

2019 Mid-Suburban League Track & Field Championships Hosted by Barrington High School

Date: Friday - May 10, 2019

Time: 4:45 pm (Field events), 5:30 (F/S 3200 Meters), 6:00 pm (Running events).

Entries: FAT Timing – Lakeshore Timing (using Athletic.net for entries); Entries are due Tuesday, May 7th at 6:00 pm. See attached sheet for instructions.

Reminder: All entries for **100M, 200M and 110mHH** must be official FAT marks to be used in MSL Conference meet. **If no FAT time available NT must be used. ALL other entries must be adjusted with .24 added to any hand timed marks.** F/S can add .24 if no FAT available.

Seed Meeting: Wednesday, May 8th at 6:30 PM, Dinner served at 6:00 PM. Please enter entrance # 45, the meeting will be held in the faculty cafe.

Coaches Meeting: 4:15 pm behind the Lakeshore timing tent.

Team Camps: Schools may set up team tents behind the visitor bleachers behind the stadium. Please be mindful of the discus rings.

Bus drop off – Buses will drop off at the main entrance to the Stadium. Please **do not** have your busses drop off at the visitor bleacher gate. Buses should park in the main lot close to Hart Road and the tennis courts.

Admissions: No charge.

MSL Track Records and History: available at <http://msltrack.org>

Meet programs: - Sold at the main gate - \$2

Concessions: Will be available.

Workers: At this time we hope to require only one field event worker. Please submit your worker's name at seeding meeting.

Trainers: Will be available at the visitors concession stand.

TIME SCHEDULE

- 4:45 pm **Shot Put** (F/S 1st - 4 throws, Varsity 3 + 3 (top 9 to finals))
Discus (Var. 1st - 3 + 3 (top 9 to finals), F/S - 4 throws)
Long Jump - Varsity first followed by F/S
(Varsity - 3 + 3 (top 9 to finals), F/S - 4 jumps)
Triple Jump - F/S first followed by Varsity
(F/S - 4 jumps, Varsity 3 + 3 (top 9 to finals))
High Jump (Varsity 1st / F/S to follow) Heights to TBD
Pole Vault (Varsity 1st/F/S to follow) Heights to TBD
- 5:30 pm **3200 Meter Run** F/S (1 or 2 heats TBD)
- 5:55 pm **National Anthem**
- 6:00 pm **3200m Relay** (1.5 pts.) (F/S followed by Varsity)
400m Relay (1.5 pts.) (2 heats F/S followed by 2 heats Varsity)
3200m Run (1 or 2 heats Varsity Level TBD)
110m High Hurdles (3 heats F/S followed by 3 heats of Varsity)
100m Dash (3 heats F/S followed by 3 heats of Varsity)
800m Run (2 heats F/S followed by 2 heats Varsity)
800m Relay (1.5 pts.) (2 heats F/S followed by 2 heats Varsity)
400m Dash (3 heats F/S followed by 3 heats Varsity)
300m Intermediate Hurdles (3 heats F/S and 3 heats Varsity)
1600m Run (2 heats F/S followed by 2 heats Varsity)
200m Dash (3 heats F/S followed by 3 heats Varsity)
1600m Relay (1.5 pts.) (2 heats F/S followed by 2 heats Varsity)

Scoring of Varsity and F/S Meet

Individual Events - 10, 8, 6, 5, 4, 3, 2, 1

Relay Events - 15, 12, 9, 7.5, 6, 4.5, 3, 1.5

Meet Day Information

Athlete check in: Field events at the event site.
 Running events with the clerk (will need hip numbers).

Starting Heights: Determined by coaches at seed meeting.

Field Events: Varsity will take 9 to finals in the Shot, Discus, Long and Triple Jump.

- ~Varsity discus will be first, F/S to follow.
- ~F/S shot will be first, Varsity to follow.
- ~Varsity Long Jump will be first, F/S to follow
- ~F/S will start at triple jump, Varsity to follow.
- ~Varsity first in Pole Vault and High Jump, F/S to follow.

***Triple boards are 36, 32, 28, 24. We could chalk down a 40 if needed, approach will be short. Determined at seed meeting

Concessions: Will be available.

T-Shirts: Conference T-Shirts will be available. Long and short sleeve t-shirts.

Exchange Zones Responsibilities: Does not have to be head coach.

4 x 100

- 1st - Barrington, Buffalo Grove, Conant, Elk Grove
- 2nd - Fremd, Hersey, Hoffman Estates, Prospect
- 3rd - Palatine, Rolling Meadows, Schaumburg, Wheeling

4 x 200

- 1st & 3rd - Hoffman Estates, Palatine, Prospect, Rolling Meadows, Schaumburg, Wheeling
- 2nd - Barrington, Buffalo Grove, Conant, Elk Grove, Fremd, Hersey

Curve Judges:

<u>Event</u>	<u>South Curve</u>	<u>Back Straight</u>	<u>North Curve</u>
4x800	Starters	Elk Grove	Rolling Meadows
3200	Barrington	Fremd	Prospect
800	Buffalo Grove	Hersey	Schaumburg
1600	Conant	Hoffman Estates	Wheeling
4x400	Starters	Palatine	Barrington

2019 Mid Suburban League Boys Conference Track & Field Meet

Participating Schools

Barrington Broncos
 Buffalo Grove Bison
 Conant Cougars
 Elk Grove Grenadiers
 Fremd Vikings
 Hersey Huskies
 Hoffman Estates Hawks
 Palatine Pirates
 Prospect Knights
 Rolling Meadows Mustangs
 Schaumburg Saxons
 Wheeling Wildcats

Colors

Red/White
 Navy/Orange
 Navy/Red
 Green/Yellow
 Green/Yellow
 Orange/Brown
 Royal Blue/Orange
 Red/White
 Columbia Blue/White
 Purple/White
 Maroon/Yellow
 Royal Blue/Gold

Head Coaches

Todd Kuklinski
 Tim Podulka
 John Powers
 Brian Bucciarelli
 Jeff Williams
 Ken Blazek
 Vito Anzalone
 John Nalley
 Jay Renaud
 Frank Schweda
 Ryan Senica
 Tom Polak

Meet Officials

Meet Manager

Starter

Assistant Starter

Announcer

Clerk of the Course

Finish Line Clerk

Awards

Trainer

Hip Numbers

Lakeshore Timing

Chris Stec

Kirt Davis

Fred Miller

Rick Robertshaw

Ty Gorman

BHS Athletes

Russ Schellhase

Deb & Karson LeCompte

Field Event Judges - Head Judge (1st school listed Varsity, 2nd F/S)

Pole Vault

Mitch Beck, School & School

High Jump

Kevin Kaplan, School & Schaumburg

Long Jump

Tim O'Conner, School & School

Triple Jump

Chris Rhode, Elk Grove & School

Shot Put

Steve Galovich, Prospect & Conant

Discus

Thor Solverson, School & School

Games Committee - Buffalo Grove, Conant, Wheeling, Barrington

BARRINGTON HIGH SCHOOL STADIUM TRACK & FIELD RECORDS

Event	Mark	Athlete – School	Year
High Jump	6'11"	S. King – Waukegan HS	1994
Long Jump	23'2"	M. Richardson – Waukegan HS	1996
Triple Jump	49'2"	M. Richardson – Waukegan HS	1996
Pole Vault	14'6"	B. Hogendorp – Hersey HS	1995
Shot Put	60'4"	K. Lozowski – Fremd HS	1992
Discus	177'9"	K. Ashley – Hoffman Estates HS	1982
100 Meters	10.4	Scotty Miller – Barrington HS	2015
200 Meters	21.5	Scotty Miller – Barrington HS	2015
400 Meters	49.32 (FAT)	Declan Rustay – Hoffman Estates HS	2017
800 Meters	1:54.6	Nick Farina – Barrington HS	2006
1600 Meters	4:19.6	S. Woods – Schaumburg HS	1992
3200 Meters	9:18.6	S. Corrigan – Conant HS	1995
110 M HH	14.3	Temi Ogunbodede – Barrington HS	2005
300 IMH	38.7	B. Olsson – Conant HS	1995
400 M Relay	42.98 (FAT)	Hoffman Estates HS	2017
800 M Relay	1:29.8	Barrington HS (Andre, Niro, Darlington, Cossio)	2018
1600 M Relay	3:22.9	Schaumburg HS	1988
3200 M Relay	7:48.5	Schaumburg HS	1988

BHS Track Markings

1 turn Stagger (200)-Green Start

2 turn Stagger (400)-Yellow Start

Reverse Hurdle Start-Yellow 100 H

Blue 110 H

Relays

4 x 100-Start line Yellow, Exchange Zones
Yellow

4 x 200-Start line Red, Exchange Zones
#1 and #2 Red #3 Yellow

4 x 400-Start line Blue, Exchange Zones
#1 staggered Blue and #2 and #3 Green

Hurdles Marks

100-Yellow 110-Blue 300-Red

MSL Boys Championships (Meet #???????)

Online Entry Instructions

This meet is using free online registration at Athletic.net!

Date	5/??/2019	Host
Location	Barrington High School 616 West Main Street, Barrington 60010	Director
Field Start	4:45 PM	Email
Track Start	6:00 PM	Phone
		Website

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify coaching tasks.

Follow the 4 steps below to get started:

1. Sign up for a free coach account

(if you do not have one)

- Go to: www.athletic.net
- Click on '**Sign up**' in the upper right-hand corner
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- Login to Athletic.net using your email address and password
- Click "**Coach Tools**" under the main navigation bar
- Click "**Team Home**"
- Click "**Add Meet**" above your calendar box
- Where it says "Meet ID:" enter _____ and click **Add**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** again
- Repeat this process for the rest of your season calendar
(You can also add other meets, even if you don't know the Meet ID. Just select your state and click "Next >" instead of entering your meet ID.)
- Verify that your calendar is correct. Use the Edit button next to meets to make corrections

3. Enter team roster

- Click "**Coach Tools**"
- Click "**Edit Athletes**"
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the MSL Championship Meet

- Locate **MSL BOYS Championship Meet** on your team's main track and field page and click on the meet name
- In the blue dropdown, click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Click "**Save Changes**"
- Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.

Tips

- Large teams often have each of their coaches sign in to register the athletes they are responsible for.
- By printing and faxing your entries, you can use the meet registration feature of Athletic.net even if the host isn't using the site to download entries!

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