

**THE OSWEGO JUNIOR HIGH TRACK INVITATIONAL
OSWEGO HIGH SCHOOL**

SATURDAY, May 2, 2015 – 10:00 AM.

We are pleased to host **The Oswego Junior High Track Invitational**. Each team will be allowed **TWO ENTRIES** per event, and one relay per event per level. **ALL ENTRIES THIS YEAR WILL BE VIA THE INTERNET.** You will find links later in this document; utilize these to access the web-page and then; Please see the page entitled “Regarding Your Entries” for the entry procedure.

FACILITIES: We have an 8 lane rubberized latex all-weather track and runways. Wear 1/4" spikes only! Concrete pads for discus and shot - flats must be worn.

PARTICIPATION: Each team will be allowed **TWO COMPETITORS** in each event per level. Limitations for individual participation will be according to the IESA guidelines: i.e., 4 events.

SCRATCHES AT 9 A.M Coaches meeting at 9:30.
ADDITIONS ARE ONLY ALLOWED WITH INJURY LETTER FROM YOUR PRINCIPAL.

SCHEDULE: Prelims:

10:00 7th girls 100m dash
10:05 8th girls 100m dash
10:10 7th boys 100m dash
10:15 8th boys 100m dash
10:25 7th girls 100 hurdles
10:30 8th girls 100 hurdles
10:40 7th boys 110 hurdles
10:45 8th boys 110 hurdles

15 min break

National Anthem

Finals: 11:00 Girls running events:

100 low hurdles 7G then 8G
100 meter dash 7G then 8G
1600 meter run 7G then 8G
4x200 relay 7G then 8G
4x100 relay 7G then 8G
400 meter run 7G then 8G
200 meter dash 7G then 8G
800 meter run 7G then 8G
4x400 relay 7G then 8G

11:00 Boys Field events

PV 8B then 7B - Starting height will be based on entries.

LJ 8B then 7B - 3 jumps, top 8 to finals, 2 jumps in finals.

Discus 7B then 8B - 3 Throws, top 8 to finals 2 throws in finals.

Shot Put 8B then 7B - 3 Throws, top 8 to finals, 2 throws in finals.

High Jump 7B then 8B - Starting height will be based on entries.

- DRESSING ROOMS:** All participants are to dress and shower at their home schools.
- SCORING & AWARDS:** Finals will be scored 10-8-6-4-2-1 for individual events and 10-8-6-4-2-1 for relays. Ribbons will be awarded for 1st thru 6th at each level and division. Team plaques/trophies will be given for first place for each level and division. 8 qualifiers to finals in all events - 6 will place.
- RESTROOMS:** Restrooms will be available at the field.
- ADMISSION:** Adults - \$ 3.00 Students: \$ 2.00
- STARTER:** Mike Schnable
- PARTICIPATING SCHOOLS:** Murphy, Plank, Traughber, Bednarcik, Thompson Channahon, Brooks, Saratoga, Lisbon, Yorkville, Lukancic, Coal City, Oak Prairie, Shabbona, Newark-Millbrook, A.V. Martinez
- GAMES COMMITTEE:** The head coach of each school will be on the games committee.
- CONCESSIONS:** The concession stand will be open during the meet. Please inform your parents, NO TAIL-GATING will be allowed in the parking lot.
- ENTRY FEE:** **If you haven't already done so, mail your entry fee of \$200.00** to Darren Howard, Athletic Director, Oswego High School, 4250 State Route 71, Oswego, IL 60543.
- WORKERS:** **FAX workers names to us at Fax #630-636-2094 by**

April 28th.

*If you have any questions, please call **Jeff Edwards**, Meet Manager, at 630-636-2173 or e-mail him at jedwards@sd308.org.*

REGARDING YOUR ONLINE ENTRIES.....

ALL ENTRIES THIS YEAR WILL BE VIA THE INTERNET. .

ONLINE ENTRY PROCEDURE:

PLEASE GET ENTRIES INTO Direct Athletics. Coaches may need to create a/n free account in directathletics.com if you do not already have an account. Click on "sign up" and select team account and fill in the necessary information. The window is now open until April 30th, 2015 at 12:00. The window will then close so that we can get the events set up. For those coaches that are not familiar with online entries and need any help please do not hesitate to call me at 630-636-2173 and I can help out with this process. Thank you!

For ALL entries:

<http://www.directathletics.com>

No changes are allowed on meet day except for injuries accompanied by a letter from your principal.

Oswego Junior High Track Invite
Saturday, May 2, 2015 - 9:00 A.M.
Oswego High School

Coaches,

We are trying to fill all of the field events with the Oswego Boys and Girls Track & Field Staff. In the event that we need additional workers please fill in the information below. If we do not need workers we will notify you at the coaches meeting on Saturday morning.

PLEASE FAX YOUR WORKER'S NAMES TO US BY April 30th.

SCHOOL NAME

HEAD COACH

*** We will need one worker from each school***

WORKER:

Field Event:

Please print (use a black pen as neither red ink nor pencil faxes well!) the worker's names using both first and last names Thank-you!

Please list an event preference; we will try to accommodate your choices