



**What:** HF Indoor track meet  
**Date:** Saturday, February 11<sup>th</sup> 2016  
**Time:** 10:00 AM Field events, 10:15 AM Running events

**Participating Schools:**

Homewood-Flossmoor, Bolingbrook, Brother Rice, Fenwick, Thornton

**Admission/Concessions**

Adults: \$3, Students w/ ID: \$2

We will have a concession stand during the meet.

**General Information**

1. The track is a 6-lane 200-meter mondo surface with 8-lanes down the straight.
2. Long jump and pole vault runways have the same surface.
3. **NO SPIKES** allowed! Plastic bottom with no spikes in them should be fine.
4. Shot put will be thrown on a wood surface in the turf field.
5. High jump will be on the infield on a multipurpose surface. Rubber soled shoes only.
6. We will not have locker room facilities available. Washrooms will be available to your athletes.
7. Team camps should be made in the infield or along the outer walls away from the bleachers.
8. No Gum, Candy, Drinks with Dye in the Fieldhouse
9. We intend to use F.A.T. for all running events
10. Scoring will be: 8-6-4-2-1 for individual events and 8-6-4-2 for relays
11. The 400, 600, 4x200 and 4x400 relays are a 3 turn stagger.
12. The 800, 1600, 3200, and 4x800 relay will be run off as a waterfall start.
13. Participation rules -- IHSA limitation rule is in effect -- any athlete may participate in only four events including relays. All other IHSA rules will be strictly enforced.
14. We will be running this meet all as one level not f/s and varsity. Our feeling is it's about getting kids experience on a great track.

**Order of Events**

4x800 Relay

3200m

60m Hurdles (we will run a low hurdle version for f/s)

60m

800m

4x200 Relay

400m

600m

1600m

200m

4x100 Weight man Relay (if enough interest)

4x400 Relay

Long Jump followed by Triple Jump, High Jump, Pole Vault, Shot Put