Welcome to the Northeast Illinois Catholic Conference (NICC) 2018 Track & Field Season. This is our 2nd season as a conference and we learned a lot from our first season last year that we are hoping to apply to make an even better second season. Outlined below are the guidelines for our Meets.

**SUBMIT ROSTERS WELL BEFORE FIRST MEET**: Before the meets begin, each school’s coach will need to submit his/her full roster of participating athletes, including each competitor’s (correctly spelled) name, gender and grade. We will use this information to populate our meet recording sheets. This enables us to keep things moving quickly so we don’t run into issues with loss of daylight. It also makes reporting results much faster and easier.

**COMPETITION VENUES**: This season we will be using 3 different venues for our Track Meets:

Wauconda High School Track (555 N. Main Street, Wauconda, IL 60084)

Libertyville High School Track (708 W. Park Ave, Libertyville, IL 60048)

Carmel Catholic High School Track (One Carmel Parkway, Mundelein, IL 60060)

Meets will generally start around 5:00pm but those times may need to be adjusted due to facility conflicts, weather and/or other factors. Also, if a meet is rained out, we will try to make that call as soon as possible on the day of the meet, but rescheduling meets can be very difficult, so cancellations will be avoided if at all possible.

**PRE-MEET VOLUNTEER ASSIGNMENTS**: Before each meet, we will need to assign workers to run the events, as well as help at the start and finish line. Unlike last season, we will *need* to have many jobs assigned before the meet starts so we can send the workers directly to their positions when they arrive. Here are the job assignments that we need filled before each meet begins (13-15 people):

1. Starter – responsible for starting each race with gun or whistle and flag.
2. Timing Captain – responsible for starting the timer and coordinating the timing crew. (this season we have a new multi-lane timing device which should reduce our timing errors significantly!)
3. Timers (6-8 people) – each timer is responsible for one lane during the sprinting events and will press the button to record finishing time for the runner in his/her lane. (Each timer will have a backup stopwatch as well).
4. Finish Line Lane Recorder – responsible for recording each finishing runners heat and lane number (which will later be matched up with lane finishing time).
5. Time Recorder – responsible for recording finishing times on the time recording sheet (this role may be altered by our timing device’s printed tape). Finishing lane times will be later matched up with runners’ names from the heat and lane recording.
6. High Jump Captain – responsible for running the high jump event and calling jumpers to the competition and recording cleared/missed heights on the Marshalling Sheet.
7. Long Jump Captain – responsible for running the Long Jump Event and recording distances on the sheet.
8. Throwing Captain (Softball or Shot Put) – responsible for running the throwing events including recording the distances on the sheet.

The field event captains will also need 2-3 assistants, who can be assigned at meet time, but the captains and other positions above should be “locked in” before the meet. Event Captains would ideally be Assistant Coaches or experienced parent volunteers who know how the events are run and measured. Each school is ***expected*** to supply **2-3 workers** for each meet. We will also need coaches to work the relay exchange zones during those races.

**PRE-MEET ATHLETE EVENT ASSIGNMENTS**: Also required before each meet – the coach needs to submit a list of which events each athlete will be participating in. This is so we can pre-print our recording sheets and make recording easier. Coaches do not have to organize the runners by heat, simply a list of the event with the competitors’ names will suffice (if they have already submitted their full team roster). Coaches **are** allowed to make last minute changes to their event assignments as necessary after submitting them (including *during* the meet), so long as they don’t run afoul of the guidelines below.

**MEET PARTICIPATION GUIDELINES**:

1. There is no limit to the number of entries each team can have for any event.
2. Individual Athletes are limited to four (4) total events, however each competitor can compete in no more than three (3) running events or two (2) field events.
3. Teams **are** allowed to run individuals in a fifth event *only if that event is a relay* and he/she is needed to complete a relay team that would *otherwise be unable to compete*.
4. Events are designated as JV or Varsity (most meets are either JV or Varsity excepting the Conference Finals). All athletes in 7th or 8th grade can participate only in Varsity level events. 5th and 6th grade athletes are allowed to “play up” in Varsity events as needed (except shot put), but are still limited to 4 competitive events regardless of level. **Athletes who are not yet in 5th grade may NOT participate in Varsity level events.**
5. Varsity (7th & 8th grade) girls are allowed to “fill out” Varsity Boys relay teams if necessary. JV Girls may “fill out” JV Boys relay teams if necessary. Again, such athletes are limited to 4 (or 5) individual events in a single meet.
6. Spiked track shoes (maximum ¼”) and starting blocks are permitted (but not provided).
7. Jewelry of any kind is not allowed to be worn during competition.
8. Meet Camp areas will be established by each team either in the bleachers or on the infield (leaving room for Softball Throw – when applicable). Tents are permitted for team camps unless specifically noted as not allowed. Athletes are recommended to stay within their own camp areas or from a suitable spectator location when they are not competing or warming up.
9. Only competitors, coaches, volunteers/meet staff are allowed on the track. Spectators should remain in the stands unless they are viewing a field event, but should be in the appropriate viewing area for those events.
10. Teams should bring and provide their own first aid kits as appropriate.

After the meet is finished, the track, the field and the stands need to be appropriately cleaned up. We are guests at each of our venues and should always leave it in better shape than we found it each time. Lost and Found items will be kept together and brought to the next meet to be claimed.

**ORDER OF EVENTS:** Most Field Events occur concurrently with Track events at all meets, however the field event participation lineup is not as rigid as for track. Most competitors take part in both, so they often have to “fit in” their field event(s) around the start times of their running event(s). This is expected.

Field events will begin 15-30 minutes before the running events start. All field event participants should “check in” with the event captain so that he/she knows whether or not to wait for them before closing the event. This is especially important for high jump, where all jumpers need to attempt the current height before the bar moves up. The field events are:

1. **Long Jump (3 attempts)**
2. **High Jump (3 jumps per height if previous height was cleared)**
3. **Softball Throw (JV Only)/Shot Put (Varsity Only) (3 throws)**

Please have your athletes ready when their events begin. Each running event will be announced (via bullhorn) to remind participants to get ready to run. If an athlete needs to leave the high jump to go participate in a running event, he/she should inform the event captain as appropriate. If not running, athletes should be at their field event(s) until they are completed.

Unless a change is needed, the track events will occur in the following order with girls events running before the boys events (The Conference Championship Meet will have a slightly altered order):

1. **50 m dash (JV Meets Only)/100 m dash**
2. **1600 m run (4 laps) – immediate cut to inside lane from start line**
3. **4x200 m relay**
4. **4x100 m relay**
5. **400 m dash (1 lap)**
6. **200 m dash (1/2 lap)**
7. **800 m run (2 laps) – immediate cut to inside lane from start line**

Unless noted above (1600m/800m), runners in all track events will have to stay in their assigned lane during the race or be subject to disqualification.

**SCORING AND AWARDS**:

Each meet’s results will be compiled and reported back (via e-mail, usually the day following the meet). The meets will be scored according to the following protocol:

The top six (6) finishers in each event will be awarded points as follows: 10 pts (1st place), 8 pts (2nd place), 6 pts (3rd place), 4 pts (4th place), 2 pts (5th place), 1 pt (6th place). Only the top two (2) finishers from each school’s team will score.

There will be no individual medals/ribbons or team awards given out during the regular season meets, but the top 6 scoring finishers in each event at the Conference finals will receive a medal/ribbon and the top 3 scoring teams at the Conference Final will receive a trophy/plaque.