

Hononegah Indoor Classic - 2025

Where: Hononegah High School Field House
307 Salem St.
Rockton Il. 61072

When: March 15th, 2025- Starting Time: 3:00pm Field Events -3:30 pm Running Finals

Teams Entered: Auburn, Belvidere, Belvidere North, Chicago Marist, Elgin, Guilford, Harlem, Hononegah, Maine East, Maine West, Northridge Prep, Notre Dame Prep, Plainfield East, Pekin, Riverside-Brookfield, Rock Island, Oswego East, Waubonsie Valley, Wheeling, Winnebago

Entry Fee: \$350 per team

Admission: \$5 Adults - \$2 Children/Seniors

Facility: The Hononegah Field House indoor track facility contains an 8-lane Olympic Grade Mondo straightaway as well as providing 6 lanes around the oval.
Only ¼" or smaller pyramid spikes are allowed on the track surfaces. No spiked shoes are allowed on any other surfaces (the wood basketball courts, the all purpose courts, or in the hallways outside the track). Spikes will be checked at the clerking area. **When visiting the Fieldhouse, water is the only item which may be taken into the Fieldhouse. All other items purchased must be consumed prior to entering the Fieldhouse. In an effort to maintain our facilities, gum is NOT allowed in the Fieldhouse.**

Timing: AccuRace Timing



Heat Sheets: Will also be provided at the above website. You should be able to get access by Friday evening for this info. You will also receive the heat sheets in your packets the day of the meet.

Entries: There will be 3 athletes, 1 varsity relay team, and 1 f-s relay per event.

PLEASE SUBMIT HONEST AND REALISTIC SEED PERFORMANCES FOR THIS TIME OF THE SEASON!

The entries will be done through Athletic.net

Entries will close on **Friday, March 14th** at **NOON**.

Do not miss the deadline. Scratches can only be made on the day of the meet, no changes in the individual events.

Coaches

Information:

Packet Pick-up will be in the coach's office on the Northwest end of the field house. There will be refreshments available and a bathroom for coaches only. Please remember to keep all food and non water drinks out of the field house. We will have a coaches meeting in the fitness center classroom, upstairs in the field house at 2:00pm.

Check-In:

Please pick up hip-numbers at the table located on the Southwest end of the track. You **MUST** bring your spikes to be checked, in order to obtain your hip number. The clerk will bring each heat to the starting line of each race. Check-in for field events will take place at each field event.

Long Jump:

Distance from the takeoff board to the pit is 8' and 12'. There will be plenty of room for all approaches and **1/4" exposed Pyramid spikes only!!!** We will put athletes in flights from the seeds submitted. Each athlete will be allowed three (3) attempts.

Triple Jump:

Distance from the takeoff board to the pit is 24', 28' 32', 36, and 40'. There should be plenty of room for all approaches and **1/4" exposed Pyramid spikes only!!!** We will put athletes in flights from the seeds submitted. Each athlete will be allowed three (3) attempts.

High Jump:

On the wood court. **Spikes are not permitted on this surface.** Only rubber soled bottom shoes will be used for this event. The judge will check to make sure proper shoes are being used for this event. Starting height will be 5'1".

Pole Vault:

Located on the outside of the track on the curve of the East end of the track. Approach is Approximately 120'. **1/4" exposed pyramid spikes only!!!** Pole Vault cards will be located in coaches packets. Forms should be turned in at the pole vault area. Starting Height will be 7'2".

Shot Put:

On the infield. Throwing circle is wood. Athletes will be arranged in flights. There will be three (3) attempts allowed. Top nine (9) finishers will advance to the finals and will be allowed an additional three (3) attempts.

Rest Rooms:

Rest rooms are located outside of the field house. Additional bathrooms are also near the concession area.

Training Room:

Trainers and complete treatment facility are available in the training room facing the track area.

Team Area:

Areas will be designated in the Metal Gym and old Main Gym for team camps. No team camps will be allowed in the field house.

Workers: Each team will be required to supply one worker for either the long or triple jump. As we get the numbers of athletes we will send out which event and flight you will need to help with. It will only be one flight in that event, so it should not be too much of a pain.

Awards: Individual medals will be put in envelopes for each school and can be picked up at the conclusion of the meet in the coach's office.

Team Plaques:	Team Champion and runner-up
Individual Plaque:	Top Track athlete of the meet - Top Field athlete of the meet
Individual Medals:	Top six in each individual event and top six relay teams

Scoring: All events will be counted as scoring events, this includes F/S Relays. 10-8-6-5-4-3-2-1.

Concessions: Will be provided

Parking: Buses may drop off coaches and athletes in the main parking lot (off of Hononegah Rd.). Buses will need to park in the main lot behind the south end of the football stadium.

Meet Shirts: Meet shirts will be available to purchase on site.

Any questions, contact Mark McLarty (Head Boys Track Coach) at the following numbers/email:

School: (815) 624-2070 ext. 5256

Cell: (815) 979-7121

Email: mmclar@hononegah.org

Meet Schedule

The running events will use a rolling schedule. We will start field events at 3:00. Running finals will start at 3:30, and we will roll through the rest of the events from there.

3:00pm	Long Jump - West End/ East End
	Triple Jump - to follow long jump
	Pole Vault
	High Jump
	Shot Put
3:30pm	4x800m Relay (F-S)
	4x800m Relay (Var)
	3200m Run
	60m High Hurdles
	60m Dash
	800m Run
	4x200m Relay (F-S)
	4x200m Relay (Var)
	400m Dash
	600m Dash
	1600m Run
	200m Dash
	4x400m Relay (F-S)
	4x400m Relay (Var)