



LAKE PARK HIGH SCHOOL
30TH ANNUAL CAROL KOSZOLA CLASSIC
GIRLS TRACK & FIELD INVITE

SATURDAY, APRIL 22, 2017

Dear Coach,

Welcome to the 30th Annual Lake Park Carol Koszola Classic Girls Track & Field Invite. We are looking forward to hosting your team. We anticipate another outstanding meet this year and will do everything in our power to make your visit a successful and enjoyable experience.

Entries: Teams may enter two (2) individuals and one (1) relay at both the Varsity and JV levels. We will be using an on-line entry system and FAT timing at this year's invite. To submit entries, coaches should log on to the website www.pttiming.com and locate the link for the Lake Park Invite and follow the entry instructions.

Please note that there are **separate links** for the JV & Varsity Entries.

Levels: The meet will feature all events for both the Varsity and JV levels

Athletes may only compete at one level.

Please note: entries close at **8:00PM on Wednesday, April 19, 2017**. Changes will be allowed at the invite prior to 11:30AM.

Scoring: 10-8-6-5-4-3-2-1

Teams: (14T)	Addison Trail	Morton
	Boylan Catholic	New Trier
	Buffalo Grove	Rolling Meadows
	Conant	St. Ignatius
	Dundee Crown	Streamwood
	Fenwick	St. Charles East
	Hononegah	Lake Park

Schedule:	11:30AM	Coaches Meeting w/ Meet Referee
	12:00PM	Field Events
	12:15PM	JV 3200M Run
	1:00PM	Track Finals

Location: Lake Park East Campus

600 S. Medinah Road
Roselle, IL 60172

Bus Parking: Please inform your bus drivers to drop your team at the southwest entrance to our athletic facilities located in the Medinah Baptist Church & School parking lot at the corner of Foster & Sycamore Avenues, just West of Medinah Road at 900 Foster Avenue, Medinah IL 60157
There is no bus parking in the Medinah Church lot.

After drop off, buses are to park in our Drivers' Education range located along the south side of the school along Acacia Lane.

Parents & spectators may park in the Medinah Baptist Church parking lot, or in the parking lots located on the East side of Lake Park East Campus.

Facilities: No locker rooms will be available for athletes. Athletes should come dressed to compete. Washrooms & concessions are available in the track stadium.

Coaches Meeting: All head coaches, or a representative from your school, must be present at the scratch meeting outside the concessions stand at **11:30AM**

Weigh-In: All shots & discus must be weighed in and certified prior to competition. The weigh-in station will be located near the concessions stand.

Admission: \$5.00 – Adults; \$3.00 Students/Children
Senior Citizens & Children Under the age of Five (5) Admitted Free

Spectators: All spectators must remain in the stands at all times. Only participants and coaches will be allowed in the competition areas. **Please help us keep athletes off of the soccer infield. Please use the paved walkway around the track and stay off the infield.**

Results: F.A.T. timing will be used. Event results will be posted by event outside the concessions stand as they become available. Complete results will be available immediately following the invite online at www.pttiming.com Hard copy results can be provided to teams with their results upon request

Awards: Top three (3) Varsity teams, and the top JV team will receive plaques. The top six (6) Varsity individuals in each event will receive medals. The top six JV individuals in each event will receive ribbons.

T-Shirts: Meet T-Shirts will be for sale at a cost of \$15.00 at the concessions stand.

Questions: Pete Schauer
Athletic Director
(630) 295-5325
pschauer@lphs.org

Tom Kaberna
Head Girls' Track Coach
tkaberna@lphs.org

Meet Worker Assignments

Each school is required to provide qualified adult workers. Schools have been assigned specific areas. It is the responsibility of the school to provide qualified adult workers for these events/responsibilities.

School	Event(s)	Level(s)
Addison Trail	4 x 100M ex #2 4 x 200M ex #1 & ex #3	Both Both
Boylan Catholic	Head Varsity Long Jump Assistant Discus	Varsity Prelims + Finals Both + Finals
Buffalo Grove	Assistant High Jump Assistant Shot Put	Both Both + Finals
Conant	4 x 200M ex #1 & ex #3 Assistant Varsity Long Jump	Both Varsity Prelims + Finals
Dundee Crown	Assistant JV Triple Jump 4 x 200M ex #1 & #3	JV Both
Fenwick	High Jump Assistant JV Long Jump	Both JV
Hononegah	Assistant Pole Vault 4 x 100M ex #3 4 x 200M ex #2	Both Both Both
Morton	Head Varsity Triple Jump 4 x 100M ex #3	Varsity Prelims + Finals Both
New Trier	Assistant Discus Assistant Pole Vault	Both + Finals Both
Rolling Meadows	4 x 100M ex #1 4 x 200M ex #2	Both Both
St. Ignatius	Head JV Long Jump 4 x 100M ex #2 4 x 200M ex #2	JV Both Both
Streamwood	Shot Put Assistant 4 x 200M ex #2	Both + Finals Both
St. Charles East	Assistant Varsity Triple Jump 4 x 100M ex #1 4 x 200M ex #1 & #3	Varsity Prelims + Finals Both Both
Lake Park	Head Pole Vault Head Shot Put Head Discus Head JV Triple Jump	Both Both + Finals Both + Finals JV



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SCHEDULE OF FIELD EVENTS

****FINALS WILL IMMEDIATELY FOLLOW PRELIMS IN ALL EVENTS****

12:00PM

LONG JUMP (Varsity at Middle Pit)

Varsity & JV concurrent to completion

Varsity – 3 jump prelims; top 9 to finals

JV – 4 jumps, no finals

TRIPLE JUMP (Varsity at Middle Pit) - Immediately following Long Jump Finals

Varsity & JV concurrent to completion

Varsity – 3 jump prelims; top 9 to finals

JV – 4 jumps, no finals

JV SHOT PUT (Varsity to Follow)

Varsity & JV – 3 throw prelims; Top 9 to finals

VARSITY DISCUS (JV to Follow)

Varsity & JV – 3 throw prelims; Top 9 to finals

HIGH JUMP – COMBINED LEVELS – Flight #1 to completion, Flight #2 - 20 minute warm up

Flight #1 starts at 3'10" athletes at both levels entering the event under 4'6

Flight #2 starts at 4'6" athletes at both levels entering the event at 4'6 or higher

POLE VAULT –COMBINED LEVELS – Flight #1 to completion, Flight #2 - 20 minute warm up

Flight #1 starting height is 6'0" athletes at both levels entering the event under 6'0

Flight #2 starts at 7'6" athletes at both levels entering the event at 7'6 or higher



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SCHEDULE OF RUNNING EVENTS

ALL HEATS FINALS AGAINST TIME

JV Precedes Varsity in Each Race

12:15PM JV 3200 Meter Run (2-heats if necessary)

General Welcome & National Anthem

1:00PM 3200m Relay
400m Relay
Varsity 3200m Run
100m HH
100m Dash
800m Run
800m Relay
400m Dash
300m Hurdles
1600m Run
200m Dash
1600m Relay

****HEATS MAY BE ADDED OR COMBINED DEPENDING UPON # OF ENTRANTS****