



Grant Community High School Girls' Track and Field Lady Bulldog Invitational



Entry Information:	1. All entries must be completed online by April 7th @ 8:00 am 3. THREE individual entries from each team will be allowed per event 4. TWO relays will be allowed with "A" relays taking precedence over "B" relays 5. FAT timing is provided by Ben at ben@pfvperformance.net . The Athletic.net invite will come from him.
Workers:	GCHS will provide workers for each event. We will need coaches to serve as relay exchange judges.
Coaches:	Meeting at the "G" on the 50 yardline at 4:30pm
Location:	Grant Community High School Main Track
Scoring:	10-8-6-4-2-1
Teams:	Antioch, Grant, Johnsburg, Lake Forest, Lakes, Marian Central, McHenry, Round Lake, Vernon Hills, Wheeling
Awards:	Individual and Relay awards and an overall winning team award
Timing:	FAT timing is provided by Ben at ben@pfvperformance.net . The Athletic.net invite will come from him.
Concessions:	Will be open
Team Camp:	Teams can set up camps just outside the stadium on the grass or in the bleachers. Locker rooms will not be provided.
Athletic Trainer:	Will be available



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Field Events:

Long Jump:	Two Flights: Flight 1 Followed by Flight 2, 4 jumps, 10 min warm up between flights, NO FINALS
Triple Jump:	Two Flights: Flight 2 followed by Flight 1, 4 jumps, 10 minute warm up between flight, NO FINALS
High Jump:	Opening height at 1.26m (4'1"). Bar moves: 5 cm (2")
Shot Put:	Two Flights: Flight 1 Followed by Flight 2, 4 throws, 10 min warm up between flights, NO FINALS
Disc:	Two Flights: Flight 2 followed by Flight 1, 4 throws, 10 minute warm up between flight, NO FINALS
Pole Vault:	Opening height at 2.13m (7'0"). Bar moves: 15m (6")

Running Events:

4:15	Track opens to teams
5:00	Field Events Begin
6:00	4x800 Relay 4x100 Relay 3200m Run 100m Hurdles 100m Dash 800m Run 4x200m relay 400m Run 300m Hurdles 1600m Run 200m Dash 4x400m Relay