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Rockford Auburn High School 5110 Auburn St. Rockford, Illinois 61101

**7th Annual Girls Indoor Track & Field Showcase**

Rockford Auburn High School would like to welcome you and your teams to the 6th Annual Rockford Auburn Girls Track & Field Showcase. We hope to provide you and your athletes a positive experience.

**MEET INFORMATION**

**Date:** Saturday, March 8th, 2024

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

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**Participating Teams:** Barrington, Burlington Central, Elgin Harvest Christian Academy, Freeport HS, Palatine HS, Rockford Auburn, Streamwood HS, Schaumburg HS, St. Laurence, South Elgin, Rockford Guilford High School, Rockford Lutheran, Wauconda HS, Winnebago High Schools,

Aurora West HS, Bartlett High school, Belvidere, Elgin( Harvest Christian Academy), Elgin Larkin HS, Grayslake Central HS, J B Conant, Marengo HS, Mundelein(Carmel), Richmond Burton HS, Rockford Boylan Catholic HS, Zion Benton High School

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**Time Schedule:**

Doors Open	7:00am
Weigh-In	7:45am
Coaches and Officials Meeting	8:15am
All Field Events	8:45am
National Anthem	9:30am
3200M Relay	9:35am
All Track Events Finals	

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Each team can enter 3 individuals per event and one team per relay event  
All athletes can compete in up to 4 events. All events are finals.

For last year, Jumps was always the last event done, I have made the executive decision to have the **jumpers do 3 attempts** but it will be the same **4 attempts for 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.**
- **Also, no ear plugs or headsets while on the track warming up.**

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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](http://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 29th, 2024, at 12:00pm**

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**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.

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**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.**

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**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.**

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**Locker Facilities:**

Locker room facilities will NOT be provided. Restrooms are located in the fieldhouse lobby and inside the lower cafeteria

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**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.**

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**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

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**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.

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**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

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**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.

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**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.**

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

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**Hospitality:** Hospitality will be provided for coaches and workers in Room F114

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

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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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## List of Events

8:45	All Field Events
9:30	National Anthem
9:35	3200 Relay
10:00	3200m Run
10:25	60m Hurdles
10:50	60m Dash
11:15	800m Run
11:30	4x200 Relay
11:50	400m Dash
12:10	1600m Run
12:35	200m Dash
12:55	4x400m Relay

