

The 2nd Annual Harlem Track and Field Invitational

Clyde Peterson Stadium/Harlem High School

1 Huskie Circle

Machesney Park, IL 61115

Coaches Meeting: 9:30 a.m.

Field Events/Prelims: Field Events will start at 10:00a.m. with Varsity Discus and JV Shot Put, Varsity Long Jump and JV Triple Jump, ALL High Jump/Pole Vault Together. Upon completion of the Varsity event they will flip to the other. The Varsity 100m High Hurdles will be followed by the 100m Dash prelims then the JV 3200m Run coming as the break before the 200m prelims. Heat winners and next fastest times (6 total for 200m dash, 8 total for 100 dash and High Hurdles) to finals.

Finals: Start at 11:00a.m. with the order following regular meet with JV Race preceding the varsity event.

Participating Teams: Dekalb, Freeport, Hampshire, Harlem, Sterling, Sycamore

Entry Form: Due Thursday, April 24, @ 12:00pm. You must enter your line up @ www.Directathletics.com.

Entries: 2 Varsity and 1 JV per individual events. 1 relay for each level (JV/Varsity) for all four relays.

Entry fee: \$150. Please send to Harlem Athletics ASAP

Scoring:

Varsity – 10, 8, 6, 4, 2, 1 for both relays and individual events. Medals for 1-3, ribbons for 4-6

JV- 6, 5, 4, 3, 2, 1 for both. Medals for 1st place and ribbons for 2-6. 2 Team Trophies will be awarded.

Spikes/Track: We have a new track and require athletes to use ¼" pyramid spikes or less.

NO TAPE on the track or runways. We will provide chalk or tennis balls for markers. Remember no marks on the run way for jumping events other than high jump. We will have concessions and meet T-shirts for \$15. Please tell your athletes about the T-shirts in advance!

All camps must be outside the fenced track area.

Workers: Each school will be assigned a relay exchange to observe. Harlem will cover all other events.

Our meet will use the FAT system for timing.

Email scott.sholl@harlem122.org with any questions.

2nd Annual HARLEM LADY HUSKIES INVITE

PRELIMS

100m HH prelims (Heat winners and + next 6 fastest times we have an 8 lane Straight)

100m dash prelims (Heat winners and + next 6 fastest times we have an 8 lane Straight)

JV 3200m Run

200 prelims (Heat winners and + next 4 fastest times we have an 6 lane curve)

FINALS

JV 4X800

V 4X800

JV 4X100

V 4X100

V 3200

Finals 100hh

Finals 100dash

JV 800

V 800

JV4X200

V 4X200

JV 400

V 400 (2 heats)

JV 300 LH

V 300 LH (2 heats)

JV 1600

V 1600

JV 200

Finals V 200

JV 4X400

V 4X400