

IHSA BOYS TRACK & FIELD SECTIONAL MEET

HOST: METEA VALLEY HIGH SCHOOL



Date: Thursday, May 19TH, 2016

Location: Mustang Stadium @ Metea Valley H.S., 1801 N. Eola Rd., Aurora, IL 60502

Facility: Eight-lane, 400m all-weather track with a Field Turf infield. (1/4 in. pyramid spikes only are allowed)

- Long/Triple Jump: Two runways (north to south) each with their own sand pit at both ends.
- Pole Vault: North-South runway extending from both sides of concrete pad with a vault box on both sides to run the event north to south or south to north depending on wind conditions.
- High jump: Large track surface apron at both ends of infield. Pit can be placed in optimum area depending on wind conditions.
- Shot Put: Two competition throwing areas with recessed circles, separated from one another.
- Discus: Two competition level cages with double netting and a flat ring circle. Cages are at opposite ends of the landing field: one facing the southwest, one facing the northeast.

Time Schedule:

All Field Events	4:00pm
Track Event Finals	6:00pm

Officials: James Rhode-Meet Referee; Richard Miller-Starter; Scott Brechtel-Asst. Starter

Entries: You must have completed your On-line List of Participants and your school's on-line entries at the School Center on the IHSA Website at www.ihsa.org **NO LATER than 12:00 noon, Monday, May 16th** or your athletes will not be allowed to participate in the state meet. Please refer to the exact specifications listed in the IHSA Terms & Conditions. They must be followed exactly.

Seeding Meeting: We will have a seeding meeting at the school on Tuesday, May 17th beginning at 6:00 pm in Room F214. Please enter through Door #19-Athletics entrance (North side of the school-See facility map) and proceed to the 2nd floor. Food will be served. Per IHSA Terms and Conditions, attendance is not mandatory but highly recommended.

Because entries are being done on-line, there will be preliminary heat sheets ready for you upon arrival to make scratches/substitutions. Here are some specific notes for the seeding meeting:

1. Bring a copy of your on-line entries, your school's List of Participants and **any documentation verifying seed times/marks** made during the season in case there is a challenge to your entry per Terms & Conditions V.-B.2 & 13: *It IS NOT mandatory for the head coach (or another school representative) to attend the Sectional Seeding Meeting. However, all schools are encouraged to send a representative to their respective seeding meeting. If a head coach (or another school representative) is not in attendance at the seeding meeting, those athletes must be FAIRLY SEEDED in spite of their coaches absence from the seed meeting. Any coach that chooses not to attend should send documentation of the times and trials submitted online for seeding to the sectional host. This information will become critical in the event the coaches in attendance challenge any time or trial submitted. Without such documentation, or knowledge by the coaches present, the time or trial may be rejected and the athlete seeded last, with a "no time" entry. Coaches not in attendance forfeit their opportunity to question decisions made at the seeding meeting.*

Participants will be assigned to heats/sections and flights in the track and field events on the basis of: (1) best times and marks; and, (2) the composite opinion of the coaches present at the meeting. If there is a discrepancy, (2) is to take precedence over (1). Coaches must be able to verify times and marks submitted for Sectional

seeding purposes in any given event if requested to do so by the Sectional Manager, Referee or by the coaches in attendance at the Sectional Seeding Meeting.

2. You may substitute athletes in individual events upon entry to the seeding meeting PRIOR to viewing the entries. Once any coach has seen the entries, no substitutions to any individual events will be allowed without the causes specified in the Terms and Conditions. This is true for the host school as well, as no changes will be made once entries have been seen.
3. You may NOT add an athlete who is not on your List of Participants.
4. You may NOT add an athlete to an individual event where one from your school is not already entered (to correct an omission).
5. You may substitute an athlete in a relay at any time provided that they appear on the list of eight athletes you entered for your on-line entries.
6. Relay cards will be issued on the day of the meet in your coach's packet. Please turn in those cards to the Clerk of the Course prior to the start of Track event finals.
7. Discussion on starting heights will take place at the seeding meeting based on entries.

Games Committee: Five coaches will be chosen to serve and will be selected at the seeding meeting.

Weigh-ins: Weigh-Ins will be from 3:00-3:45pm.

- Shot Put and Discus implements will be inspected and marked at the South stadium gates. Any confiscated implements will be held by meet management staff and can be collected after competition is completed.
- Pole vaulters will be weighed in the rear area of the concession stand. Please make sure vaulters bring their weight verification cards with them. Poles will be inspected by the event judge at the pole vault site.

Scoring: Scoring for all events will be 10-8-6-4-2-1 per IHSA guidelines. Event results will be posted as they become available next to the concession stand

Workers: Each school is being asked to provide **TWO (2) QUALIFIED, adult workers** to assist in running the meet. Please provide these at the seeding meeting. We will try to honor all requests but we reserve the right to assign workers as needed.

Athlete Check-in: For field events, check in at the event site. For running events, check in at the Athlete check-in tent located in the North end of the turf field to receive hip number, until called to the track by the Clerk of the Course.

Bus Drop Off & Parking: Buses can drop off in the turnaround area between the school and stadium, then park on the south side of the building in our bus lot. We will have an event worker there to assist the drivers.

***Note – School dismissal is at 2:25pm. Expect large volumes of traffic on Eola and the school campus as students are picked up and buses depart.**

Team camps: Please use the Visitors (east side) stands and the surrounding grassy area. Tents will not be allowed inside the stadium. All tents should be set up outside of the fence behind the Visitor stands. Athletes should remain in the stands or in team camps unless competing. **No locker rooms provided; athletes should come dressed to compete.**

Warm-Up Areas: We have ample space around the stadium facility for athletes to warm up prior to their events with quick access to the track in order to check in on time. ****Absolutely no athletes in spikes on the field turf or standing by the finish line area.**** Athletes not in compliance with this policy will be asked to leave the area.

Athletic Trainers: We will have staff on site to provide medical services prior to and during the meet, as well as ice for injuries. Please provide your own athletic tape.

Concession Stand: We will have a full concession stand in service, which is located near the stadium main gates.

- **Food will not be allowed on the track or turf field.** Food and drink may be consumed in stands and outside of competition areas. Water is allowed.

Restrooms: Are located on the south side of the concession stand.

Awards: Awards packets will be available at the press box after the meet. Sectional team plaque for 1st place and individual medals for places 1-6 in all events.

Hospitality: Coaches will be provided food during the meet. Thank you to the Metea Valley High School Athletic Booster Club for their help in providing concessions for this event.

T-Shirts: Spirit Corner will be selling sectional apparel at the meet. They accept cash, credit cards, and Apple Pay.

- \$15 Tees
- \$18 Long sleeve tees
- \$23 Crews
- \$28 Hoodies
- \$6 Name - personalize it!
- \$2 per Event

Spirit Corner also has 20+ track designs available to mix and match with your sectional apparel, or get in addition to your commemorative tee! Sizes available are Adult S-3XL (sizes 2X and 3X are additional \$4 each). Spirit Corner is a licensed IHSA vendor for this event.

Admission: All spectators are \$5.00 per IHSA guidelines; no passes will be accepted

- **Spectators must remain in the stands or bleacher seating areas (for field events) at all times.** Only participants and coaches will be allowed in the competition areas.

Schedule:	3:00 – 3:45	Scratches/Weigh Ins for throwing implements and Pole Vault
	3:30 PM	Coaches/Officials Meeting
	4:00 PM	Field Events
		- Shot Put (3 flights-best flight last, 10 min. warm up between flights; 3 throws in prelims-top 9 to finals)
		- Discus (3 flights-best flight last, 15 min. warm up between flights; 3 throws in prelims-top 9 to finals) <i>*Flight 1 will begin when Shot Put finals begin</i>
		- High Jump (1 flight run to completion; starting height to be determined)
		- Pole Vault (1 flight run to completion; starting height to be determined)
		- Long Jump (2 flights run simultaneously; 3 jumps in prelims-top 9 to finals)
		- Triple Jump , after completion of Long Jump-20 min. warm up (2 flights run simultaneously; 3 jumps in prelims-top 9 to finals)
	5:50 PM	National Anthem
	6:00 PM	Track Finals (No semi-finals in the 100, 110 HH, or 200)
		4 x 800 Meter Relay
		4 x 100 Meter Relay
		3200 Meter Run (If 2 sections are needed, races will be run consecutively)
		110 Meter High Hurdle Final
		100 Meter Dash Final
		800 Meter run
		4 x 200 Meter Relay
		400 Meter Dash
		300 Meter Intermediate Hurdles
		1600 Meter Run
		200 Meter Dash
		4 x 400 Meter Relay

Metea Valley High School is proud to host this event and will do everything in our power to make it a successful, enjoyable event for your athletes, coaches, and spectators. Please do not hesitate to contact us with any questions.

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Please indicate below the names of **TWO (2) QUALIFIED** adult workers you will be providing and their job preferences. While every effort will be made to honor job preferences, Metea Valley reserves the right to assign workers as needed. Worker assignments are for field events as a head judge or assistant and as exchange zone judges.

**FAX THIS SHEET TO (630) 375-2052 NO LATER THAN MONDAY, MAY 16th
OR PROVIDE NAMES AT THE SEEDING MEETING**

***Please note – 4x100m relay exchange zone judges will also serve as curve judges according to the table below. 4x200m relay judges will just work that specific relay.**

4x100-1 st exchange	4x100-2 nd exchange	4x100-3 rd exchange
Curve Judges for: 4x800 & 3200 Break line for 4x400	Curve Judges for: 800, 400, & 300 Hurdles	Curve Judges for: 1600, 200, & 4x400

SCHOOL:

Name

Job Preference

1. _____

2. _____

Eligible Coaches

Please provide the names of all your coaches, even if they appear above in the workers list.

Please note, due to FAT timing, no timers or pickers will be needed, only field event judges/workers and exchange zone/curve judges.

Head Coach _____

Assistant _____

Assistant _____

Assistant _____

Assistant _____

Assistant _____