

5th Annual **Oswego East Invitational**
TRACK & FIELD MEET

Location:

Oswego East High School
1525 Harvey Rd.
Oswego, IL 60543

Date & Time:

Saturday, April 19th, 2014
Field Events begin at 9:00 AM.
Running prelims begin at 9:30 AM.
Running finals begin at 10:15 AM.

Participating Teams:

Addison Trail, Batavia, Bolingbrook, Conant, Lemont, Lincolnway West, Oswego East, Providence Catholic, Rich Central, Rich East, Rich South, Rosary, South Elgin, Thornwood

Levels:

Junior Varsity and Varsity
2 entries per event per level
1 relay team per level

Scratches and Changes:

Please make all scratches and changes by 8:30 AM.

Workers:

Each school is to bring 1 adult worker. Please send an email to Lisa Cook at lcCook@oswego308.org with a preference for your worker. We will do our best to honor requests. Your worker should be knowledgeable of the assignment and should report to Field Events by 8:45 am.

Locker Rooms/Restrooms:

Please bring your athletes ready to participate since no locker rooms will be available at the meet. Bathrooms are located on the north side of the concession stand.

Area for Athletes:

Please encourage your athletes to remain off the infield unless reporting for an event. Teams may use the bleachers and areas surrounding the fence for team camps.

Track Surface:

The track is all-weather, 8 lanes. ¼ inch pyramid spikes may be worn on the track, as well as the long/triple jump runways, pole vault, and high jump areas. The discus and shot pads are on concrete pads.

Weigh-Ins:

Please bring your shots and discs, as there will be a weigh in prior to the start of the meet.

Entries and Seeding:

Entries will be submitted online at DirectAthletics (www.directathletics.com). Deadline for entries will be Wednesday, April 16th, 8:00pm. All entries must be made online and will not be accepted by email or FAX. Questions about login information can be directed to support@directathletics.com, or Clark Jillson (AccuRace Timing) at chvjillson@aol.com.

On Line Registration Process

directathletics.com

If you are new to Direct Athletics...you need to set up an account.

Click on the Coaches/Athletes link under the GETTING STARTED tab.

You will be directed on how to create your account and choose your own Username and Password.

Then proceed on to find our meet and enter your athletes.

The deadline to register for this meet is 8:00 pm – Wednesday, April 16th.

Scoring:

Individual & Relays: 10-8-6-4-2-1

NOTE: We will be using a FAT System, and we will have preliminary heats in the 100 meter dash and 200 meter dash. The JV heat of the 3200 meter run will also take place during prelims.

Long Jump and Triple Jump

Each athlete will get 4 jumps.

Shot Put and Discus:

Each athlete will get 4 throws. For JV, there will be no finals. For Varsity, Top 8 will advance to finals and have 4 more attempts.

Pole Vault:

The opening height will be discussed at the coaches meeting. The IHSA form must be completed prior to competition.

Games Committee:

The games committee will be made up of the head coaches of Bolingbrook, Rosary, Oswego East, and the official starter.

Awards:

Plaques will be given to the 1st and 2nd place teams in the Varsity level, and the 1st place team in the JV level. Medals will be given to 1st, 2nd, and 3rd place for Varsity. Ribbons will be given to 4th, 5th, and 6th place for Varsity. Ribbons will also be given to 1st-6th place for JV. Awards will be passed out in envelopes following the meet.

Concessions:

The Oswego East Athletic Booster Club will operate the concession stand during the meet.

Order of Events:

*JV will precede Varsity in all running events

8:30 am Coaches Meeting

9:00 am Field Events Begin

9:30 am Preliminaries

100 meter dash

100 meter hurdles

3200 meter run JV

200 meter dash

10:15 am Finals (rolling)

4x800 meter relay

4x100 meter relay

3200 meter run Varsity

100 meter hurdles (finals)

100 meter dash (finals)

800 meter run

4x200 meter relay

400 meter dash

300 meter hurdles

1600 meter run

200 meter dash (finals)

4x400 meter relay

Contact Info:

Questions? Contact Lisa Cook (Phillips) at 630-636-2485 or lcook@oswego308.org.

We look forward to seeing you April 19!