



Rockford Auburn High School Athletics

5110 Auburn Street

Rockford, IL 61101

Athletic Office Phone: 815.966.3320

Brad Pemberton, CAA : Athletic Director

2023 Rockford Auburn Boys Track & Field Invitational Saturday February 18th, 2023

Rockford Auburn High School would like to welcome you and your teams to the 7th Annual Rockford Auburn Boys JV/V Indoor Invitational. We hope to provide you and your athletes a positive experience.

MEET INFORMATION

Date: Saturday, February 18th, 2023

Location: Rockford Auburn High School
5110 Auburn Street
Rockford IL 61101

Participating Teams: AURORA MARMION, BELVIDERE NORTH, CHICAGO HEIGHTS MARIAN CATHOLIC, CLIFTON CENTRAL, DAKOTA, EAST AURORA, ELGIN HARVEST CHRISTIAN ACADEMY, ELGIN LARKIN, ELMHURST IC CATHOLIC, GALESBURG, GENEVA, LASALLE PERU, MACHESNEY PARK HARLEM, ROCKFORD AUBURN, ROCKFORD BOYLAN, ROCKFORD CHRISTIAN, ROCKFORD GUILFORD, ROCKFORD LUTHERAN, SCHAUMBURG, SOUTH ELGIN, SOUTH HOLLAND THORNWOOD, WEST CHICAGO, WINNEBAGO High Schools

<u>Time Schedule:</u>	Doors Open	7:00am
	Weigh-In	7:45am
	Coaches and Officials Meeting	8:15am
	All Field Events	8:45am
	National Anthem	9:00am
	3200M Relay	9:05am
	All Track Events Finals	

Each team can enter 3 individuals per event per level and one team per relay event per level

All athletes can compete in up to 4 events. All events are finals.

Meet Format **3 attempts in jumps and 4 attempts in throws**

- **New rules with Jumps: There is no run backs when getting jumper steps. New safety rule. Pole Vault is included no run backs.**
 - **Also no ear plugs or headsets while on the track warming up.**
-

We are utilizing AccuRace Timing Service to seed, time, and score the meet. Each coach should access the site www.athletic.net to load your entries.

Entries:

- In each event, enter your three best athletes at each level
- No Triple Jump due to number of teams and only have 1 indoor pit
- Entries not received will not be placed in events day of meet.
- No changes; only scratches will be accepted at the coaches meet on meet day
- **Entry Deadline – Friday, February 17th at 12:00pm**

Scoring/Awards:

- Team scoring will be as follows:
- Varsity: Events: 10-8-6-5-4-3-2-1
- JV: Events: 10-8-6-5-4-3-2-1
- Plaques will be awarded to the top two (2) teams for each level
- Individual medals will be given to the top three (3) finishers in each of the events as well as top three (3) relay teams per level

Facilities:

- Rockford Auburn Field House has an 8 lane track & 6 lanes in curves. Only rubber soled shoes or shoes with spikes not to exceed more than 1/8" in length will be permitted. The shot put areas are concrete, so rubber soled shoes only may be worn.
- No tape or scratch marks of any kind will be allowed anywhere in the FH. Bean bags or half tennis balls may be used.
- Auburn will provide starting blocks. No schools need to bring their starting blocks.
- Washrooms and concessions will be available inside the Field House lobby.
- **Coaches, PLEASE make sure your athletes have the right spikes.**

Areas for Athletes:

No one except officials and competitors will be allowed to enter the track area. Camps will ONLY be permitted outside the track west side corner, in the hallway north of the Fieldhouse and inside the cafeteria. Please do not create your team camp in a bleacher sitting area. No team camps on permitted on the courts.

No teams are allowed in the school hallways outside of the field house hallway for any reason. Please no food or colored drinks in Field House. Water only. Tables will be provided in the lobby area for eating.

Locker Facilities:

Locker room facilities will NOT be provided. Restrooms are located in the Fieldhouse lobby entrance.

Bus Parking:

Please inform your bus drivers to drop your team at the main entrance of the field house door FH1.

After drop off, buses are to park in the school circle drive along Auburn St on the north side of the building.

Coach's Meeting: All head coaches, or a representative from your school, must be present at the scratch meeting at 8:15 a.m. inside the weight room

Workers: Rockford Auburn will provide workers and will have IHSA officials running events. Auburn Girls track team will also be helping in areas as needed.

Weigh-Ins: All shots must be weighed in and certified prior to competition. Weigh-ins will be located at the west end of the field house beginning at 7:45am

Admission: General Admission \$6.00 – Under 5 Free
Tickets will be sold online only. There will be NO CASH SALES at the gate.
Purchase Tickets Here: [Boys JV/V Indoor Invitational Tickets](#)

Spectators: All spectators must always remain in the stands outside the flagged area. Only participants and coaches will be allowed in the competition areas. Coaches, please keep your team behind the flags.

Results: F.A.T. timing will be used at this meet. Event results will be posted; Area will be giving at coaches meeting.

Hospitality: Hospitality will be provided for coaches and workers in the Weight Room.

Officials: 10 IHSA Certified Officials – 2 Starters, 2 per field event

We are looking forward to hosting this event. If you have any questions, please feel free to contact us.

Kevin Anderson

Head Boys & Girls Track & Field Coach
Kea4466@yahoo.com
815-980-9172

Brad Pemberton, CAA

Athletic Director/Facilities/Assistant Principal
brad.pemberton@rps205.com
815-985-9608

ROCKFORD AUBURN
KNIGHTS
HIGH SCHOOL