

15th Annual Northern Illinois Invitational
Friday, May 6th, 2016 5:00 p.m.
Hosted by Hononegah High School

Participating Schools

Belvidere, Boylan, Crystal Lake South, East Moline, Freeport, Hampshire, Harlem, Hononegah, Rochelle, Rolling Meadows, Sterling, Sycamore

Change of Meet Location:

This season we will run the meet at Beloit College's Strong Memorial Stadium Complex. The complex is only 6 miles north of Hononegah. Take 251 north (becomes 51 in Wisconsin), turn right on East Grand Ave., turn right on Wisconsin Ave., turn right on Bushnell St., turn right on Chapin St.

New Time Schedule:

We will use the IHSA format and have no running prelims. Field events will start at 5:00 p.m., and running finals will begin at 6:00 p.m. Scratches, Weigh-Ins begin at 4:00, coaches meeting 4:30.

Competition

Each team will enter **two** varsity athletes and **one** frosh-soph athlete in the individual events. Relays will be run at the varsity level. Fresh-Soph participants can compete in varsity events but must follow the four event rule.

New Event

Since there will not be any prelims we will run an all-comers 1600 meter for any athlete that is not competing in other events. There are no restrictions for the amount of athletes a team can enter, just keep it within reason.

Entries

All entries will be made online at www.directathletics.com. All times that are not entered as an F.A.T. time need to be rounded by 0.24 by NFHS rules. Please make these changes to all hand times. AccuRace Timing Services will be used for the timing of the meet. **Entries are closed on Wednesday, May 4, 5:00 p.m. There will be no substitutions, only scratches on the day of the meet.**

Scoring

Varsity: 10-8-6-4-2-1

F-S: 6-5-4-3-2-1

At the conclusion of the meet the scores will be combined for each level to determine the final standings.

Awards and Results

Medals will be made available for each school at the conclusion of the meet in the Conference Room. The winning team and second place team will receive trophies.

Team Camps

Make team camps in the **visiting** side bleachers area. Please clean up your area after the meet.

Tickets

Adults: 4.00 Students:2.00

Concessions

Concessions will be available.

Meet Programs

Will be sold at the gate for \$1.00

Coaches Area

The coaches meeting and scratches will be in the Conference Room (the room to the right of the main entrance). The Shot/Discus will be weighed in the "Mud Room" (side door by the start of the 100).

Exchange Zone Judges

East Moline and Freeport #1 for the 4x100 Relay

Hampshire and Sterling #2 for the 4x100 Relay

Boylan and CLS #3 for the 4x100 Relay

Belvidere and Rolling Meadows #1,3 for the 4x200 Relay

Rochelle and Sycamore #2,4 for the 4x200 Relay

Schedule of Events

5:00 p.m. Field Events

Long jump - varsity - 4 jumps no finals - frosh-soph will follow - 4 jumps no finals

Triple jump - frosh-soph - 4 jumps no finals - varsity will follow - 4 jumps no finals

Shot put - varsity - 4 throws no finals - frosh-soph will follow - 4 throws no finals.

Discus - frosh-soph - 4 throws no finals - varsity will follow - 4 throws no finals

High jump and pole vault will be combined in one flight in each event. Starting heights TBA from team entries.

5:00 p.m. - All-Comers 1600 meter run - non scoring event

6:00 p.m. - Running Events

frosh-soph individual events will run first

3200 meter relay

400 meter relay

3200 meter run

110 meter high hurdles

100 meter dash

800 meter run

800 meter relay

400 meter dash

300 meter intermediate hurdles

1600 meter run

200 meter dash

1600 meter relay

Field Event locations

The long jump, triple jump pits, pole vault, and high jump are all on the east end of the track between the 2 parking lots. Shot put is just below the tennis courts. The discus is just below right field of the baseball diamond.

STRONG STADIUM COMPLEX



(The Strong Stadium Complex, which is home to Buccaneer Football, Baseball, Tennis, Softball and Soccer, is located east of the College. Take Chapin Street East, which leads directly into the Stadium Complex.)

Parking

Bus parking will be on the grass behind the main grandstand by the treeline near the javelin runway and tennis courts. Spectators will also use the grass area near the start of the 100 and in the parking lot near the grass area and the other parking lot by the softball diamond.

Any questions please contact Head Track Coach Mark McLarty at mmclar@hononegah.org or 815-979-7121.