

Hononegah Indoor Classic

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

When: February 22nd, 2025
Starting Times:
Field Events Start @8:30am
Running Events Start @10:00am

Teams Entered: Joliet (West), Harlem, Prospect, Guilford, Jefferson, East, Thornwood, St. Charles (East), Dixon, Rockford Christian, Lake Zurich, Belvidere, IC Catholic Prep, Hampshire, St. Charles (North), Auburn, Rockford Lutheran, Hononegah

Entry Fee: \$300 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 1/4" 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.

Water is the only food/drink allowed in 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 limited entries for this meet.
3 Varsity entries & 3 JV entries for all open races and field events.
Relays can have 1 entry for JV and 1 entry for Varsity
PLEASE SUBMIT HONEST AND REALISTIC SEED

PERFORMANCES FOR THIS TIME OF THE SEASON!

The entries will be done through Athletic Net: www.athletic.net

Start entering **Saturday, February 15th** and it will **close** on **Friday, February 21st** at **NOON**. **Do not miss the deadline.**

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 brief coaches meeting at 7:50 AM in the office.**

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.

Jumps: There are no run backs when getting jumper steps. Pole Vault is included. Make sure each athlete has completed run throughs and is checked in before the 8:30am start.

Long Jump:

Located outside the track on the Northwest side of the track (behind the pole vault). 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. Varsity first, then JV.

Triple Jump:

Located outside the track on the Northeast corner of the track. 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. JV first, then Varsity.

High Jump:

On the infield. **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 at 3' 11". This way the novice athletes will be able to participate in the event. Varsity first, then JV.

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!!!** Starting Height 5'. (3) attempts, no finals. Varsity first, then JV.

Shot Put:

On the infield. Throwing circle is wood. Athletes will be arranged in flights. Each team will need to bring their own indoor shots. JV will get 4 throws total. Varsity will have 3 throws, then 9 will go to finals with 3 more throws. Varsity will throw, then JV, then Varsity finals.

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 Old Main Gym or Metal Gym for team camps. No team camps will be allowed in the field house.

Awards: Team Plaques: Varsity Team Champion, Varsity Runner-up, and JV Team Champion
Varsity Runner MVP
Varsity Field MVP
Individual Medals: Top six in each individual varsity event and top six varsity relay teams
Individual Ribbons: Top 6 in each individual JV event and top six JV relay teams

Concessions: Concessions will be available in the metal gym outside of the field house.

Parking: Buses may drop off coaches and athletes in the main parking lot (off of Hononegah Rd.) or in the small field house parking lot (off of Rockton Rd.). Buses will be directed to park in the main lot behind the south end of the football stadium.

Any questions, contact Ashley Kentner (Head Girls Track Coach) at the following number/email:
Cell: (815) 289-8324
Email: akentn@hononegah.org

Meet Schedule

The running events will use a rolling schedule. We will start at 10:00am and keep the meet rolling.

8:30 AM (all field events will begin)	Long Jump - West End
	Triple Jump - East End
	Pole Vault
	High Jump
	Shot Put
10:00am	4x800m Relay
	3200m Run
	60m High Hurdles
	60m Dash
	800m Run
	4x200m Relay
	400m Dash
	200m Low Hurdles
	1600m Run
	200m Dash
	4x400m Relay