

14th Annual Northern Illinois Invitational Track Meet
Clyde F. Peterson Stadium
Machesney Park, Illinois
Friday, May 8, 2015

Teams: United Township, Freeport, Hononegah, Harlem, Sterling,
Boylan, Crystal Lake South, Belvidere, Rolling Meadows, Rochelle, Sycamore,
Hampshire

Times: 4:00 pm: Field Events – Long Jump, Triple Jump, Shot Put, Discus
Pole Vault, High Jump

4:45 pm: Semi-Finals – Varsity and Frosh-Soph 100 Meters, Varsity and Frosh-Soph 110
Meter High Hurdles. Varsity and Frosh-Soph 200 Meters, Frosh-
Soph 3200 Meter Run

**The time for prelims is subject to change, but will be no sooner than 4:45 pm.

Finals:

- 5:55 pm National Anthem
- 6:00 pm 3200m Relay (Varsity Only)
- 400m Relay (Varsity Only)
- 3200m Run (Varsity Only)
- 110m High Hurdles
- 100m Dash
- 800m Run
- 800m Relay (Varsity Only)
- 400m Dash
- 300m Intermediate Hurdles
- 1600m Run
- 200m Dash
- 1600m relay (Varsity Only)

***Frosh-Soph will be followed by the Varsity for each individual running event.**

Turf: There will be team camps on the turf infield. All spectators and participants are to remain outside fenced track area.

Admission: Adults: \$4.00, Students: \$2.00

Uniforms: Please dress at home. Restrooms will be available at the stadium.

Concessions: A concession stand will be provided throughout the meet by the Harlem Fan's Club.

Stadium Provisions:

1. ¼" spikes may be worn in all running and jumping events.
2. Starting blocks will be provided.
3. NO spectators allowed in the fenced track area.
4. Contestants in running events should report to the clerk of the course located at the east end of the track as directed by the announcer.
5. Only athletes warming will be allowed on infield at any time
6. Field event contestants will report to their respective areas when called.

Scratches: Scratches will be made at 3:30 pm at the meet managers table located near the ticket booth.

Awards and Results: Medals will be available for each school at the conclusion of the meet in the press box. The winning team and second place team will receive trophies.

Weigh-in of Implements: 3:30 pm in the garage under the stadium bleachers.

Explanation of the Meet Format:

This is a varsity invitational track meet that will include frosh-soph events. Each team will enter **two** varsity athletes and **one** frosh-soph athlete in each individual event. Relays will be run only at the varsity level

In the 100 meters, 200 meters, and 110 meter high hurdles semi-finals will be determined by the number of total entries at both the varsity and frosh-soph levels.

In the 800m Run and 1600m Run there will be two heats at the varsity level and one heat at the frosh-soph level. **Tentatively** there will only be one heat of the 3200m run at the varsity level.

The frosh-soph 3200 meter run will be held during the varsity and frosh-soph prelims (refer to time schedule).

In the field events varsity competitors will be given three attempts in the prelims in the long jump, triple jump, shot put, and discus. The top eight places will advance to the finals. The frosh-soph will be given four attempts in these events with no finals. In the long jump, triple jump, shot put, and discus the "5-Alive" system will be used only at the varsity level. The varsity flight of the long jump will go first proceeded immediately with the varsity finals. Frosh-soph triple jump will go first. Varsity shot put will go first and will proceed right to finals. Frosh-soph discus will go first.

Competitors in the pole vault and high jump will be placed in one flight in each event.

Scoring: Varsity: 10-8-6-4-2-1
Frosh-Soph: 6-5-4-3-2-1

Separate scoring will be conducted for each level of competition. At the conclusion of the meet the scores will be combined for each team to determine the final standings.

*Frosh-soph participants can compete in varsity events but must follow the four-event limitation rule.

Entries will be completed at www.directathletics.com . Instructions are included.
Deadline for Entries: Wednesday, May 6, 12:00 (Noon)

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Preliminaries: Preliminaries and finals in the field events begin at 4:00 pm and semi-finals in the running events begin at 4:45 pm. Weigh-in of implements will be at 3:30 pm.

Order of Events: 4:00 pm Preliminaries and Finals: Shot Put, Discus, Long Jump
Triple Jump, Pole Vault, High Jump
High Jump Starting Height: 5'3"
Pole Vault Starting Height: 7'6"

4:45 pm Semi-finals: Frosh-Soph 100m Dash (2 Heats; Heat winners and next 6 top times advance to finals).

Varsity 100m Dash (3 Heats; Heat winners and next 5 top times advance to finals).

Semi-finals: Frosh-Soph 110m High Hurdles (2 Heats; Heat winners and next 6 top times advance to finals).

Varsity 110m High Hurdles (3 Heats; Heat winners and next 5 top times advance to finals).

5:00 pm Frosh-Soph 3200m Run

5:15 pm Semi-finals: Frosh-Soph 200m (2 Heats; Heat winners and next 4 top times advance to finals).

Varsity 200m Dash (4 Heats; Heat winners and next 2 top times advance to finals).

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