

2016 Jacksonville High School Indoor Track & Field Invitational

Host: Jacksonville High School Meet Director: Jason Haynes
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Date & Time: Class AA/AAA: Friday March 4th, 2016 @ 4:00pm
Class A: Saturday March 5th, 2016 @ 10:00am

Site: King Fieldhouse, Bruner Fitness Center, Illinois College
1121 Edgehill Rd., Jacksonville, IL 62650

Entries: **2 Individuals/Event, 1 Team/Relay**
Entries can be completed at www.directathletics.com.
Class AA/AAA: Entries due no later than 8pm on Wednesday, March 4th.
Class A: Entries due no later than 8pm on Thursday, March 5th.
***Late entries will be processed at a fee of \$10/entry. No changes to existing entries after deadline.**

Entry Fee: \$100/team, \$150 for Boy's & Girls. Or, \$20/athlete (If bringing less than 5 athletes per gender).
Please make checks payable to "Illinois College."

Timing: Finish Lynx Fully Automatic Timing provided by Endurance Race Timing

Venue Info: 6-lane 200m Martin Polyurethane Track w/ 8-lane 60m straightaway.
ACCESS: Only athletes, coaches and staff are allowed on the track and infield. Spectators are allowed only on the infield bleachers
SPIKES: 1/8 inch pyramid or tree spikes are permitted on the track and runways.
THROWS: Painted wood circles.

Scratches: All scratches for track events should be made prior to the coach's meeting at the check-in table. Field event scratches may be made at the event location prior to competition.
*No heats will be reseeded and heats will only be combined at the direction of the Starter.

Check In: Athletes should check in for running events at the clerk's table at least 30 minutes before their race. Competitors in the field events can check in at the event site.

Meet Conduct: Top 8 times in the 60m/60H will advance to finals, all other track events will be run as finals. Field events will be conducted as finals, with each athlete receiving 4 attempts. Top 8 places in each event will score (10-8-6-5-4-3-2-1).

Challenges: Explain your challenge in writing. Submit the form to the timer's table on the north end of the balcony. You will be called by the P.A. when your challenge is complete.

Awards: Trophies will be presented to the top finishing boys and girls teams in each class. Top 3 individuals and relays in each event will receive medals.

Results: Meet results will be posted on the IC athletic website.

Team Conduct: Coaches will be asked to sign their teams in.
Team camps will be in the bleachers of Sherman Gym. **NO SPIKES ALLOWED.**
Only Water is allowed in the team camp area. Please no food or colored drinks.

Lockers: Locker rooms will be available in the lower level of Bruner Fitness Center.

Parking: Teams may unload in front of Bruner. Bus parking will be available in the lot across from the outdoor track, on the corner of Park and Edgehill.

ATC: Certified athletic trainers will be available on site throughout the event. Ice will be provided. Please provide your own supplies.

Class AA/AAA

Friday, March 4th

Field Events

4:00pm Long Jump, Triple Jump after (G, B)
 (see schedule)
 Shot Put (B,G)
 Pole Vault (G, B)
 High Jump (B, G)

Running Events (Girls run first, Slow to Fast)

* Rolling schedule, times are approximate*

4:00pm 4x200m Relay
4:40pm 4x800m Relay
5:40pm 60m Hurdles Prelims
6:10pm 60m Dash Prelims
6:50pm 800m Run
7:30pm 200m Dash
8:25pm 60m Hurdle Finals
8:30pm 60m Dash Finals
8:35pm 400m Dash
9:15pm 1600m Run
10:00pm 4x400m Relay

Class AA/AAA

Friday, March 4th

Horizontal Jump Schedule

Cafeteria style, Time schedule will be strictly enforced

3:30-3:50 General Warm Up

3:50-4:00 Girls Flight 1 LJ Warmup

4:00-4:30 Girls Flight 1 LJ

4:30-4:40 Girls Flight 2 LJ Warmup

4:40-5:10 Girls Flight 2 LJ

5:10-5:20 Girls Flight 3 LJ Warmup

5:20-5:50 Girls Flight 3 LJ

5:55-6:05 Boys Flight 1 LJ Warmup

6:05-6:35 Boys Flight 1 LJ

6:35-6:45 Boys Flight 2 LJ Warmup

6:45-7:15 Boys Flight 2 LJ

7:15-7:25 Boys Flight 3 LJ Warmup

7:25-7:55 Boys Flight 3 LJ

8:00-8:10 Girls Flight 1 TJ Warmup

8:10-8:40 Girls Flight 1 TJ

8:40-8:50 Girls Flight 2 TJ Warmup

8:50-9:20 Girls Flight 2 TJ

9:25-9:35 Boys Flight 1 TJ Warmup

9:35-10:05 Boys Flight 1 TJ

10:05-10:15 Boys Flight 2 TJ Warmup

10:15-10:45 Boys Flight 2 TJ

Class A

Saturday, March 5th

Field Events

10:00am Long Jump, Triple Jump after (G, B)
 (see schedule)
 Shot Put (B,G)
 Pole Vault (G, B)
 High Jump (B, G)

Running Events (Girls run first, Slow to Fast)

* Rolling schedule, times are approximate*

10:00am 4x200m Relay
10:35am 4x800m Relay
11:00am 60m Hurdles Prelims
11:35am 60m Dash Prelims
12:10pm 800m Run
12:40pm 200m Dash
1:20pm 60m Hurdle Finals
1:30pm 60m Dash Finals
1:40pm 400m Dash
2:20pm 1600m Run
3:00pm 4x400m Relay

Class A

Saturday, March 5th

Horizontal Jump Schedule

Cafeteria style, Time schedule will be strictly enforced

9:30-9:50 General Warm Up

9:50-10:00 Girls Flight 1 LJ Warmup

10:00-10:30 Girls Flight 1 LJ

10:30-10:40 Girls Flight 2 LJ Warmup

10:40-11:10 Girls Flight 2 LJ

11:10-11:20 Girls Flight 3 LJ Warmup

11:20-11:50 Girls Flight 3 LJ

11:55-12:05 Boys Flight 1 LJ Warmup

12:05-12:35 Boys Flight 1 LJ

12:35-12:45 Boys Flight 2 LJ Warmup

12:45-1:15 Boys Flight 2 LJ

1:15-1:25 Boys Flight 3 LJ Warmup

1:25-1:55 Boys Flight 3 LJ

2:00-2:10 Girls Flight 1 TJ Warmup

2:10-2:40 Girls Flight 1 TJ

2:40-2:50 Girls Flight 2 TJ Warmup

2:50-3:20 Girls Flight 2 TJ

3:25-3:35 Boys Flight 1 TJ Warmup

3:35-4:05 Boys Flight 1 TJ

4:05-4:15 Boys Flight 2 TJ Warmup

4:15-4:45 Boys Flight 2 TJ