



Northside College Preparatory High School Mustangs Track & Field

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Head Coach Jon Gordon

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Head Coach Jon Gordon
Sprints Coach Vernon James
Throws Coach Erasmo De La Cruz
Jumps / Hurdles Coach Makenzie Carr
Distance Coach Patrick O'Connor
Assistant Coach Amy O'Connor

Mens Captains
Malcolm Grba
Tom Frejowski
Danny Rosen

Womens Captains
Elizabeth O'Connor
Caroline Owens
Madison Weatherly

May 11, 2015

Dear Coaches,

My name is Jon Gordon and I am the Boys and Girls Head Track & Field Coach at Northside College Prep. We will be hosting this year's Chicago Northside Class 3A Boys IHSAA Sectional meet.

Please find the following information regarding the Chicago Northside IHSAA Sectional Track and Field Meet to be held at **Concordia University, Monroe and Division Street, River Forest, Illinois** at **1:30 p.m. on Friday, May 22, 2015.**



SEED MEETING

We will be hosting the sectional seed meeting on **Tuesday, May 19, 2015 at 6:10 p.m.** The meeting will be located at Northside College Prep High School, which is located at **5501 N. Kedzie** (the corner of Brwyn Mawr and Kedzie). There is a large parking lot in front of the school, and across the street from the school that you may park in. Villa Palmero Catering will provide Pasta and beverages for the Seed Meeting.

As sectional host, I am required to use the data provided to me by the IHSA office. You do not submit the list of participants to me, but through the IHSA's website. Please enter your participants for this sectional on ihsa.org at the school center. Please refer to your principal or athletic director for your school's respective log-in and password. **Per IHSA rules, entries must be entered by noon on May 18, 2015.** Once the deadline passes, any entries, or lack of entries, will become *official*. I would suggest printing a copy of your participant entries to bring to the seed meeting in case of any technical errors.

Likewise, although uncommon, challenges do occur at seed meetings, so it is wise to bring meet results that support any seed marks. It is no longer mandatory to attend the seed meeting, but is *highly recommended*, especially in case of any challenges that may arise.

MEET DAY

Attached you will find a schedule for the day of the meet. As always, it is approximate, and we will do our best to be as efficient as possible.

Please make arrangements now to ensure that you are on time for the beginning of the meet. Events will run *as scheduled*.

All implements will be weighed before the beginning of events. A games committee will be selected on the day of the seed meeting.

Worker Assignments

Per IHSA Terms and Conditions Item V-C-17, all participating schools are required to honor any request made by the host school relative to securing adequate help in conducting the sectional track and field meets. That being said, we are requesting one qualified adult worker to help in the running of field events and exchange zones. Our school will provide the rest in terms of additional exchange judges, and event officials. Please fax the attached sign up sheet by NOON on Monday, May 18, 2015. The worker preferences will be assigned on a first-come first-serve basis. Thanks.

Meet Scoring

Northside College Prep has contracted Clark Jillson of **AccuRace Timing Services** to provide F.A.T. timing for the Chicago Northside IHSA Sectional. Meet results will be available following the meet at: www accuracetiming.com

AccuRace Timing is also the official timer for the Eric Nelson Track & Field Classic, William Penn University, the University of Wisconsin, Illinois State, Marquette University, Ashford University, University of Dubuque, Grand View University, North Central, Knox College, and Macalester College.

We will have prelims for the 100m dash, as well as the 200m and 110 hurdles (if needed). **The top 8 fastest times will qualify to the finals (*not heat winners; please inform your athletes*).** There will also be prelims for the field events (only if needed). In such a case, the top 9 of each field event will compete in the final, with distances carrying over in every event, except for high jump.

The top 6 competitors will score (scoring will be 10-8-6-4-2-1) and receive medals, in addition to all-sectional honors. A team plaque will be awarded to the IHSA Sectional Champion Team.

State Finals Advancement Procedures

To qualify an athlete down state, he needs to finish in either the top two competitors in his respective event, or, qualify by time/distance. There is no limit on the number of qualifiers in an event who may record the automatic qualifying mark.

Meet Admission Fee

There *will* be a mandatory admissions fee, as required by the IHSA. **All parents, guardians, family and friends, as well as general spectators, will be *required* to pay in order to gain entrance in to the stadium, no exceptions. The admission fee is \$5.00.** PLEASE inform your athletes ahead of time to share that information with their parents in order to avoid any confusion at the gate. The only people who will gain access to the stadium free of charge will be team members, coaches and two student managers per team.

Northside Boys Class 3A IHSA Sectional Preliminary Schedule

- 1:00 p.m. Gates open for Teams**
- 1:30 p.m. All implements must be inspected and weighed in, including vaulters.**
- 1:30 p.m. Coaches and Officials Scratch meeting**
- 1:45 p.m. Coaches Meeting**
- 2:00 p.m. Field Events Begin**
- 2:00 p.m. – High Jump**
Discus
Long Jump

**3:00 p.m. – Triple Jump
Shot Put**

Track Events:

3:00 p.m.	100m Dash Semis	5 heats (8 fastest times to finals)
3:15 p.m.	110m High Hurdle Semis	3 heats (8 fastest times to finals)
3:30 p.m.	3200m Run – Section 1	
3:45 p.m.	200m Dash Semis	5 heats (8 fastest times to finals)

4:00 p.m. National Anthem

FINALS:

4:05 p.m.	4x800m Relay	1 heat against time
4:20 p.m.	4x100m Relay	2 heats against time
4:30 p.m.	3200m run – Section 2	
4:45 p.m.	110 High Hurdles	1 heat
4:50 p.m.	100m Dash	1 heat
4:55 p.m.	800m run	2 heats against time
5:05 p.m.	4x200m Relay	3 heats against time
5:20 p.m.	400m Dash	4 heats against time
5:40 p.m.	300m IM Hurdles	3 heats against time
5:55 p.m.	1600m Dash	2 heats against time
6:10 p.m.	200m Dash	1 heat
6:15 p.m.	4x400m Relay	2 heats against time

IHSA Meet Referee:	Michael W. Gibbs
IHSA Head Starter:	James J. Garvey
IHSA Assistant Starter:	Michael E. Schnable
Clerk of the Course:	Mark Morgan
Meet Announcer:	Bill Treece

BOYS' IHSA SECTIONAL WORKER SHEET

PLEASE COMPLETE AND FAX BACK TO NORTHSIDE
BY NOON, MONDAY, MAY 18, 2015
NORTHSIDE COLLEGE PREP FAX NUMBER: 773-583-2531
OR EMAIL JONGORDON9@AOL.COM
WORKER ASSIGNMENTS

TEAM NAME: _____

Each school is asked to provide workers to assist in the running of field events.
Please supply the names of two qualified coaches and their event preference below. We will
do our best to assign one worker per school based on event needs.

WORKER NAME

PREFERRED WORKING ASSIGNMENT
(please mark 1st and 2nd choice of each worker)

1. _____

_____ Long Jump

_____ Triple Jump

_____ High Jump

_____ Pole Vault

_____ Shot Put

_____ Discus

_____ Exchange Zones

2. _____

_____ Long Jump

_____ Triple Jump

_____ High Jump

_____ Pole Vault

_____ Shot Put

_____ Discus

_____ Exchange Zones

Number of Athletes entered in the Chicago Northside Sectional _____

(Northside will provide "Goody bags" for all participants at IHSA Sectionals!)