

**NIC-10 Boys and Girls Indoor Track and Field  
Championship  
Saturday, March 22nd, 2025**

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

**When:** March 22nd, 2025-Starting Time: 9:00am Field Events -10:00 am Running Events

**Teams Entered:** Auburn, Belvidere, Belvidere North, Boylan, East, Freeport (girls only), Guilford, Harlem, Hononegah, Jefferson

**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. **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 and 1 relay team per event.  
**PLEASE SUBMIT HONEST AND REALISTIC SEED PERFORMANCES FOR THIS TIME OF THE SEASON!**  
The entries will be done through Athletic.net.  
Start entering **Friday, March 7 (12:00pm)** and it will **close on Friday, March 21 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 brief coaches meeting at 8:20 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.

### **Long Jump:**

Located outside the track on the Northeast 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 four (4) attempts.

### **Triple Jump:**

Located outside the track on the Northwest 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 four (4) 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 TBA from the seeds submitted.

### **Pole Vault:**

Located on the outside of the track on the curve of the East end of the track. Approach is approximately 120'. Pole Vault cards will be located in coaches packets. Forms should be turned in at the pole vault area. Starting Height TBA from the seeds submitted.

### **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 Old Main Gym for team camps. No team camps will be allowed in the field house.

### **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 Trophy:

Team Champion

Individual Medals:

Top three in each individual event and top three relay teams

**Scoring:** All events will be counted as scoring events. 10-8-6-4-2-1.

**Concessions:** A concession stand will be available for the meet.

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

Any questions, contact at the following numbers/emails:

Mark McLarty (Head Boys Track Coach)

School: (815) 624-2070 ext. 5256

Cell: (815) 979-7121

Email: [mmclar@hononegah.org](mailto:mmclar@hononegah.org)

Ashley Kentner (Girls Head Track Coach)

Cell: (815)-289-8324

Email: [akentn@hononegah.org](mailto:akentn@hononegah.org)

## Meet Schedule

**The running events will use a rolling schedule. We will start field events at 9:00. Running finals will start no earlier than 10:00, and we will roll through the rest of the events from there.**

9:00am	Long Jump - East End - 2 flights - Boys Long Jump - West End - 2 flights - Girls
	Triple Jump - East End - 2 flights - Boys Triple Jump - West End - 1 flight - Girls
	Pole Vault - 1 flight Boys first then Girls will follow
	High Jump - 1 flight Girls first then Boys will follow
	Shot Put - 2 flights Girls first then Boys will follow
	Girls will start each event boys will follow
10:00am	4x800m Relay
	3200m Run
	60m High Hurdles
	60m Dash
	800m Run
	4x200m Relay
	400m Dash
	200m Low Hurdles/Intermediate Hurdles
	1600m Run
	200m Dash
	4x400m Relay