

Niles West Wolves Track & Field

“37th Annual Niles West Track & Field Indoor Invitational”
Friday, March 6 at 5:00 p.m.

Participating Teams:

Maine South	Notre Dame	Libertyville
Bartlett	Niles West	Montini
Niles North	St. Viator	Waukegan

Tentative Order of Events (subject to change according to the entries returned):

Track Events (6 Lane Track):

4:15 p.m. Scratches/Substitutions
4:30 p.m. Coaches Meeting
5:00 p.m. 55m High Hurdles Prelims.
5:05 p.m. 3200m Run (Freshmen)
5:20 p.m. 55m Low Hurdles Prelims.
5:30 p.m. 50m Dash Prelims
5:40 p.m. 3200m Relay
6:20 p.m. 3200m Run
6:50 p.m. 55m High Hurdles
7:00 p.m. 50m Dash
7:10 p.m. 800m Run
7:25 p.m. 4x160m Relay
7:40 p.m. 400m Dash
8:10 p.m. 55m Low Hurdles
8:20 p.m. 1600m Run
8:50 p.m. 200m Dash
9:15 p.m. 4x400 Relay

Field Events:

4:15 p.m. Scratches/Substitutions
4:30 p.m. Coaches Meeting
5:00 p.m. Var. High Jump

5:45 p.m. Soph. High Jump
6:30 p.m. Frosh. High Jump

5:00 p.m. Fr./So. Pole Vault
6:30 p.m. Var. Pole Vault

5:00 p.m. Var. Shot Put
6:00 p.m. Soph. Shot Put
7:00 p.m. Frosh. Shot Put
(3 Throws--No Finals)

5:00 p.m. Long Jump Var./So./Fr.
(Cafeteria Style--3 Jumps
No Finals)

7:00 p.m. Triple Jump Var./So./Fr.
(Cafeteria Style--3 Jumps
No Finals)

Competition Levels and Participants:

We will run three levels: Freshmen Level, Sophomore Level, and Varsity Level. You will be allowed to enter two participants for each event (2 participants per level) and relay events (one relay per team). Athletes can only compete at one level. You are not allowed to run an athlete up or down a level. Juniors and seniors must compete at the varsity level only. A freshman or sophomore athlete can compete at a higher level (sophomore or varsity level). Again, the only stipulation is that whatever level an athlete starts at, he must continue to compete at that level for the duration of the meet.

“37 Annual NW Track & Field Indoor Invitational” (continued)

Scoring and Placing:

Only two athletes will be allowed to score for your team in all events except relays. You are limited to only one relay per school per level. Scoring and placing will go as follows:

- 1st Place= 10 points
- 2nd Place= 8 points
- 3rd Place= 6 points
- 4th Place= 4 points
- 5th Place= 2 points
- 6th Place= 1 point

Entries and Entry Deadline:

Please put in all your entries by ***Wednesday, March 5 at noon*** to **DIRECT ATHLETICS** at www.directathletics.com Please include first and last names, performance mark, and year in school. Names are essential for the newspapers and correct results.

Team and Individual Awards:

We will medal (lanyards included) 1st through 3rd place at the varsity level. Ribbons will be given to all 4th, 5th and 6th place participants at the varsity level. We will medal 1st through 3rd place at the freshmen and sophomore levels. Freshmen and sophomores who place 4th, 5th, or 6th place will receive ribbons. We will award plaques to the 1st place team at each specific level. **The entry fee for this meet is \$200.00.** Please send your entry fee to Niles West High School ASAP. The entry fee goes to pay for the awards for this meet.

Meet Workers:

We will need two meet workers from each school. Please email me at chriviv@d219.org or fax me the names at 847-626-3840. We will need help in the following areas: high jump, long and triple jumps, pole vault. Please have a capable coach and/or adult worker ready to work on March 7th. We cannot run this meet smoothly without your help in this area. Please do not use kids or participating athletes as worker or timers. We do not need workers for the shot put.

Team Camps:

Our space in the Niles West Field House is very limited. Please help one another to be as comfortable as possible. You may want your athletes to use the pool hallway as a camp area. We are very limited on room in the field house. I apologize for this fact, but I think we can overcome this minor problem. Please tell your athletes NOT to bring valuables to this meet. You are responsible for your own equipment and valuables.

Entries are Due Wednesday March 4th at Noon.
Send entries to ACCURACE TIMING at www.directathletics.com

37th Annual NW Track & Field Indoor Invitational” (continued)

Scratches/Coaches’ Meeting:

You may scratch a competitor from an event and substitute another competitor for that same event. This must take place between 4:15 p.m. and 4:30 p.m. Please scratch any competitor(s) that were originally listed but will NOT compete. We realize it is early in the season and injuries do occur, and you may not be able to compete with some of your original line-ups. Please take the necessary time when writing out your entry forms so we can prevent mass scratching and substituting minutes before the meet. **You may NOT make additions!!!** If you leave a spot open on the original entry list, you may not add a competitor in that spot. Be sure to fill out your entire entry sheet for each level.

Reporting Accurate Marks:

Please report true times and marks on your entry sheets. If you have an athlete that has not competed in a specific event, please write **NT** (No Time) or **NM** (No Mark) on the entry sheet. Do not use last season marks for this season. Please use this season’s efforts. Failure to abide by this rule will allow heats to become less competitive. This is very important for all races that are 400m or less. We thank you for following this important rule.

Miscellaneous Items:

- No spikes are allowed.
- Locker rooms are off limits. We do have washrooms available for your athletes.
- Please inform your athletes that they must wear proper uniforms and that jewelry is prohibited unless it is a watch.
- Please call Chris Vivone @ 847-626-2810, if you have further questions.
- Don’t forget to pay your **entry fee of \$200.00**. Please mail your entry fee to the Niles West Athletic Department. Thank You!!!
- ***Special Note- This is the first time we are using FAT timing at this meet. The schedule is tentative. We may roll through the meet ahead of schedule. We can discuss this at the coaches meeting.***
- ***Special Note#2- We will no longer have four entries per level for the shot put. We will not have the weightman relay this year.***

**Entries by
Wednesday, 12:00 Noon March 4th
www.directathletics.com**