2023 Tiger Girls Track & Field

45th Annual

Tiger Invitational

Hosted by Wheaton Warrenville South High School

Friday, April 28, 2023

Teams

Bolingbrook, Downers Grove South, Glenbard South, Glenbard West, Hinsdale Central, Hinsdale South, Huntley, Lincoln-Way Central, Lincoln-Way East, Lyons Township, Metea Valley, Moline, Morgan Park, Naperville Central, Naperville North, Oak Park|River Forest, Oswego, Schaumburg, Wheaton North, Wheaton Warrenville South, Yorkville

Contract Status

Rules

All IHSA governing rules apply for this invitational.

Spectators

We have always been very flexible with letting athletes, coaches, and even spectators on the infield. In recent years, it has become increasingly more difficult to control the infield/finish line area. We are asking for your help. All non-competing athletes should remain in the stands and managers should remain in the bleachers by the finish line.

Entries

Due Date: Thursday, April 27, 2023 at 11:00 AM

Schools are allowed three (3) entries in all individual events. Teams are limited to one (1) relay entry per event. Please make sure that no athlete is entered in more than four events. Due to the lateness of the entry deadline, NO substitutions will be allowed on the day of the meet. The following links will direct you to the athletic.net website and online instructions.

Online Entries – http://www.athletic.net/
Online Entry Instructions

All field event seed marks will need to be in metric. Here's a link to a conversion website.

If you have any questions, please email or call Rob Harvey. It would be best to have a computer available when you call.

Rob Harvey
robert.harvey@cusd200.org
Cell – 630-670-6383

Live Results

https://wwstiming.com/meets/14413

Final Results

A copy of the results will be given to each team at the conclusion of the meet. A full copy of the results will also be emailed to all head coaches and they will be posted on www.tigerxctf.org and www.athletic.net websites.

Scratches

Scratches may be made at the tent located at the finish line between 3:30 and 4:00.

Coaches Meeting

A short coaches meeting will take place at 4:00 at the finish line. One representative from each school must attend.

Wheaton Warrenville South High School
Tiger Girls Cross Country and Track & Field
1993 TIger Trail
Wheaton, Illinois 60189
630-784-7200
www.tigerxctf.org | twitter - @tigerxctf | instagram - @tigerxctf

2023 Tiger Girls Track & Field

45th Annual

Tiger Invitational

Hosted by Wheaton Warrenville South High School

Friday, April 28, 2023

Adult Workers

We are asking for one field event worker and we have assigned each school to one relay exchange zone. The relay exchange zone assignments are listed below. Finish line workers will be supplied by Wheaton Warrenville South.

Please fill out the **Google Form** with the worker's name and their first and second choices. We will make every attempt to place workers in one of their desired positions. Your worker should be knowledgeable of the assignment and should report to the event venue by no later than 4:00. If you do not provide an adult worker, your coaching staff will be assigned the responsibility. Worker assignments will be emailed to the head coach by noon on Thursday, April 27th.

4 x 100 Meter Relay

- Exchange Zone #1 – Orange to Orange
  - Front – Glenbard West and Glenbard South
  - Back – Lincoln-Way Central and Moline
- Exchange Zone #2 – Orange to Orange
  - Front – Oak Park | River Forest and Huntley
  - Back – Bolingbrook and Naperville North
- Exchange Zone #3 – Orange to Orange
  - Front – Naperville Central and Downers Grove South
  - Back – Wheaton North and Hinsdale Central

4 x 200 Meter Relay

- Exchange Zone #1 and #3– Yellow to Yellow; Orange to Orange
  - Front – Oswego and Lyons Township
  - Back – Hinsdale South, Schaumburg and Metea Valley
- Exchange Zone #2 – Yellow to Yellow
  - Front – Morgan Park and Yorkville
  - Back – Lincoln-Way East and Starters

Officials

Kenric Bond, Lisle (#71769), Amy Craychee, Downers Grove (#70306) and Jesse Rocha, West Chicago (#62880)

Scoring

Nine places will be scored (10-8-7-6-5-4-3-2-1).

Awards

T-Shirts for the Event Champions
Medals for 2nd and 3rd places and ribbons for 4th through 9th places will be awarded ribbons.

Bus Parking

All buses should drop athletes off and park either in the circle. WWS personnel will be directing all bus parking. Please see the facility map for details.

Restrooms

Restrooms are located in the back of the concession stand. Please see the facility map for details.

Blocks

Wheaton Warrenville South High School will provide starting blocks.

Relay/Runway Markers

Absolutely no tape may be used for relay or runway marks. Chalk will be provided.

Wheaton Warrenville South High School
Tiger Girls Cross Country and Track & Field
1993 TIger Trail
Wheaton, Illinois 60189
630-784-7200
www.tigerxctf.org | twitter - @tigerxctf | instagram - @tigerxctf

2023 Tiger Girls Track & Field

45th Annual

Tiger Invitational

Hosted by Wheaton Warrenville South High School

Friday, April 28, 2023

Facilities

Our track is an all weather nine-lane 400-meter track. No spikes longer than ¼" may be used. Shot Put and Discus platforms are concrete. Concessions and restrooms are available at the Northeast corner of the track. Please see the facility map for details.

High Jump

In an effort to offer the best competitive environment possible, we will continue this to split the high jump into two flights. We are not going to have a set cut off height, but we will probably use **1.47M (4-09.75).** The final determination will be made by the Meet Director. Starting heights will be determined when entries are final. Both flights are eligible to score and ties will be broken using standard procedures.

Pole Vault

In an effort to offer the best competitive environment possible, we will continue this to split the pole vault into two flights. We are not going to have a set cut-off height, but we will probably use **2.73M (8-11.50)** as our guide. The final determination will be made by the Meet Director. Starting heights will be determined when entries are final. Both flights are eligible to score and ties will be broken using standard procedures.

Throws

Four throws, best of four attempts. Four (4) total flights. The first flights for ***BOTH*** shot put and Discus will begin at 4:30. Implements will be and weighed checked from 3:30 to 4:00 in the track garage/shot put ring located at the Northeast corner of the track.

Long Jump/ Triple Jump

Best of four attempts. Four (4) total flights. Flights will be called in order.

Jury of Appeals

The Jury of Appeals will be made up of the head coaches from the following schools:

Glenbard West
Huntley
Moline
Lincoln-Way Central
Naperville Central
Wheaton Warrenville South
Yorkville

Team Camps

Please keep all team camps outside the fenced track area and out of the home stretch (East) bleachers. This could be modified due to COVID guidelines.

The only exception to this is the grass area to the North of the first curve. You may use this area, but please make your teams aware of the proximity to the track. Teams may use the West (Visitors) Bleachers and grass areas outside the fenced track. Please see the facility map for details.

Questions

Rob Harvey
Head Girls Track & Field Coach
robert.harvey@cusd200.org
Cell – 630-670-6383

Wheaton Warrenville South High School
Tiger Girls Cross Country and Track & Field
1993 TIger Trail
Wheaton, Illinois 60189
630-784-7200
www.tigerxctf.org | twitter - @tigerxctf | instagram - @tigerxctf