

# Capital Area Honor Roll Track & Field Classic 2009

**Date:** May 18, 2009

**Host:** Glenwood High School

**Director:** Len Onken and Ryan Staley, Glenwood High School

**Entry Director:** Dave Jokisch, Jokisch Track & Cross-country Services

**Time:** Field Events- 5:30pm Girls: LJ & Discus  
Boys: HJ, Shot put, & Pole Vault

6:00pm Girls: HJ, Shot put, & Pole Vault  
Boys: LJ & Discus

6:45pm Girls: TJ (boys will follow)

Running Events- 6:30pm Girls 3200m Run  
6:50pm Girls 3200m Relay  
\*Regular order of events will follow,  
with girls preceding boys.

**Entry: THE STATE JOURNAL-REGISTER HONOR ROLL DOES NOT ENTER YOUR ATHLETES IN THE MEET!!!**

**You must email or phone by deadline listed below.**

The top 8 in individual events and relays, the top 12 in the 800, 1600, & 3200 will qualify.

**Entry Deadline: Monday, May 11<sup>th</sup> by Noon** Email (Preferred):djokisch@frontiernet.net  
Phone(Cell): 217-415-3458

Again this year the entries will be taken a week before the meet. This enables us time to set-up the meet and gives you more advance notice of those athletes in the meet.

**Official Confirmation** that you have been selected to participate in this meet, may be checked on-line at [www.jtrackcc.com](http://www.jtrackcc.com) . The State Journal-Register will also publish a list. The State Journal-Register's list is **not** the official list.

**Cost:** \$4 per individual athlete and \$12 per relay team (maximum \$35 per team).  
Boys are 1 team, and girls are another. All fees are to be paid to Glenwood High School.

### General Classic Information

1. The track is an 8-lane, 400m rubberized surface. Athletes are required to use ¼ inch pyramid spikes only. The shot and discus will be thrown from concrete slabs – the contestants in these events will wear flats.
2. Lane and alley assignments will be determined by rulebook seeding procedures.
3. Starting blocks, shot puts, and discus will be furnished.
4. Furnish your own baton.
5. No locker room space is available.
6. Bring your entry fee and contracts to the meet, if you did not already mail them
7. Admission prices will be \$4 for adults and \$2 for students. Participants in uniform and coaches will be admitted through the pass gate.
8. Please inform your athletes to stay off the soccer and football fields. Camps can be made on the bleachers or east side of track. Athletes should remove spikes before moving into bleachers.
9. Event limitations will be the same as the IHSA regulations.
10. Coaches: Once the running events begin at 6:30pm, you must stay outside the track. Only officials concerned directly with the meet and competitors will be allowed on the field and track area.
11. Awards: the top three finishers in each event will receive medals immediately following their event on the west side of the soccer field.
12. No team scores will be kept.

### ORDER OF EVENTS

#### Field Events

5:30	Girls: LJ, Discus	Boys: HJ, Shot Put, & Pole vault
6:00	Girls: HJ, Shot put, & Pole vault	Boys: LJ & Discus
6:45	Girls: TJ, followed by boys	

#### Running Events

6:30	G	3200	Run
6:50	G/B	3200	Relay
7:15	G/B	400	Relay
7:20	B	3200	Run
7:35	G	100	Hurdles
7:40	B	110	Hurdles
7:45	G/B	100	Dash
7:50	G/B	800	Run
8:00	G/B	800	Relay
8:10	G/B	400	Dash
8:20	G	300	Low Hurdles
8:30	B	300	Intermediate Hurdles
8:35	G/B	1600	Run
8:45	G/B	200	Dash
8:50	G/B	1600	Relay

Awards will be presented immediately following the event. Please remind your medal winners to stay in the infield. All competitors will be introduced before the competition. This time schedule will be followed as closely as possible.

#### Field Events

1. The continuous flight method will be used in the Pole vault and High jump.
2. Starting heights for the HJ and PV will be determined by the games committee and athlete's performance entries.