

**NIC-10 Varsity Boys Indoor Track and Field  
Championships  
Wednesday, March 15, 2017**

- Location:** Auburn High School  
5110 Auburn St, Rockford, Il 61101
- Schools:** Auburn, Belvidere, Belvidere North, Boylan, East, Freeport, Guilford,  
Harlem, Hononegah, Jefferson
- Times:** Field Events – 4:00 pm  
Preliminaries (Running Events) – 5:00 pm  
Finals – 6:00 pm
- Entries:** 3 athletes per school (Varsity Only)
- Admission:** Adults: \$4.00  
Students: \$2.00

**Order of Events**

- 4:00:** Shot Put, High Jump, Pole Vault, Long Jump, Triple Jump  
\*\*In the shot put, long jump, and triple jump there will be four attempts with no finals.
- 5:00:** 55m High Hurdle Semis  
55m Dash Semis  
3200m Run (Slow Heat)
- 6:00:** **Finals - (No earlier)**  
3200m Relay  
3200m Run  
55m High Hurdles (2 heats in the finals - 12-7 Heat 1 and 6-1 in Heat 2)  
55m Dash (2 heats in the finals - 12-7 Heat 1 and 6-1 in Heat 2)  
800m Run  
800m Relay  
400m Dash  
55m Intermediate Hurdles  
1600m Run  
200m Dash  
1600m Relay
- Scoring: 10-8-6-4-2-1

**Auburn Field**

**House Rules:** 1/8" or less pyramid spikes can be worn on the red or gray surroundings surfaces. Spikes are NOT to be worn on the basketball courts on in the hallways/lobby of the Fieldhouse.

**Athletes who refuse to comply with this requirement will be disqualified and removed from the competition.**

**Painter's tape may be used to mark field events - NOT chalk or athletic tape.**

**Seeding the Meet:**

1. The entries will be done through Direct Athletics: [www.directathletics.com](http://www.directathletics.com)  
-Start entering **Saturday, March 4 (12:00pm)** and it will **close** on **Tuesday, March 14 at 12:00 pm. Do not miss the deadline.**  
  
-Once again **3 entries per school** in both the field and running events.
2. When entering your hurdlers there will be the 55m hurdles – High Hurdle Division and the 55m hurdles – Intermediate Hurdle Division (Please be careful making these entries).

**Instructions on how to make entries with DirectAthletics:**

- a) Go to [www.directathletics.com](http://www.directathletics.com) and login with your username and password.
  - b) If you don't have your username and password for your team, please contact DirectAthletics at [support@directathletics.com](mailto:support@directathletics.com) and they will send you your login information.  
\*\*Please do not create a new team account, as this will delay the online entry process.
  - c) Once you log in, click on "TEAM" on the top margin, and then select either 'men' or 'women' to begin adding your roster.
  - d) Once your roster has been added, click "HOME" on the top margin, and then on the right hand side you should see the meet you wish to enter.
3. **Scratches only** can be made on the day of the meet, no changes in the individual events.
  4. Any questions, contact Mark McLarty (Head Boys Track Coach) at the following numbers/email:  
School: (815) 624-2070 ext. 5256  
Home: (815) 979-7121  
Email: [mmclar@hononegah.org](mailto:mmclar@hononegah.org)