

# ROCK ISLAND HIGH SCHOOL

1400 25<sup>th</sup> Avenue  
Rock Island, Il 61201

## ATHLETIC DEPARTMENT

Phone: (309) 793-5964  
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TO: Athletic Director and Boys' Track Coach

EVENT: **33rd Annual Rock Island Boys' Track and Field Invitational**

DATE: **Friday, April 21st, 2017**

TIME: 4:00 p.m.

PLACE: Rock Island Public Schools Stadium  
Rock Island High School

TEAMS: Alleman, Bartlett, Geneseo, Homewood-Flossmoor, Machesny Park Harlem, Moline, Naperville Central, Peoria High, Peoria Richwoods, Plainfield East, Rockford Auburn, Rockford Guilford, Rock Island, Thornton Fractional North, United Township,

ENTRY FEE: \$200.00 ~ Send to Mr. Bryan Stortz, Athletic Director, Rock Island High School.

### ENTRY

DEADLINE: We will be using Prime Time Timing as our entry system. Most of you already have an account with your rosters already entered online. You will only have to log onto Prime Time Timing, choose "Rock Island Boys' ABC Invitational", and input your entries.

#### **If you do not already have an account:**

Go to [www.pttiming.com](http://www.pttiming.com)

Look under "Upcoming Events" April 21st, 2017 Rock Island Boys ABC Invitational

Click on "Register for this Meet"

If you don't: Click on **create a new account** and follow the online directions.

You may call Jarrin Williams at 309-798-1655 or email [coachjw1@hotmail.com](mailto:coachjw1@hotmail.com) for assistance. **Please have your roster and entries posted on Prime Time Timing ([www.pttiming.com](http://www.pttiming.com)) by midnight Wednesday April 19th.**

Upon arrival at the meet, you may only scratch. No replacements will be allowed. You will be required to move up a division if you scratch an A or a B athlete.

EVENT INFO: This is our 33<sup>rd</sup> year of competition and the 28<sup>th</sup> consecutive year of the ABC format. Each school's "A" entry in an event will compete against the other "A" entries, each school's second best entry in a "B" event will compete against other "B" entries, and each school's "C" entry will compete against the other "C" entries.

**Note: We hope that each coach will use his best judgment when placing athletes in their proper division. This is a "coaches integrity" system that we hope can be maintained by all teams.**

***Extreme case: If an athlete is truly a C and B and A are out then a C can stay a C.***

Check with meet manager for any changes

Each school may enter one team in each relay. Points and medals will be awarded to the top six finishers in all events. The frosh/soph medley is a scored event and medals will be awarded. The **weight man's relay**, however, will not affect team scoring but cakes will be awarded. (A Frosh-Soph athlete may also compete on the Varsity level.)

If you have any questions, please contact:

Ed Lillis, Head Boys' Track Coach

Cell Phone:309-558-8658

Jarrin Williams, Coordinator 309-798-1655

1. The track and jump approaches are resiliite. Only ¼" pyramid spikes are permitted. No pin or needle spikes. Shot and discus circles are concrete.
2. Starting blocks will be available. Please supply your own batons.
3. Medals will be awarded to the top six finishers in all events. Trophies will be awarded to the top three teams.
4. Events will be scored as follows:

Relays:	12-10-9-8-7-6
A Events:	10-8-7-6-5-4
B Events:	8-6-5-4-3-2
C Events:	6-5-4-3-2-1
5. An athlete may compete in up to 4 events. Please make every effort to enter all 3 levels of competition. Make every effort to be accurate in proper order of ability (A = Best). Proper placement of athletes is up to the coaches' discretion. We are counting on the honor and integrity of coaches to properly place their athletes.
6. Information regarding lane assignments, etc. will be available upon your arrival. Scratches made after the start of the meet should be made to the clerk of the course at check in for that event.
7. Shot put, discus, long jump, and triple jump entries will have 4 attempts. Finals will not be conducted in these events.
8. Starting heights for pole vault and high jump will be as follows:

Pole Vault:	C Division:	8'6"
	B Division:	9'6"
	A Division:	10'6"
High Jump:	C Division:	5'0"
	B Division:	5'4"
	A Division:	5'8"
9. Shots and discs will be inspected at the booth near the shot put circle.
10. Spectator Admission:

Adults:	\$5.00
Students:	\$3.00 (grades 1 – 12)
11. Wireless devices are not allowed in area of competition.
12. Rock Island High School is not responsible for lost or stolen articles.
13. A concession stand will be available.
14. Results and awards will be available at the scorer's table as soon as possible following the conclusion of the meet.
15. We will have a trainer on duty.

## ORDER OF EVENTS AND TIME SCHEDULE

### Field Events

4:00	Shot Put	ACB	4 throws
4:00	Discus	BCA	4 throws
4:00	Pole Vault	CBA	Each Level to completion
4:00	High Jump	CBA	Each Level to completion
4:00	Long Jump	CBA	4 jumps
	Triple Jump (Follows Long)	CBA	4 jumps

### Running Events: (All races are finals based on FAT times. No prelims will be conducted)

4:30	3200 Meter Run	C	
5:00	3200 Meter Run	B	
5:15	Frosh/Soph 800 Medley (100,100,200,400)		2 sections/places determined by time
5:30	4 x 800 Relay		
5:45	4 x 100 Relay		2 sections/places determined by time
6:00	3200 Meter Run	A	
6:15	110 High Hurdles	C B A	2 sections each level/places determined by time
6:35	100 Meter Dash	C B A	2 sections each level/places determined by time
6:50	800 Meter Run	C B A	2 sections each level/places determined by time
7:10	4 x 200 Meter Relay		2 sections/places determined by time
7:20	400 meter dash	C B A	2 sections each level/places determined by time
7:35	300 Meter Intermediate Hurdles	C B A	2 sections each level/places determined by time
7:55	1600 Meter Run	C B A	
8:20	Weight Men's Relay		
8:30	200 Meter Dash	C B A	2 sections each level/places determined by time
8:50	4 x 400 Relay		2 sections/places determined by time