

NIC-10 Varsity Boys Indoor Track and Field Championships Wednesday, March 14, 2018

- 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 – 4:30 pm
Finals – 6:00 pm
- Entries:** 3 athletes per school - There will be no prelims in the track events.
If your athlete has not run in a event, please put down a realistic seed time. We
would like to keep all heats as competitive as possible.
- Admission:** Adults: \$4.00
Students: \$2.00

Order of Events

- 4:30:** Shot Put, High Jump, Pole Vault, Long Jump, Triple Jump
*long jump, and triple jump there will be four attempts with no finals.
** Shot Put there will be three attempts in the prelims - with the top 9 advancing
to the finals.
- 6:00: Finals - (No earlier)**
3200m Relay
3200m Run
60m High Hurdles
60m Dash
800m Run
800m Relay
400m Dash
60m Intermediate Hurdles
1600m Run
200m Dash
1600m Relay
Heats may change after all entries have been submitted
- 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**
-Start entering **Saturday, March 3 (12:00pm)** and it will **close on Tuesday, March 13 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 60m hurdles – High Hurdle Division and the 60m hurdles – Intermediate Hurdle Division (Please be careful making these entries).

Instructions on how to make entries with DirectAthletics:

- a) Go to 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 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

