

# Central Rocket Indoor Boys Invite 2020

## Friday, March 13<sup>th</sup>

### Entries:

- Each team can make up to 2 entries for individual events, and one varsity relay team and one JV relay team.
- You may enter 3 throwers in the shot put only.
- Entries at : [www.athletic.net](http://www.athletic.net) Open from Friday, March 8th at 2:00pm to Wednesday, March 11th at 10:00 pm.
- **¼ pyramid or compression spikes allowed, NO NEEDLE Spikes!**
- Changes can be made in the Field House when you arrive
- In the 60 Dash and 60 HH: **WE WILL NOT RUN PRELIMS, FINALS ONLY AGAINST TIME**

**\*Entry Fee of \$200.00 due to Central High School if you haven't already sent a check.\***

### Field Events: We will jump in groups by team

**Long Jump:** Jump in this order Group A, B, (short warm up in between)

**Triple Jump:** Jump in this order Group B, A, (short warm up in between)

A: BC, CLC, Geneva, Kaneland, Metea Valley, Downers South

B: Wheaton North, Palatine, Fremd, St. Charles East, W. Aurora, Huntley

**\*Long and Triple will be 4 jumps, no finals\***

**High Jump:** Roll Call 5 Alive Jumping by seed entries. Height TBD

**Shot Put:** Teams throw together in Prelims. Top 9 individuals to finals.

3 throws in prelims, 3 additional throws in finals

**Shot Put Groups:** A: CLC, Geneva, Kaneland, Metea Valley

B: DGS, Wheaton N, St. Charles E, W. Aurora

C: BC, Fremd, Palatine, Huntley

**Pole Vault:** Starting height of 9' 0" then to 10' then by 6" We will NOT go back to lower heights

### Proposed Time Schedule and Order of Events:

**3:15 CHS opens. You WILL NOT be able to enter the building until 3:15**

4:30 All Field Events. We plan to have all field events finished by 6:30

5:30 3200 Heat 2

5:50 4x800 Relay JV (1 heat)

6:00 4x800 Relay Varsity (1 heat)

6:15 3200 Heat 1

6:30 60 HH and (4 heats )

6:45 60 Dash

6:55 800 Run (2 heats) -Green Starting Alleys

7:05 4x200 Relay JV(2 heats)

7:15 4x200 Relay Varsity (3 heats)

7:35 400 Dash (4 heats)

7:50 1600 Run (2 heats) -Waterfall Start

8:10 200 Dash (4 heats)

8:20 4x4 Relay JV (2 heats)

8:30 4x4 Relay Varsity (2 heats)

8:45 Alumni 200  
8:55 Alumni 1600

### **Awards:**

Medals for the top SIX placers in each event  
Trophies for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams

### **Workers:**

FAT run by the Central Track Program. We ask for your help running the field events.  
Assignments: Feel free to contact each other for a trade.

Kaneland: Pole Vault

Fremd: Pole Vault

Wheaton North: Shot Put

Crystal Lake Central: Shot Put

Palatine: Shot Put

Metea Valley: Long Jump

Huntley: Long Jump

Downers South: Triple Jump

West Aurora: Triple Jump

St. Charles East: High Jump

Geneva: High Jump

### **Booster Concession Stand and Hospitality:**

- The Booster Club will have concessions open for athletes and spectators
- Coaches and Workers will have a hospitality room in a classroom near the field house—**please keep all food in the classroom**

### **Field House Reminders:**

- a. Only water allowed anywhere in the FH. No other food or drinks.
- b. Athletes should carry their spikes to and from the FH and our Commons/Gyms
- c. Athletes may wear ¼ pyramid spikes, but only in the FH on the Mondo surfaces.  
Please help keep all Athletes off the rubber court surfaces and out of the hallways in spikes
- d. No tape or chalk marking are allowed anywhere in the FH. Please bring tennis balls, bean bags, or other non-marking items for your relays if you choose to use them  
**WE WILL PROVIDE APPROVED MARKERS FOR THE FIELD EVENTS**
- e. **\*\*Any athlete who violates these rules will be immediately DQ'ed from the meet\*\***
- f. All Athletes need to enter and exit the FH through the assigned doors
- g. All teams will set up camp outside of the FH, in the Main Gym which is a short walk to the field house
- h. Please allow spectators to use the bleachers at all times.
- i. **We will provide all Starting Blocks. Do NOT bring blocks.**

### **FH Competition Surfaces:**

- Track is a 6 lane, 200 meter Mondo surface. Up to ¼ pyramid spikes allowed.
- Long and Triple Jump is also IAAF approved for up to ¼ pyramid spikes.
- High Jump will be on the rubber courts. Tennis shoes only.
- Pole Vault is on the Mondo surface, Spikes are allowed.
- Shot Put is from a Polanik platform. Proper throwing shoes or tennis shoes only.

\*\*Any questions, please email Head Coach Mike Schmidt at [mike.schmidt@central301.net](mailto:mike.schmidt@central301.net) \*\*

