



Rockford Auburn High School 5110 Auburn St. Rockford, Illinois 61101
2024 Girls JV & V indoor Track & Field Invitational

Rockford Auburn High School would like to welcome you and your teams to the Annual Rockford Auburn Girls JV & V Track & Field Invitational. We hope to provide you and your athletes a positive experience.

MEET INFORMATION

Date: Saturday, March 1st, 2024

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

Participating Teams: Grayslake North, Grayslake Central, Freeport, Richmond Burton, Rockford Auburn, Saint Viator, Johnsburg, Elgin High School, Hinsdale Central, Belvidere North, Belvidere HS, Blue Island Eisenhower, Chicago (taft), Evanston Twp, Peru (ST Bedes), Rockford Boylan Catholic High School, Rockford Lutheran, Hononegah High School, Springfield Southeast HS, Wilmette Loyola Academy, Winnebago High Schools, Zion Benton, Rockford jefferson, Rockford Guilford, Marengo HS,

Time Schedule:

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 for varsity, 2 for JV and one team per relay event for both levels. All athletes can compete in up to 4 events. All events are finals.

Since we only have one pit, we have decided to only have 2 entries for both Levels of long & triple jump **with 3 attempts. 4 attempts in throws**

Meet Format

- **New rules with Jumps: There is no run backs when getting jumper steps. New safety rule. Pole Vault is included no run backs.**
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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
- 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 – Thursday, Feb. 27th , 2025, at 12:00pm**

Scoring/Awards:

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

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 shotput 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 and inside the lower cafeteria

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. in 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 at the door only. There will be NO Credit Card Sales at the gate.

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 Room F114

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.

Olivia Ferguson
Head Boys & Girls Track & Field
Coach
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Cedric L. Jones
Athletic Director/Facilities
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815-985-9608
815-997-6131



List of Events

8:45 ALL Field Events

LJ – JV then V

TJ- JV then V

HJ – JV then V

PV – JV then V

SP – JV then V

9:00 National Anthem

JV First in each Running Event

9:05 3200 Relay

9:55 3200m Run

10:40 60m Hurdles

11:20 60m Dash

12:00 800m Run

12:35 4x200 Relay

1:15 400m Dash

2:00 1600m Run

2:45 200m Dash

3:30 4x400m Relay

