MileSplit / Coach Stogie 4x800m Relay – Section 2 - Super Alleys – Green - Relay introductions and run outs.  
6:20 4x100m Relay – 3 Sections – Yellow exchanges  
6:30 3200m Run – Section 2 – Waterfall  
6:45 110m High Hurdles – 5 Sections – Blue marks  
7:00 100m Dash – 5 Sections  
7:10 800m Dash – 3 Sections – Super Alleys – Green  
7:20 4x200m Relay – 3 Sections – Black, black, yellow exchanges  
7:30 400m Dash – 5 Sections – Yellow  
7:45 300m Intermediate Hurdles – 5 Sections – Green stagger  
8:00 Dick Pond Gauntlet 1600m Run – 3 Sections – Waterfall – For all sections we will encourage athletes and fans to fill lanes 5 through 9 on the homestretch of the track. No one can be 50 meters near the finish line or on the first turn.  
8:20 200m Dash – 5 Sections – Green staggers  
8:30 Rockin' 4x400m Relay – 3 Sections – 3 turn stagger – Blue – We will be rocking music for all three heats. Please have all of your athletes on the infield, staying behind our flags while staying off the track, creating lots of noise. Highly encouraged to run back and forth on the infield.

### Clerk and Hip Numbers

Athletes will obtain hip numbers on the football field near the high jump pad. All relay instructions will be given by the clerk in our bullpen area. The clerk will send each relay member to their location on the track.

### Scoring

- Individual Points: 10-8-6-5-4-3-2-1
- Relay Points: 20-16-12-10-8-6-4-2

### Awards

Medals for 1st through 8th place. Team plaques for 1st, 2nd and 3rd place.

At-large competitors who place in the top 8 can pick up a complimentary medal in the press box.

### Champion Shirts

FREE. Event champions can redeem their t-shirt on the infield. Champion shirts sponsored by Jill and Martin Renaud.

### Concessions and T-Shirts

Both will be for sale. T-shirts = \$20



## Wanner Knights' Invitational Meet Records

Event	Record	Trackmen	School	Year
100 meter dash	10.5	Wayne Patton	Zion-Benton	1992
	10.5	Terry Brown	Zion-Benton	1985
200 meter dash	21.3	Wayne Patton	Zion-Benton	1992
400 meter dash	48.03	Corey Hertz	Lakes	2015
800 meter dash	1:52.6c	Ken Staggs	Homewood Flossmoor	1976
1600 meter run	4:09.62	Jack Keelan	St. Ignatius	2013
3200 meter run	8:56.9	Jeremy Stevens	Winnebago	2006
110m high hurdles	14.06	Dave Kendziera	Prospect	2013
300m int. hurdles	37.6	Kyle Erickson	York	1999
400 meter relay	41.52	Smith-Thomas Ciupka-McMillon	Schaumburg	2014
800 meter relay	1:26.60	Smith-Thomas Ciupka-McMillon	Schaumburg	2014
1600 meter relay	3:20.96	Balliu-Kuhlmann Ruiz-Theil	Lakes	2015
3200 meter relay	7:34.1	Janulis- Stasiulis Hobbs-Sage	York	2000
F/S Medley relay	3:36.9	Burchfield- Lockett Thomas- Nicklas	Zion Benton	2007
Pole Vault	4.90m 16'1"	Nate Plager	Rockford East	1993
High Jump	2.08m 6'10"	Quiande Moore	Zion Benton	1998
Long Jump	7.25m 23'09.25"	Vernon George	Zion Benton	2008
Triple Jump	14.92m 48'11.5"	Quiande Moore	Zion Benton	1998
Shot Put	18.99m 62'3 ½"	Tyler Michelini	Lake Park	2023
Discus Throw	56.97m 186'11"	A.J. Epenesa	Edwardsville	2016