

2015
Suburban Middle School Conference
Track & Field Championship

Saturday, April 25th 2015 @ 12:00pm
Site: Vernon Hills High School
Host: Hawthorn Middle South

Participating Schools
Seeding Meeting

Barrington Prairie

Hawthorn South

Barrington Station

Lake Zurich North

Fox River Grove

Lake Zurich South

Grayslake

Matthews

Hawthorn North

Wauconda



Live Meet Results Can Be Found At
tracktiming.co.nf

2015 SMSC Track & Field Championship
ORDER of EVENTS
Saturday, April 25th 2015
(ALL listed times are approximate)

- 12:00pm - **Boys Report To Field Events**
- Shot Put - 8th Boys / 7th Boys
 - Discus - 7th Boys / 8th Boys
 - Long Jump - 7th Boys / 8th Boys
 - High Jump - 8th Boys / 7th Boys
- 12:00pm - **Hurdle Events Begin**
- (12:00pm) • 7th Girls 100m Hurdle Semis followed by 8th Girls – Short Rest Period
(1st & 2nd Place from each heat & next 2 fastest times advance to Finals)
- (12:15pm) • 7th Girls 100m Hurdle Finals followed by 8th Girls Finals
- (12:20pm) • 7th Boys 110m Hurdle Semis followed by 8th Boys
(1st & 2nd Place from each heat & next 2 fastest times advance to Finals)
- (12:35pm) • 7th Boys 110m Hurdle Finals followed by 8th Boys Finals
- 12:40pm **Girls Running Events**
- (12:40pm) • 7th Girls 100m Dash Semis followed by 8th Girls
(1st & 2nd Place from each heat & next 2 fastest times advance to Finals)
- (12:55pm) • **7th Girls 1600m Finals**
- (1:05pm) • 7th Girls 100m Dash Finals followed by 8th Girls Finals
- (1:10pm) • **8th Girls 1600m Finals**
- (1:20pm) • 7th Girls 4x200m Relay Finals followed by 8th Girls Finals
- (1:35pm) • 7th Girls 4x100m Relay Finals followed by 8th Girls Final
- (1:45pm) • 7th Girls 400m Run Finals followed by 8th Girls Finals
- (2:05pm) • 7th Girls 200m Dash Finals followed by 8th Girls Finals
- (2:20pm) • 7th Girls 800m Run Finals followed by 8th Girls Finals
- (2:35pm) • 7th Girls 4x400m Relay Finals followed by 8th Girls Finals
- 3:00pm **Boys Running Events – Girls Field Events**
- Girls Report To Field Events**
- Shot Put - 8th Girls / 7th Girls
 - Discus - 7th Girls / 8th Girls
 - Long Jump - 7th Girls / 8th Girls
 - High Jump - 8th Girls / 7th Girls
- (3:00pm) • 7th Boys 100m Dash Semis followed by 8th Boys
(1st & 2nd Place from each heat & next 2 fastest times advance to Finals)
- (3:15pm) • **7th Boys 1600m Finals**
- (3:25pm) • 7th Boys 100m Dash Finals followed by 8th Boys Finals
- (3:30pm) • **8th Boys 1600m Finals**
- 3:40pm (3:40pm) • 7th Boys 4x200m Relay Finals followed by 8th Boys Finals
- LP (3:55pm) • 7th Boys 4x100m Relay Finals followed by 8th Boys Final
- (4:05pm) • 7th Boys 400m Run Finals followed by 8th Boys Finals
- (4:25pm) • 7th Boys 200m Dash Finals followed by 8th Boys Finals
- (4:40pm) • 7th Boys 800m Run Finals followed by 8th Boys Finals
- (4:55pm) • 7th Boys 4x400m Relay Finals followed by 8th Boys Finals

Immediately following the meet, PLEASE have your athletes clean up their seating camp areas. If you can bring an extra trash bag, that would be appreciated. If you need a trash bag, let us know. We want to keep this beautiful facility as clean as we found it.

5:30pm **Presentation of Awards / Ribbon Pickup in Press Box**

4. Field Events (All will have Walkie-Talkies to Press Box) – (After a grade level is complete, please bring results to Ben @ Start/Finish line area – Please circle best efforts and determine final place order) **Please double and triple check results!**
- Please review the rules of the events you are assigned to – See attached forms.
 - High Jump Starting Heights – 7G (3'6"), 8G (3'8"), 7B (4'2"), 8B (4'4")
 - For Shot, Disc & LJ – Top 8 Finishers advance to finals and get 2 additional throws/jumps (Take the best of the "5" attempts)
 - HJ – No finals – Jump 6 Alive
5. Uniforms
- Relay teams must be dressed alike including under shirt color (length does not matter)
 - No Jewelry (earrings, bracelets, necklaces, metal hair pins, watches)
 - ONLY ¼" pyramid spikes or smaller are permitted on the track
6. Starter (Chris Stec) to review IMPORTANT information
7. Concessions will be available all day. Lunch Tickets will be provided for Coaches (4 per team)
8. Admission: \$3 - Adults (H.S. & Adults) and \$1 - K-8/Senior Citizens (62+)
9. WEATHER: ?????? In the event the VHHS Thorguard Lightening Detection System goes off, the Stadium MUST be completely cleared. Athletes may return to team bus, parent's vehicle or into the front lobby of VHHS. Please discuss procedures with your teams. All teams must wait for the "OFFICIAL" postponement of the meet before leaving.
10. Questions/Comments
11. Heat Sheets can be viewed at 2:00pm on Friday– Entries are due by 9:00am Friday. Coaches please double and triple check your entries.
- NOTE: Following the Friday 9:00am deadline, NO changes/substitutions will be permitted including the day of the event – NO EXCEPTIONS!!!!!!

FIELD EVENTS**SCHOOLS**# of Coaches
Per SchoolSMSC Track & Field Championship
Vernon Hills High School - April 25th, 2015

| | | |
|-----------|----------------------------|---|
| Shot | COVERED | 0 |
| Discus | Girls (HS &BP) | 1 |
| Long Jump | Boys (LZS&Wauc) | 1 |
| | Girls (GL&BS) | 1 |
| High Jump | Boys (HN&FRG) | 1 |
| | Girls (HN&LZN) | 1 |
| | Boys (LZS&Matt) | 1 |

All coaches need to review the rules for the events that they are assigned to.
All questions will be addressed at the seeding meeting.

TIMERS**Backup Timers if Needed**

Games/Rules Committee will consist of one Head Coach from each school
& IESA/IHSA Starter

| | | |
|----------------------------|---------------|---|
| 1st Place - Covered by FAT | BS | 1 |
| 2nd Place - Covered by FAT | GL | 1 |
| 3rd Place - Covered by FAT | BP | 1 |
| 4th Place - Covered by FAT | MATT | 1 |
| 5th Place - Covered by FAT | HS | 1 |
| 6th Place - Covered by FAT | FRG | 1 |
| 7th Place - Covered by FAT | HN | 1 |
| 8th Place - Covered by FAT | LZS | 1 |

| | | |
|---------------------------|----------------------|---|
| Bullpen | HS AL | 2 |
| Clerk/Finishline/Batons | Joe & Patrick (Wauc) | 1 |
| Announcing/Scoring/Awards | HN | 1 |

**4x100m Relay Exchange
Judges**
Exchange Zone #1**Exchange Zone #2****Exchange Zone #3**

| | | | | | |
|-----|---|------|---|----|---|
| HN | 1 | WAUC | 1 | BS | 1 |
| LZS | 1 | MATT | 1 | BP | 1 |

**4x200m Relay Exchange
Judges**
Exchange Zone 1 & 3
**Exchange Zone #2
Starter**

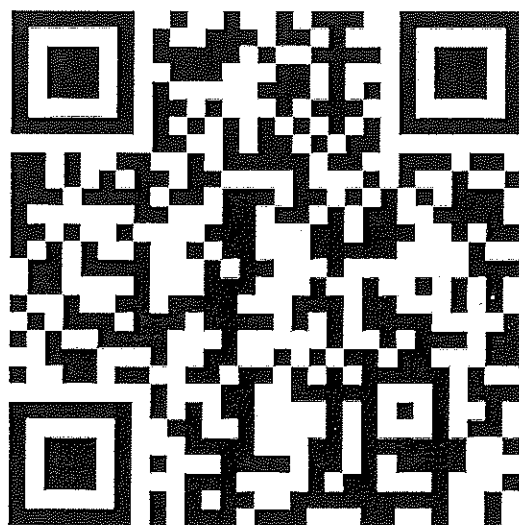
| | | | |
|---------------|---|-----|---|
| FRG | 1 | LZN | 1 |
| HS | 1 | GL | 1 |

**4x400m Relay Exchange
Judges**
Exchange Zone 1, 2 & 3

Starter

2015 SMSC Track & Field Championship
Saturday, April 25^h 2015
Host: Hawthorn Middle School South
Site: Vernon Hills High School

Scan The Following
QR Tag with your smart phone
To Get "Live"
2015 SMSC Track & Field
Championship Results



**All Results will be posted live on
tracktiming.co.nf**



Vernon Hills Athletic Complex

VHHS
West Parking
Lot

Vernon Hills
High School

VHHS
East Parking
Lot



To RT 60

FAIRWAY DRIVE

Arbortheatre
South Parking Lot

COUGAR WAY

Vernon Hills
Girls Varsity
Softball Field

Rustoleum
Field

Cougar Parking Lot

AMERICAN WAY

Nike Parking Lot

Vernon Hills
High School
Varsity Field

Field
2

Field
1

Field
3

Field
4

Overflow
Parking Lot

Volunteer
Parking

Concessions

Restrooms

Prairieview
Parking Lot

VHCYAA
Office



Patriot
Parking Lot

NIKE PARKWAY

PATRIOT WAY

**VERNON HILLS HIGH SCHOOL
TRACK MARKINGS**

WHITE 100M, 110M, 200M, 300M, 400M, 1600M – 3200M Waterfall Start, Mile Waterfall Start, and Common Finish Line

GOLD 100M Hurdles, 400R Exchange Zones

BLUE 110M Hurdles, 1600R Starts, 1600R Exchange Zones

GREEN 300M Hurdles, 800M Box Alley Starts, Break Line, 800 R Starts, 800R Exchange Zones

**VERNON HILLS HIGH SCHOOL
TRACK MARKINGS**

WHITE 100M, 110M, 200M, 300M, 400M, 1600M – 3200M Waterfall Start, Mile Waterfall Start, and Common Finish Line

GOLD 100M Hurdles, 400R Exchange Zones

BLUE 110M Hurdles, 1600R Starts, 1600R Exchange Zones

GREEN 300M Hurdles, 800M Box Alley Starts, Break Line, 800 R Starts, 800R Exchange Zones

**VERNON HILLS HIGH SCHOOL
TRACK MARKINGS**

WHITE 100M, 110M, 200M, 300M, 400M, 1600M – 3200M Waterfall Start, Mile Waterfall Start, and Common Finish Line

GOLD 100M Hurdles, 400R Exchange Zones

BLUE 110M Hurdles, 1600R Starts, 1600R Exchange Zones

GREEN 300M Hurdles, 800M Box Alley Starts, Break Line, 800 R Starts, 800R Exchange Zones

**VERNON HILLS HIGH SCHOOL
TRACK MARKINGS**

WHITE 100M, 110M, 200M, 300M, 400M, 1600M – 3200M Waterfall Start, Mile Waterfall Start, and Common Finish Line

GOLD 100M Hurdles, 400R Exchange Zones

BLUE 110M Hurdles, 1600R Starts, 1600R Exchange Zones

GREEN 300M Hurdles, 800M Box Alley Starts, Break Line, 800 R Starts, 800R Exchange Zones

Shot Put/ Discus Event Judge Instructions

I. Check-In

- a. Check in each athlete when the flight is called. Contact the press box to request any competitors who have not reported by the "second call."

II. Warm-Ups

- a. **Explain and supervise warm-ups:**
- b. Indicate how much warm-up time will be given.
- c. No athlete will be allowed to warm-up in the ring without an event judge or the contestant's coach present to supervise.
- d. Each athlete is allowed one implement into the ring per throw.
- e. Retrieval of implements during warm-up:
 - i. Athletes should not go into the throwing area to retrieve an implement with their back turned to the ring if others are throwing behind them.
 - ii. The athletes should move down the right side sector line to retrieve their implement.
- f. If the meet host is not providing implements, they should be weighed and checked prior to competition.

III. Uniforms

- a. Check all competitor uniforms.
 - i. Competitors must compete in a school issued uniform that complies with NFHS Rule 4-3-1.
 - ii. One or two piece bodysuit, similar in color can be worn.
 - iii. Only undergarments approved by the school and coach, similar in color and text can be worn.
 1. Stripes down the side of an undergarment will not be an issue.
 2. Undergarments can have writing- if approved by the issuing school.
 3. Names on the back are legal.
 - iv. Once a running event or a field event has begun, there can be no disqualification for improper uniform.
 1. It is the responsibility of the meet referee/starter, clerk of the course, and/or the respective field event head judge to inspect competitor uniforms prior to the start of the race or field event.
 2. They are not to knowingly allow a competitor in an illegal uniform to participate in the race or field event.
 3. If a field event judge or clerk of the course is uncertain whether a uniform complies with NFHS Rule 4-3-1, the judge shall obtain a ruling from the meet referee/starter before starting the event.
 4. Referee/starters, Clerks of the Course and field event judges must be aware that schools may have multiple uniforms that they issue to their athletes.
 - v. Athletes from the same school may participate in the same event in different school issued uniforms.
 - vi. If a competitor changes from an inspected school issued uniform to jersey (singlet) or shorts not issued by the school and competes in the meet in the illegal uniform, that athlete is disqualified from the event for unacceptable conduct.
- b. Weight belts are legal.
- c. No tape is allowed on the hands or fingers of competitors unless it is to cover an open wound. The athlete must show the wound to the official prior to competition. Taping of the wrist is permitted.
- d. Jewelry and watches are not allowed.

IV. Competition

- a. **SHOT PUT:** All puts will be measured in linear measurements to the nearest lesser $\frac{1}{4}$ ". **DISCUS:** All discus throws shall be measured in linear measurements to the nearest lesser inch.
- b. If the contestant has thrown a legal attempt, the judge must call "mark" each time. Any contestant who leaves the circle before you call "mark" shall have that throw considered as a foul.
- c. Ties will be broken by whomever has the second best put.
- d. All throws are to be recorded. To be eligible to participate in the finals, a competitor must have had at least one legal throw in the preliminaries.
- e. The athletes will be called to throw in order for their flight, so that each athlete will have attempted their first trial before attempting their second, and then their third. Competitors will receive 3 throws in the prelims.
- d. **Finals:** Finals for the 8 contestants having the best throws in this event for each class shall be held immediately following the completion for the preliminaries for that class. Finalists shall compete in the reverse order of preliminary performance, in single rotation, so that the best qualifier will compete last. In the finals, each contestant shall have **2 throws**.

V. For a trial, competitors must:

- a. Show the implement to the ring judge.
- b. Enter the ring from any direction.
- c. Must pause after entering the ring. A competitor in the throwing events may enter and exit the circle without a foul providing it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with the pause.
- d. They will have **1 minute** to initiate a trial or it will be a foul.
- e. If the competitor wishes to pass a trial, they must tell the judge when their name is called.

VI. Upon entering the ring:

- a. The competitor may not touch the top of the ring band or painted line, nor the top or the sides of the stop board or it will be a foul. Competitors may touch the inner face of the band or stop board.
- b. The competitor must wait for the implement to land and have the ring judge say "mark."
- c. The throw must land within the sector lines, the lines themselves are out of bounds.
- d. The competitor must leave the ring through the back half of the ring, under control.
- e. After each successful throw, the event judge will call the distance measured for the attempt. The distance will be recorded and posted for the spectators to view if possible.
- f. **SHOT PUT:**
 - 1. The shot put must be thrown with one hand.
 - 2. **A legal put shall be made from the shoulder. The shot may not fall behind or below the shoulder during the attempt, or it will be a foul.**
 - 3. **The competitor must start from a stationary position inside the circle.**

Long Jump Event Judge Instructions

I. Check-In

- a. Check in each athlete when the flight is called. Contact the press box to request any competitors who have not reported by the "second call."

II. Warm-Ups

- a. **Explain and supervise warm-ups:**
- b. Indicate how much warm-up time will be given.
- c. No athlete will be allowed to warm-up on the runway without an event judge or contestant's coach is present to supervise.
- d. Athletes may place a mark along side of the runway.

III. Uniforms

- a. Check all competitor uniforms.
 - i. Competitors must compete in a school issued uniform that complies with NFHS Rule 4-3-1.
 - ii. One or two piece bodysuit, similar in color can be worn.
 - iii. Only undergarments approved by the school and coach, similar in color and text can be worn.
 1. Stripes down the side of an undergarment will not be an issue.
 2. Undergarments can have writing- if approved by the issuing school.
 3. Names on the back are legal.
 - iv. Once a running event or a field event has begun, there can be no disqualification for improper uniform.
 1. It is the responsibility of the meet referee/starter, clerk of the course, and/or the respective field event head judge to inspect competitor uniforms prior to the start of the race or field event.
 2. They are not to knowingly allow a competitor in an illegal uniform to participate in the race or field event.
 3. If a field event judge or clerk of the course is uncertain whether a uniform complies with NFHS Rule 4-3-1, the judge shall obtain a ruling from the meet referee/starter before starting the event.
 4. Referee/starters, Clerks of the Course and field event judges must be aware that schools may have multiple uniforms that they issue to their athletes.
 - v. Athletes from the same school may participate in the same event in different school issued uniforms.
 - vi. If a competitor changes from an inspected school issued uniform to jersey (singlet) or shorts not issued by the school and competes in the meet in the illegal uniform, that athlete is disqualified from the event for unacceptable conduct.
- b. Jewelry and watches are not allowed.

IV. Competition

- a. All jumps will be measured in linear measurement to the lesser $\frac{1}{4}$ " and will be considered in determining places.
- b. Ties will be broken by whomever has the second best jump.
- c. To be eligible to participate in the finals, a competitor must have had at least one legal jump in the prelims. Three jumps will be given in prelims.
- d. The athletes will be called to jump in order for their flight so that each athlete will have attempted their first trial before attempting their second, and then their third.
- e. **Finals:** Finals for the 8 contestants having the best jumps in this event for each class shall be held immediately following the completion of the preliminaries for that class. Finalists shall compete in the reverse order of preliminary performance, in single rotation, so that the best qualifier will compete last. In the finals, each contestant will have **2 jumps**.

V. Competitor Attempts

- a. The competitor will designate the take-off board they wish to use. During the competition, athletes may change the board they wish to use, but they must notify the judge prior to the trial.
- b. Athletes must initiate a trial within **1 minute** or it will be a foul.
- c. If an athlete wishes to pass, they must indicate this to the judge when they are called for their trial.
- d. Athletes may not touch beyond the scratch line. If contact is made beyond the scratch line during a trial, this is a foul.
- e. Once an athlete lands, they must exit the pit ahead of or to the side of their landing. If they exit from behind their mark, it will be a foul.
- f. After each successful jump, the event judge will call the distance measured for the attempt. The distance will be recorded and posted for the spectators to view if possible.

High Jump Event Judge Instructions

I. Check-In

- a. Check in each athlete when the flight is called. Contact the press box to request any competitors who have not reported by the "second call."

II. Warm-Ups

- a. **Explain and supervise warm-ups:**
- b. Indicate how much warm-up time will be given.
- c. No athlete will be allowed to warm-up on the high jump apron without an event judge or the contestant's coach present to supervise.

III. Uniforms

- a. Check all competitor uniforms.
 - i. Competitors must compete in a school issued uniform that complies with NFHS Rule 4-3-1.
 - ii. One or two piece bodysuit, similar in color can be worn.
 - iii. Only undergarments approved by the school and coach, similar in color and text can be worn.
 1. Stripes down the side of an undergarment will not be an issue.
 2. Undergarments can have writing- if approved by the issuing school.
 3. Names on the back are legal.
 - iv. Once a running event or a field event has begun, there can be no disqualification for improper uniform.
 1. It is the responsibility of the meet referee/starter, clerk of the course, and/or the respective field event head judge to inspect competitor uniforms prior to the start of the race or field event.
 2. They are not to knowingly allow a competitor in an illegal uniform to participate in the race or field event.
 3. If a field event judge or clerk of the course is uncertain whether a uniform complies with NFHS Rule 4-3-1, the judge shall obtain a ruling from the meet referee/starter before starting the event.
 4. Referee/starters, Clerks of the Course and field event judges must be aware that schools may have multiple uniforms that they issue to their athletes.
 - v. Athletes from the same school may participate in the same event in different school issued uniforms.
 - vi. If a competitor changes from an inspected school issued uniform to jersey (singlet) or shorts not issued by the school and competes in the meet in the illegal uniform, that athlete is disqualified from the event for unacceptable conduct.
- b. Jewelry and watches are not allowed.

IV. Competition

- a. Athletes will be given 3 trials at each height.
- b. Raise the bar 2" at a time until eight contestants are left or when 1" below qualifying height for advancement. Then raise the bar 1" at a time.
- c. Athletes will initiate a trial and take it to completion or it will be a foul.
- d. If an athlete wishes to pass, they must indicate this to the judge when they are called for their trial.
- e. Athletes may attempt as many run-ups to the crossbar as they wish, but they must complete a jump within their one-minute allowance.
- f. Attempts must be made off of one foot. Any contact made with the landing mats or the ground beyond the plane of the crossbar will constitute a foul.
- g. Athletes may exit the landing pads in any way they wish.

- h. Only an assigned official will steady the crossbar after each attempt. If anyone else does so, it will be a foul.
- i. If an athlete has passed for three heights, they may be allowed a practice jump without the crossbar in place. However, they must enter the competition at that time.
- j. When competition is down to three competitors or less, they will be allowed three minutes to complete a jump.
- k. When one jumper is left, they are allowed four minutes to complete the jump. Additionally, they may ask for the crossbar to be raised by any height they wish to attempt.
- l. Competition will be run in a continuous flight of six. As a contestant clears the bar, passes a turn at the height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight remains constant.

V. Breaking Ties:

- a. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
- b. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
- c. Passed trials shall not count as misses.
- d. If the tie remains (a) and (b) and:
 - iv. If it concerns first place, the competitors tying shall make one more attempt for the height at which they failed. If no decision is reached, the bar shall be lowered by 1".
 - v. If two or more of the tying contestants clear the height, the bar shall be raised by intervals of 1 inch.
 - vi. Each competitor shall attempt one trial at each height until a winner is determined.
 - vii. If the height which the tied competitors last attempted is not the same because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off.
- f. No passed heights will be permitted in the jump-off.
- g. If the tie concerns any place other than first, the competitors shall be awarded the same place.