

7th Annual Hononegah Track & Field Classic

- Date:** Saturday, March 7th, 2015
- Time Schedule:** 9:30 AM – Field Events
9:30 AM – Running Events (Prelims and Sections 1 & 2 of 3200M Run)
10:45 AM – Finals Awards: 3:45 PM
We will run ahead of the enclosed schedule if possible!
- Entries:** Running Events – 2 entries
Relays – 1 Entry
Field Events – 3 Entries *except for Shot Put – 5 Entries*
www.Directathletics.com (Please see attached directions)
- Deadline:** Friday March 6th, 2014 8:00 PM. (The meet will not be listed on www.directathletics.com until Monday March 2nd.)
NO CHANGES / ADDITIONS THE DAY OF THE MEET!
Please do not forget to enter online by the deadline.
- Facility:** 200 Meter Indoor Track – 6 Lanes
- **NO METAL SPIKES ARE ALLOWED ON THE SURFACE**
 - Only rubber soled shoes may be worn on the field house surface
 - Failure to abide by this will result in Disqualification and forfeit of team points!
 - Please see Coach Savage, Clerks, or Starters (Yellow Badges) to check any shoes.
 - **No tape on surface, please only use chalk.**
- Packet Pick Up:** Tables by the finish line. You will receive a meet program and heat sheets and coaches badges for entry in and out of the Dome.
- Team Camps:** Team camps will be in the hallways of the school. The majority of the school will be locked, please ask your athletes not to wander around the school. Please remember to clean up your team camp before you leave. Please tell your athletes that they cannot set up your team camp in the dome.
- Events:** Order of events is included
- Shot Put, Long Jump, and Triple Jump – 4 attempts, and no finals
 - Shot Put – 2 Rings, Ring 1 first half of flights, Ring 2 second half of flights
 - Long Jump / Triple Jump: Cafeteria Style 2 Hours
 - High Jump / Pole Vault: Top 15 – Top 20 will be first flight, followed by remainder of the field. Athletes should only use field event areas to warm up before their specific flight.
 - Running Events: Slowest Heat to Fastest Heat
 - Top 12 will qualify for finals in the 55M Dash, and 55M High Hurdles.
 - Finals Scoring for 55M Dash and 55M High Hurdle races: By time
 - Distance Medley: 1200 – 400 – 800 – 1600

Event Check In: Field Events check in at each field event area.
Running Events check in behind the finish line to get hip numbers.
Athletes will be escorted by heat to the starting line.

Awards: Top 8 in Every Event – Medals
Top 5 Teams – Trophies
Most Valuable Performance – Field Event, and Running Event
(Chosen by Games Committee)
Top Points Scorer

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

**Entry Fee: \$250 (Please double check that your school has sent payment)
If your school has not sent payment please ask your AD to do
ASAP or bring payment on March 8th. This would be greatly
appreciated!**

Trainer: None. Only ice will be available to your athletes. Please plan accordingly.

Busses: Unload on the Circle Drive, on the north side of The Dome, off of Union St. The airlock off of Union St is where the Pole Vault poles should enter. Bus Parking will be on Union St, in the parking lot off of Union St, on Salem St, and in the circle drive off of Salem St. Please instruct your bus drivers to not park in the parking lot off of Hononegah Rd. Vans or small busses may use the parking lot off of Union St

Bathrooms: Located in the Metal Gym outside of the Dome, and in the hallways by the team camps.

T-Shirts: Commemorative Long Sleeve T-Shirts will be sold for \$20. The t-shirt is attached and we would appreciate if you can show your athletes the great design. This year it is made of a performance moisture wicking material.

Concessions: Located in the Metal Gym outside of the Dome

Admission: Adults: \$5 Students/ID: \$2

Participants: Bartlett Boylan Burlington Central
Cary-Grove Crystal Lake South Downers Grove South
Eisenhower (Blue Island) Fenwick (Oak Park) Guilford (Rockford)
Hampshire Harlem (Machesney Park) Harvard
Hononegah Joliet West Kaneland (Maple Park)
Lake Park (Roselle) Lakes (Lake Villa) Lane Tech (Chicago)
Maine South (Park Ridge) Marengo Mather (Chicago)
McHenry Niles North (Skokie) Niles West (Skokie)
Northside Prep (Chicago) Providence Catholic (N.L.) Saint Viator (Arlington Hts)
Schaumburg Simeon (Chicago) Stagg (Palos Hills)
St. Charles East Streamwood West Aurora
Yorkville

2015 Hononegah Indoor Classic

Time Schedule

Field Events

Long Jump (4 Jumps)	Prelims	Cafeteria Style	9:30 AM
High Jump (Top 14)	Finals	4'9" +	9:30 AM
Pole Vault (Top 11)	Finals	8'0" +	9:30 AM
Shot Put (4 Throws)	Prelims	8 Flights	9:30 AM
High Jump (2 nd Flight)	Finals	4'0" – 4'8"	12:30 PM
Pole Vault (2 nd Flight)	Finals	6'0" – 7'6"	12:30 PM
Triple Jump (4 Jumps)	Finals	Cafeteria Style	1:00 PM

Running Events

(Events will run ahead of schedule if possible)

55M High Hurdles	Prelims	(10 Heats)	9:30 AM
3200M Run	Final	(Section 1 & 2)	9:50 AM
55M Dash	Prelims	(10 Heats)	10:25 AM
3200M Relay	Final	(2 Sections)	10:45 AM
3200M Run	Final	(Section 3)	11:15 AM
55M High Hurdles	Final	(2 Sections)	11:30 AM
55M Dash	Final	(2 Sections)	11:40 AM
800M Run	Final	(5 Sections)	11:50 AM
800M Relay	Final	(6 Sections)	12:15 PM
400M Dash	Final	(10 Sections)	12:45 PM
200M Low Hurdles	Final	(14 Sections)	1:15 PM
1600 M Run	Final	(4 Sections)	1:45 PM
200M Dash	Final	(10 Sections)	2:20 PM
DMR	Final	(2 Sections)	2:40 PM
1600M Relay	Final	(5 Sections)	3:15 PM
Awards			3:45 PM