

Fox Valley Conference Boys Track & Field Championship

Friday, May 13, 2016

Hosted by Dundee-Crown High School

Fox

Crystal Lake Central
Grayslake Central
Grayslake North
Hampshire
Prairie Ridge
Woodstock
Woodstock North

Valley

Cary-Grove
Crystal Lake South
Dundee-Crown
Huntley
Jacobs
McHenry

Field Event Workers

<u>Long Jump:</u>	_____	_____
<u>Triple Jump:</u>	_____	_____
<u>High Jump:</u>	_____	_____
<u>Pole Vault:</u>	_____	_____
<u>Shot Put:</u>	_____	_____
<u>Discus:</u>	_____	_____

Exchange Zone Judges

4x400 & 4x800

Starters & Finish Line Judges

4x100 & 4x200

1st Exchange: CL South, Woodstock North, Grayslake North, McHenry

2nd Exchange: Cary-Grove, Grayslake Central, Hampshire, CL Central

3rd Exchange: Woodstock, Cary-Grove, Jacobs, Prairie Ridge

Meet Officials

<u>Meet Manager:</u>	Mike Richardson
<u>Games Committee:</u>	All Head Coaches
<u>Starters/Referee:</u>	Steve Kessler/Tom Wiedemann
<u>Announcer:</u>	Chuck Feldmann
<u>Bull Pen Clerk:</u>	Tyler Carlson
<u>Head Finish Judges:</u>	Mike Davis
<u>Scorer:</u>	Steve Gertz

2016 Boys FVC Championship Track & Field Meet

Host: Dundee-Crown High School

Date: Friday, May 13, 2016

Time: 4:30 pm Field Events 6:30 Finals No Semi Finals

Schools: Cary-Grove, Crystal Lake Central, Crystal Lake South, Dundee-Crown, Grayslake Central, Grayslake North, Hampshire, Huntley, Jacobs, McHenry, Prairie Ridge, Woodstock, Woodstock North

Camps: Please keep your camps outside the track area (outside inner fence) and away from field events.

Lockers: Locker rooms/dressing areas will not be provided. There are restrooms near the entrance.

Concessions: There will be a concession stand available.

Spikes: Participants may use up to 1/4" spikes.

Entries: Each school may enter two (2) athletes per individual event and one (1) relay team per relay event. Athletes may participate in up to four (4) total events. . Please convert all manual times to FAT by adding .24. We will be using **athletic.net** online entries to seed the meet. Locate the Fox Valley Conference Meet on the website. AccuRace Timing Services will be doing the FAT timing and scoring of the meet. Please enter your entries online by Monday May 9th by noon. You may still make changes at the meeting if needed.

Seeds: The seed meeting will be at 6:30 pm on Tuesday, May 10th at Dundee-Crown High School in the Annex. Each team needs to have a representative at the meeting. Please enter the school in the doors by the

athletic entrance and turn left. Follow the signs. **Per IHSA rule change: Indoor times may be used to seed outdoor meets. FAT conversion rules still apply.**

Substitutions: Substitutions may be made at scratch meeting only because of illness or injury. The boy who is scratched and substituted for cannot compete in any event.

Workers: Please email Mike Richardson (michael.richardson@d300.org) your worker preference by Tuesday, May 10th. We will place workers on a 1st request - 1st assigned basis.

Awards: Medals will be given to the first 8 place finishers (6 relays). Team trophy will be awarded to the first place teams in each division.

Order of Events and Time Schedule

4:30 **Field Events Begin**

Long Jump: Flight One 4:30-5:10 Flight Two (Top Seeds) 5:20-6:00
Long Jump Finals: 6:10-6:40

Triple Jump: Flight Two (Top Seeds) 4:30-5:10 Flight One 5:20-6:00
Triple Jump Finals 6:45-7:15

Prelims: Three attempts; roll call
Finals: Top 9, 3 additional attempts; roll call
(Times are approximate)

Shot/Discus:

Discus prelims: Top Seeds last—straight to finals.
Shot prelims: Top Seeds first—finals will follow the discus.
Implement weigh-ins at garage by entrance of stadium

Prelims: 3 attempts; roll call
Finals: Top 9, 3 additional attempts; roll call

High Jump: Five alive: Starting height TBD

Pole Vault: Five alive: Starting height TBD
Pole Vault weigh-ins at garage by entrance of stadium

Finals Schedule: (We plan to stick to the time schedule)

6:30 3200 Run (Heat 1)

6:45 3200 Relay 1 Heat

7:00 400 Relay 2 Heats

7:10 3200 Run (Heat 2) 1 Heat

7:25 110 High Hurdles 4 Heats

7:35 100 Meter Dash 4 Heats

7:45 800 Meter Run 2 Heats

8:00 800 Relay 2 Heats

8:10 400 Meter Dash 4 Heats

8:30 300 Meter Hurdles 4 Heats

8:45 1600 Meter Run 2 Heats

9:00 200 Meter Dash 4 Heats

9:15 1600 Relay 2 Heats

9:30 Presentation of Division Champions, Medals, and Results to Coaches

2016 FVC Boys Track & Field Meet

Seed Meeting Agenda

- 6:30-7:00: Welcome & Eat
 - Finish Entries (seed times)
 - Finish Worker List
- 7:00
 - End of Season Meeting
 - Discussion Items
 - Games Committee (Head Coaches & Officials)
 - Infield will be open for athletes warming up and coaches ONLY
 - Meet Records: Update **will be included in final packet
 - 2015 State Champs: Update **will be included in final packet
 - Time Schedule
 - Shot/Disc/Pole Vault check-in/inspection
 - Open Questions/Concerns

Seeding of Meet

- Review seeds & scratches
- Opening Heights
- Number of heats & flights for events:
 - Shot/Discus
 - Long/Triple Jump
 - Distance Races
- Hurdle Judges

F/S Seed Meeting

- Review seeds & scratches
- Opening Heights
- Number of heats & flights for events:
 - Shot/Discus
 - Long/Triple Jump
 - Distance Races