

Niles North Boys' Track and Field

4th Annual Dan Horyn Invitational

Friday, April 21, 2017 4:30 p.m.

Chuck Pos Stadium, Niles North High School

Competing Schools: Crete-Monee, Deerfield, Highland Park, Glenbrook South,, Fenwick, Lane Tech, Loyola Academy, Stephen Mather, Walter Payton, West Chicago, William Howard Taft, & Niles North

Welcome to the 4th annual Niles North Dan Horyn Invitational. Quick facts regarding the DH Invite:

- **Freshman/Sophomore Division (must be a freshman or sophomore to compete)**
- **Junior Varsity Division (relays and field events only; any grade level may compete)**
- **Varsity Division--any grade level may compete in this division.**
- **Limit to one relay and two individuals per event for the Varsity and Frosh/Soph**
- **Athletes must compete at one level throughout the competition**
- **Team awards will be given on the Freshman/Sophomore and Varsity levels**
- **There will be no preliminary heats for the sprints and hurdles.**
- **Please turn in accurate seed times and remember all heats/sections can score.**
- **All timing will be FAT provided by PT Timing.**
- **We will strictly adhere to the 10 minute check-out/check-in rule for field events.**

Team Awards

Frosh/Soph : 1st place and 2nd place team awards

JV will be not be scored as a team and no team awards.

Varsity: 1st place and 2nd place team awards

Individual and Relay Awards

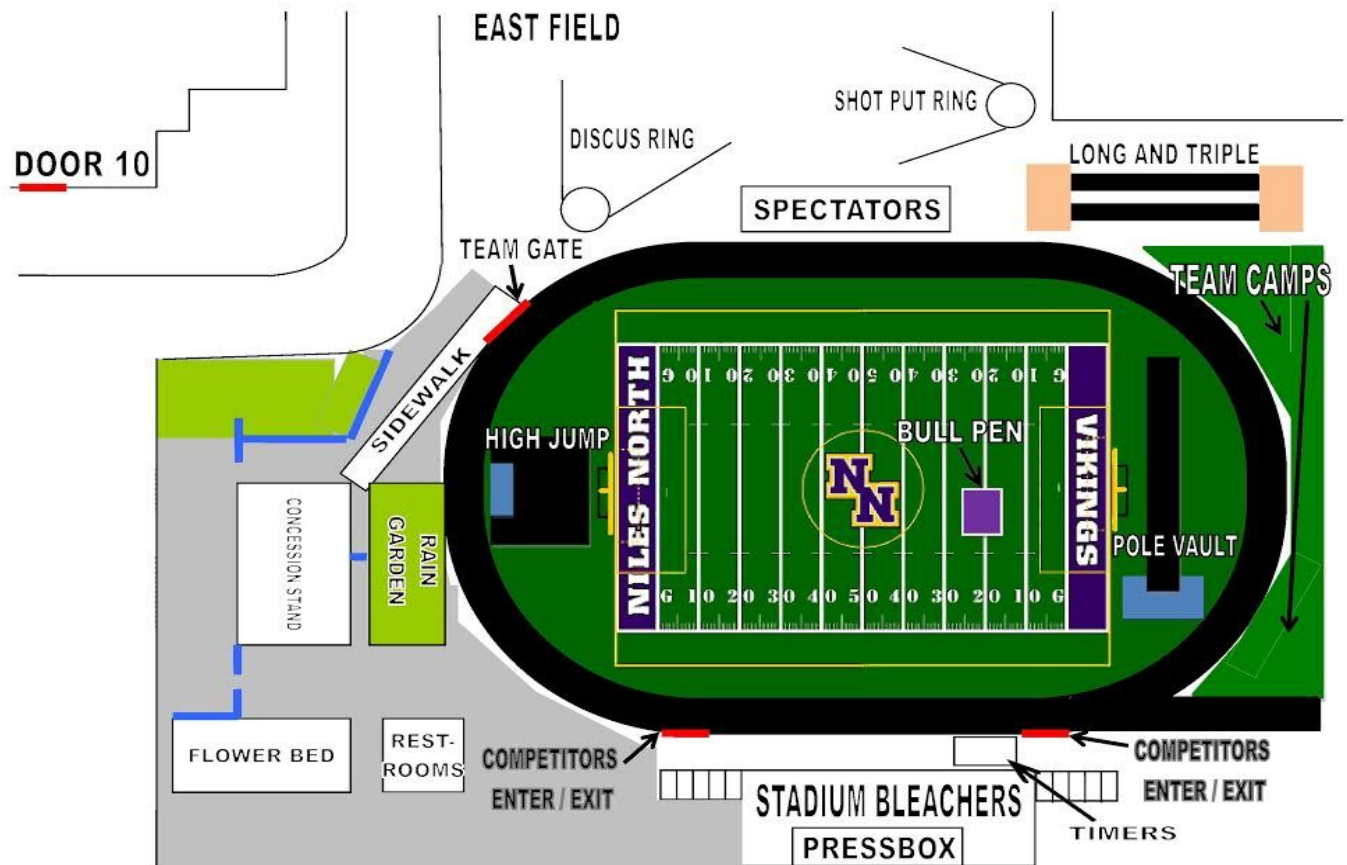
1st to 3rd Medals all levels

4th to 6th Ribbons all levels

There will be at large competitors running in the Dan Horyn Mile Run. All competitors will be seeded by seed time regardless of at large competitor or competing team in meet. We anticipate running 4 sections of the mile. Two sections at the Frosh/Soph Division and 2 sections at Varsity Division, including the Dan Horyn Mile Run. A special plaque will go to the winner of this event. All at large athletes will not score team points, but will be eligible for individual awards.

Entries must be made online at www.pttiming.com beginning 4/12/17 and ending at 12:00 noon on 4/19/17. There are separate entry forms for each level. Please be warned that failure to complete entries by this deadline will result in a \$50.00 fine by Prime-Time timing. Go to upcoming meets to begin log in. Contact Lindsey Kitzman Office Manager, PrimeTime Timing by email lindsey@pttiming.com or phone [800-766-4167](tel:800-766-4167) with any questions.

Any questions regarding the Dan Horyn Invite, please call Mark Egofske at (847) 626-2297 or email at marego@d219.org



ADMISSIONS Please make your parents and fans aware that there is an admission price for this event. All proceeds go to fund the Dan Horyn Scholarship fund. \$5.00 Adults \$2.00 Students with ID and Children under 10. NO PASSES FOR THIS EVENT

BUSES: Please have your buses drop your athletes off outside the Team Gate to the stadium. This gate will be closed shortly after 4:00. Please have your buses park and wait in the far North parking lot of the school. We can not have any buses parking in the drive or parking lot adjacent to the track. Cars parked along the South drive or in the pool drop off lane will be towed at the owners expense.

TEAM CAMPS Please have your team camp in the main bleachers or grassy areas on the South end of the track under the scoreboard. Camps are not allowed on the main stadium field.

CONCESSIONS There will be concessions for sale during the meet. Programs and T-shirts will be for sale as well

SPECTATORS Niles North would appreciate your help with keeping athletes off of the main field and especially away from the finish line unless they are warming up or checking in for their events.

BULLPEN: will be the purple benches at about the southern 20 yard line. Athletes will need to check in for all running events at the bullpen on the main field. BULLPEN for the 100, 110, 200 and 300 will be at the start line.

HIP NUMBERS: Athletes will be assigned a hip tag that will correspond to their starting position for their race. A clerk will assist athletes at the starting line with their starting position. Hip number must be worn on the right hip by each individual and the anchor of each relay. Hip number station will be very close to the starting line and bullpen. .

SHOT/DISC Implement Inspection and weigh in will take place outside the concession stand as you enter the stadium. Weigh in time is 3:30 to 4:15.

Any questions please call Mark Egofske at (847) 626-2297 or email at marego@d219.org

Dan Horyn Invitational—Schedule of Events

4:00 Coaches Meeting in Press Box with Hospitality

4:30 Competition Begins

Field Events 4:30 Start

Long Jump	West runway Varsity (4 jumps no finals) East runway Freshman/Sophomore followed by JV
High Jump	Varsity first followed by JV followed by Frosh Soph (depending on entries JV and Frosh Soph may compete simultaneously).
Pole Vault	Varsity first followed by Frosh Soph and JV simultaneous.
Shot Put	Varsity West Pit, followed by Frosh Soph (4 throws no finals) JV East Pit
Discus	Frosh Soph, followed by Varsity, followed by JV (4 throws no finals)
Triple Jump	Follows Long Jump (4 jumps no finals) West runway Varsity immediately following Varsity Long Jump West runway Frosh Soph immediately following Varsity Triple Jump East runway JV Triple following JV Long

Running Events 4:30 Start

Timetable is a tentative estimate, we will combine heats and run ahead if possible.

4:30	4 x 800 Frosh/Soph (1 heat)
4:45	4 x 800 JV (1 heat)
5:00	3200 Frosh/Soph Heat 1
5:15	3200 Frosh/Soph Heat 2 (depending on # of entries)
5:30	3200 M Heat 1 Varsity
5:45	Ceremony honoring the memory of Dan Horyn
5:55	National Anthem

Timetable is a tentative estimate, we will run ahead if possible.

All races will be run in the order of Frosh/Soph, JV, and Varsity

6:00	Varsity 4 x 800	(1 Heat)
6:12	400 Meter Relay	(6 Heats)
6:25	3200 Run Varsity	(1 Heat)
6:35	110 High Hurdles	(8 Heats)
6:50	100 Meter Dash	(8 Heats)
7:00	800 Meter Run	(4 Heats)
7:16	800 Meter Relay	(6 Heats)
7:35	400 Meter Dash	(8 Heats)
7:55	300 Meter IM Hurdles	(8 Heats)
8:15	Dan Horyn Mile	(1 Heat)
8:22	1600 Meter Run	(4 Heats)
8:45	200 Meter Dash	(8 Heats)
9:00	1600 Meter Relay	(6 Heats)

(3 turn stagger)

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Meet Worker Assignments

Meet Responsibility	Worker Assigned
Head Finish	
Finish Line	
Finish Line/FAT Flag	
Lane Cones and Finish Line	
Lane Cones and Finish Line	Mike Endo & T&F Athletes
Starting Blocks/Runners	Mike Endo & T&F Athletes
Starting Blocks/Equipment	
Head Clerk	Andy Swedberg
Asst Clerk	Maggie Stewart
Hip Numbers	Calvin Albazi
Hip Numbers	Kia Pickett
Hip Numbers	
Hip Numbers	
Awards Coordinator	Laura Schero
Awards Asst	Terri VanderJeugd
Awards Asst/Hospitality	Peggy Howard
Awards Asst	Denise French
Announcer	Dave Shafron
Awards Announcer/Record Updates	Laura Fowler
Scoreboard	Robert Henderson
Hurdle Crew/Workers	Jon Roberts

Worker List 2016

Meet Director
Seeding Review and Program
Dan Horyn Mile Coordinator
Head Starter
Assistant Starter
Team Photographer

Mark Egofske
Paul Swanson
Dave Shafron
Larry Genge
Ben Knudson
Jim Teague

Field Event Workers

Long Jump
Triple Jump
Varsity High Jump
Frosh Soph/JV High Jump
Pole Vault
Varsity Shot
JV Shot/Frosh Soph Shot
Varsity Discus
JV/Frosh Soph Discus

Niles North and Proviso West
Fenwick and Loyola, St Rita
GBN, Mather
GBS, West Chicago
Niles North and GBN
Lane Tech and Taft
Walter Payton and Fenwick
Niles North and GBS
Niles North, Loyola

Exchange Zone Workers

4 x 800

Cut in and exchange Starter and NN

4 x 100 Exchange 1

Taft and Payton

4 x 100 Exchange 2

Vernon Hills and West Chicago

4 x 100 Exchange 3

NN and Mather

4 x 200 Exchange 1 and 3

incoming

Lane and Fenwick

outgoing

GBS and Proviso

4 x 200 Exchange 2

incoming

NN and Starter

outgoing

Loyola and GBN

4 x 400

Cut in and exchange Starter and NN



NILES NORTH OUTDOOR TRACK MARKINGS

FINISH LINE WHITE line at SW END OF STRAIGHTAWAY

ALTERNATE FINISH LINE AT NE END OF STRAIGHT AWAY FOR 200

100 Meters Dash	WHITE starting line at the NW END OF STRAIGHTAWAY labeled 100
200 Meters Dash	WHITE starting staggers at the NE curve starting staggers
400 Meter Dash	YELLOW starting staggers at the SW end. (2 turn stagger)
800, 1600, 3200	Meter Run GREEN starting alleys or WHITE waterfall line at SW finish line.
110 Meter High Hurdles	WHITE starting line at the NW end of straight away labeled 110 HH BLUE hash marks for (39")hurdle placement.
300 Meter Int. Hurdles	WHITE starting staggers at the SE curve. RED hash marks for (36') hurdle placement.

400 Meter Relay (4 x 100) Entire race run in lane.

Starting line same as 400 Meter Dash (Yellow starting staggers – 2 turn stagger)

Exchange Zones: YELLOW to YELLOW TRIANGLES.

800 Meter Relay (4 x 200) Entire race run in lane.

Starting line RED staggers at SW curve. (4 turn stagger)

1st exchanges are RED to RED TRIANGLES (NE curve)

2nd exchanges are RED to RED TRIANGLES (SW curve)

3rd exchange is YELLOW to YELLOW TRIANGLES (NE curve)

1600 Meter Relay (4 x 400)

Starting Line Blue starting staggers at SW curve. (3 turn stagger)

1st to BLUE exchange zone at SW curve.

2nd runner must stay in lane until dotted green cut in line at SE curve.

2nd and 3rd exchange: SOLID ROW of BLUE TRIANGLES at end of SW straightaway.

3200 Meter Relay (4 x 800)

White starting alleys or WHITE waterfall line at SW end/finish.

BREAK LINE for 2nd Runner GREEN DASH line at SE curve

Exchange Zone: SOLID ROW of BLUE to BLUE TRIANGLES. at end of SW straightaway

COLORED STAGGERED LINES AT SW CURVE:

- **GREEN LINE: One Turn Stagger**
- **YELLOW LINE: Two Turn Stagger**
- **BLUE LINE: Three Turn Stagger**
- **RED LINE: 4 Turn Stagger**
- **GREEN DASH LINE (SE Corner): Break Line**