

# **2014 I.C.O.P.S.**

## **Track & Field Invitational**

**Hosted by Saint Patrick High School**

Sunday, March 2<sup>nd</sup>, 2014

Lewis University, Romeoville, IL

Head Coaches Meeting 8:30 a.m.

Mass (In the Fieldhouse) 9:00 a.m.

Field Events 10:00 a.m.

Preliminary Races 11:00 a.m.

Finals Immediately Following

### **Teams Participating (as of 1/15 )**

Aurora Central Catholic	Marmion Academy
Benet Academy	Montini
Brother Rice	Nazareth
Carmel Catholic	Notre Dame
De La Salle	Providence
Fenwick	Saint Ignatius
Joliet Catholic Academy	Saint Joseph
Loyola Academy	Saint Laurence
Marian Catholic	Saint Patrick
Marist	Saint Rita
Mount Carmel	Saint Viator
	University High

**Entries:** Are due by February 26<sup>th</sup> before 1pm. Any team that does not submit entries on time will be seeded with “no time-no distance” and without names. Teams are allowed two entries per event, and one relay per school. Entries must be submitted electronically. Go to: [alltraxtiming.com](http://alltraxtiming.com) and enter your athletes on the I.C.O.P.S. Meet link. The link will be available from 2/16 to 2/26. Each team will be allowed to enter four coaches and will receive four coaching passes for the meet-which will allow free entry and unlimited hospitality room access.

**Workers:** Each team is asked to supply one worker and their preferred working assignment on the [alltraxtiming.com](http://alltraxtiming.com) link.

**Substitutions/Scratches:** After the deadline, ...substitutions can be made with a letter from the Principal or Athletic Director from your school- no exceptions. Scratches can be made at the 8:30 a.m. Coaches Meeting. Before the deadline, substitutions can be made by emailing [jimkaiser@mindspring.com](mailto:jimkaiser@mindspring.com)

**Coaches Meeting:** There will be a brief coaches meeting at 8:30 a.m. in the conference room.

**Lewis University:** Lewis has a 200 meter recently resurfaced Super X Mondo Track. Spikes larger than 1/8 will not be allowed. There are 7 lanes on the straightaway and 4 lanes around.

**T-Shirts:** A limited amount of Meet T-Shirts will be sold for \$10.00

**Concessions:** There will be a concession stand at the meet. No food or drinks will be allowed inside the track arena.

**Awards:** Medals will be awarded to the top 5 in all final events. The top three teams will be awarded team trophies.

**Scoring:** 10-8-6-5-4-3-2-1. In the 55 M. and 55 H.H., the 8<sup>th</sup> place finisher will be determined from the prelims. In case of a scratch or DQ in the final, 7<sup>th</sup> will be vacated. The 8<sup>th</sup> place finisher will not move up.

**Spectators:** Cost of admission will be \$5 for adults and \$3 for students ages 10 and up.

**Timing:** The meet will be F.A.T. Please keep your athletes away from the finish line cameras. If you registered an athlete with a F.A.T. time, please check it at the [alltraxtiming.com](http://alltraxtiming.com) link. All hand times will be recorded with a + .24

**Pole Vault:** Vaulters must submit their IHSA entry card by 9:45 a.m.

**Staging Area:** Athletes must check in by the second call of their event. The Staging Area is in the northwest corner of the field house.

**3(4) Attempts:** 3 attempts in the long and triple jump. 4 attempts in the shot put. No finals in these events.

**Trainers:** Athletico Trainers will be available (Near the Staging Area) for any injury need.

**Programs:** The programs/heat sheets will not be the official (last) program used for the meet. Scratches may alter heats and flights to ensure an efficient meet. Final programs will be available for each team at 9:45 a.m. Heats and flights will be posted at the officials table.

If you have any questions refer them to Coach Enright prior to the meet: [aenright@stpatrick.org](mailto:aenright@stpatrick.org)

## **Order of Events**

### **Field Events 10:00 a.m.**

Shot Put

High Jump- Starting Height 5'0"

Pole Vault- Starting Height 7'6"

Long Jump followed by Triple Jump

### **Prelims/Running Events 11:00 a.m.**

55 Meter H-H Prelims- Top 7 times to Finals

55 Meter Dash Prelims- Top 7 times to Finals

3200 Meter Run- Heat 1 (slower seed times)

3200 Meter Relay

3200 Meter Run- Heat 2 (fastest seed times)

55 Meter High Hurdles Finals

55 Meter Dash Finals

800 Meter Run

800 Meter Relay

400 Meter Dash

1600 Meter Run

200 Meter Dash

1600 Meter Relay