



TRACK AND FIELD
"Ross Gantt Invitational"
April 18, 2015



To: Athletic Director and Head Track Coach
From: Brent Pitt and Jimmy Centella

Date: 04-18-15

Admission: \$3.00 for adults
\$1.00 for students

T-Shirts: Meet t-shirts will be on sale for \$12.00

Concessions: Concession stand will be open during the meet.

Entry Fee: \$200—If you have not already done so, please send your entry fee to:
Grayslake Central High School
Attn: Brent Pitt, Head Track Coach
400 North Lake Street
Grayslake, Illinois 60030

Entries: Each school will be allowed 2 entries per event and 1 relay team per event per level. See attached sheet for entry process. Athletes may participate in no more than 4 events. Please enter your athletes on athletic.net. Please see attached sheet for more information.

When all possible please enter your athletes with times and marks. Use best estimates if you must.
Entries are due by 11:59 PM on Wednesday , April 15, 2015.

Games

Committee: The committee will comprise of the head coaches from each school and Brent Pitt the Head Coach from GCHS.

Participating Schools:

Antioch Upper Grade
Barrington Prairie
Big Hollow
Carl Sandburg Middle
Deer Path

Grayslake Middle
Hawthorn North
Hawthorn South
Matthews Middle
Park Middle
Prairie Crossing

Round Lake Middle
St. Mary's Elgin
Wauconda Middle
Stanton School
Woodland

Location: Grayslake Central High School
400 N Lake St
Grayslake, IL 60030

Workers: Each school will need to provide 1 coach for field event assignment. Each coach may not be used, but this is to ensure sufficient coverage. Also be prepared to provide a coach to help time only in the case that the FAT system goes down. **see attached sheet for sign-up**

Team Tents: The natural grass area to the right or left of the scoreboard is the designated area for team tents. No team areas will be allowed on the infield

Scoring: Six places—10-8-6-4-2-1. 1st place team receives a Trophy for each level.
Medals: Top 3 finishers in each event and top 3 relay teams, places 4-6 will ribbon.

Awards and results will be given at the end of the meet and can be picked up in the press box.

Team Packets: Teams may pick up their packets once they arrive in the Press Box.

Emergency: In the event of severe weather, please enter the building as quickly as possible and proceed to the Field House.

Contacts: If you have any questions please feel free to contact:

Head Coach	Brent Pitt	847-986-3300	bpitt@d127.org
Meet Manager	Jimmy Centella	847-986-3300 x5651	jcentella@d127.org
AD Secretary	Laurel Karolczak	847-986-3300 x5025	lkarolczak@d127.org

Schedule of Events:

8:30 a.m. Coaches Meeting/Scratch Meeting in the Press Box

9:00 a.m. Boys Field Events Begin (Best flights will compete last)
Discus—7B followed by 8B (4 attempts no finals)
Shot Put—8B followed by 7B (4 attempts no finals)
High Jump—7B followed by 8B (Starting height TBD at coaches meeting)
Long Jump—8B followed by 7B (4 jumps no finals)

9:00 a.m. Girls running Events Begin (We will follow a rolling time schedule)

Class 7G Low Hurdle Prelims; 8G to follow
Starter shall determine if a rest period is needed before 100 M Hurdle Final
Class 7G Low Hurdle Finals; 8G to follow
Class 7G 100 M Dash Semifinals; Class 8G to follow
Starter shall determine if a rest period is needed before 100 M Finals
Class 7G 100 M Dash Finals; Class 8G to follow
Class 7G 1600 M Run Finals; Class 8G to follow
Class 7G 4x200 M Relay Finals; Class 8G to follow
Class 7G 4x100 M Relay Finals; Class 8G to follow
Class 7G 400 M Dash Finals; Class 8G to follow
Class 7G 200 M Dash Finals; Class 8G to follow
Class 7G 800 M Run Finals; Class 8G to follow
Class 7G 4x400 M Relay Finals; Class 8G to follow

After Completion of Girls Running and Boys Field Events...

Time TBD Girls Field Events Begin (Best flights will compete last)
Discus—7G followed by 8G (4 attempts no finals)
Shot Put—8G followed by 7G (4 attempts no finals)
High Jump—7G followed by 8G (Starting height TBD at coaches meeting)
Long Jump—8G followed by 7G (4 jumps no finals)

Time TBD

Boys running Events Begin (We will follow a rolling time schedule)

Class 7B Low Hurdle Prelims; 8B to follow
Starter shall determine if a rest period is needed before 100 M Hurdle Final
Class 7B Low Hurdle Finals; 8B to follow
Class 7B 100 M Dash Prelims; Class 8B to follow
Starter shall determine if a rest period is needed before 100 M Finals
Class 7B 100 M Dash Finals; Class 8B to follow
Class 7B 1600 M Run Finals; Class 8B to follow
Class 7B 4x200 M Relay Finals; Class 8B to follow
Class 7B 4x100 M Relay Finals; Class 8B to follow
Class 7B 400 M Dash Finals; Class 8B to follow
Class 7B 200 M Dash Finals; Class 8B to follow
Class 7B 800 M Run Finals; Class 8B to follow
Class 7B 4x400 M Relay Finals; Class 8B to follow

2015 Ross Gantt Invitational Worker Sheet

Please provide at least two capable adult workers. In addition, all head coaches will be responsible for one relay exchange zone. Note: workers will be assigned in the order they are received. Respond Early! Please email this sheet to bpitt@d127.org or fax to 847-223-3560 ATTN: Brent Pitt. Please return by Wednesday April 15th. Thanks!

School: _____

Head Coaches Name: _____

Worker # 1 _____

Event Choice #1 _____ Boys or Girls

Event Choice #2 _____ Boys or Girls

Backup Timer: _____

Ross Gantt Invitational (#235193)

Online Entry Instructions

This meet is using free online registration at Athletic.net!

Date	4/18/2015	Host	Illinois Prep Top Timing
Location	Grayslake Central HS 400 North Lake Street, Grayslake, IL 60030	Director	
Field Start		Email	
Track Start		Phone	
		Website	ilpreptiming.com

Athlete Registration will be locked on 4/15/2015 at 9:59 PM (Pacific)

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify coaching tasks.

1. [Sign up for a free coach account](#)

(if you do not have one)

- Go to: www.athletic.net
- Click on '[Sign up](#)' in the upper right-hand corner
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- Login to Athletic.net using your email address and password
- Click "**Coach Tools**" under the main navigation bar
- Click "**Team Home**"
- Click "**Add Meet**" above your calendar box
- Where it says "Meet ID:" enter **235193** and click **Add**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** again
- Repeat this process for the rest of your season calendar
(You can also add other meets, even if you don't know the Meet ID. Just select your state and click "Next >" instead of entering your meet ID.)
- Verify that your calendar is correct. Use the Edit button next to meets to make corrections

3. Enter team roster

- Click "**Coach Tools**"
- Click "**Edit Athletes**"
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the Ross Gantt Invitational

- Locate **Ross Gantt Invitational** on your team's main track and field page and click on the meet name
- In the blue dropdown, click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Click "**Save Changes**"
- Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.

Tips

- Large teams often have each of their coaches sign in to register the athletes they are responsible for.
- By printing and faxing your entries, you can use the meet registration feature of Athletic.net even if the host isn't using the site to download entries!

Athletic.net offers free **statistic tracking**, eases **meet registration**, and provides free tools that simplify common coaching tasks.