



ROCKFORD FIRE TRACK & FIELD

2023 ROCKFORD FIRE INDOOR TRACK & FIELD INVITATIONAL

MEET INFORMATION

MEET DIRECTOR: LAMONT JONES, ROCKFORD PARK DISTRICT | 815-962-7469; fire@rockfordparkdistrict.org

WHEN: SATURDAY, DECEMBER 16, 2023 | 8:00 AM (doors open)

WHERE: AUBURN HIGH SCHOOL | 5110 Auburn Street — Rockford, IL

ENTRY FEE: \$8.00 PER EVENT FOR EACH ATHLETE. No fees will be refunded.
Entry will not be processed unless entry fee is paid by deadline.

ENTRY PROCESS: All teams and unattached athletes must utilize the online entry process via **WWW.COACHO.COM AND/OR ATHLETIC.NET..** This will permit a very efficient registration process that is easy to use. Everyone will have until 11:59 PM, Wednesday, December 13 to complete registration. 2023 Summer FIRE athletes must register with Marshalee Gordon, FIRE Operations Coordinator

Immediately after registering online, you will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. Please take care of these issues prior to arriving in Rockford, if at all possible. **ENTRY CHANGE FEE IS \$5 PER ATHLETE, PER EVENT AFTER REGISTRATION CLOSES.**

EVENT ELIGIBILITY: This meet is open to any athlete that falls within the age divisions listed below. USATF and AAU members are welcome to participate in this meet. Athletes ages 13-18 may enter in up to a maximum of 4 events including relays. Athletes 12 and younger may only enter in 3 events including relays. **IF AN ATHLETE IS ENTERED INTO TOO MANY EVENTS, MEET MANAGEMENT RESERVES THE RIGHT TO REJECT THE ATHLETE FROM ONE OR MORE EVENTS WITHOUT NOTIFICATION.**

PACKET/BIB PICK-UP: Packets can be picked up starting at 8:00 AM at the ticket box, Saturday, December 16, 2023.

AGE DIVISIONS: Age divisions are determined by year of birth. Listed below are the events that will take place in each age division. The High School division is open to anyone who was born in or prior to 2004 and has not turned 19 years of age.

ORDER OF EVENTS

Youngest to Oldest — Girls First

All events will be run as timed finals (TF); all athletes must report to check-in when event call is announced. All events will run youngest to oldest. Girls will run first in each event/division.

9:15 AM » Coaches Meeting

9:00 AM » Field Events

LONG JUMP AGES: all divisions

HIGH JUMP AGES: all divisions

SHOT PUT AGES: all divisions

9:30 AM » Running Events

1600M AGES: all divisions

60H AGES: 11-12, 13-14, HS

60M AGES: all divisions

800M AGES: all divisions

4 X 200 RELAY AGES: 9-10, 11-12, 13-14, HS

400M AGES: all divisions

200M AGES: all divisions

4 X 400 RELAY AGES: 9-10, 11-12, 13-14, HS

AGE DIVISION	LJ	SP	HJ	4 X 200	4 X 400
8 & under (2015 or later)	★	★			
9-10 (2013-2014)	★	★	★	★	★
11-12 (2011-2012)	★	★	★	★	★
13-14 (2009-2010)	★	★	★	★	★
High School (2005-2008)	★	★	★	★	★

LJ = Long Jump | SP = Shot Put | HJ = High Jump | PV = Pole Vault

AGE DIVISION	60M	200M	400M	800M	1600M	60H
8 & under (2015 or later)	★	★	★	★	★	
9-10 (2013-2014)	★	★	★	★	★	
11-12 (2011-2012)	★	★	★	★	★	★
13-14 (2009-2010)	★	★	★	★	★	★
High School (2005-2008)	★	★	★	★	★	★

CHECK-IN

No parents or coaches will be allowed in check-in area, awards area, FAT, or basketball court areas.

PARTICIPANT AND SPECTATOR HEALTH SCREENING

Symptoms: If a participant or another resident of their household has had any of the following signs and symptoms of COVID-19 in the previous 14 days, the participant will not be admitted to the program:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle or body aches
- Fatigue
- Headache
- Sore throat
- New loss of taste or smell



SEVERE WEATHER

Postponement/Cancellation:

The Meet Director will have the authority to suspend or cancel the meet. Programming decisions will be made based on the health and safety of our participants.

In the event of severe weather that will require immediate shelter, Auburn High School will serve as the emergency shelter site.

If meet is canceled due to severe weather, there will be no make-up date.

FACILITY

The Auburn Fieldhouse boasts a 9-lane straightaway as well as providing 6 lanes around the oval.

- **ONLY 1/8 PYRAMID SPIKES WILL BE ALLOWED IN FACILITY; VIOLATORS WILL BE DISQUALIFIED FROM THE MEET.** Spikes will be available to purchase on site. No spikes are allowed on the basketball courts. This is a Rockford Public Schools administration rule.
- Fully Automatic Timing and results will be done by AdkinsTrak Timing Associates using Finishlynx Cameras interfaced with Hy-Tek Meet Manager
- No chalk is allowed in the facility, including long jump areas. Painter's tape or athletic tape only.
- No radios, glass containers, food, Gatorade, or alcoholic beverages are allowed. Clear water is permitted. No food will be allowed in the fieldhouse.

EQUIPMENT

Starting blocks will be provided by the meet management.
10 AND UNDER NO BLOCKS

ADMISSIONS

\$8.00 PER PERSON;
ages 3 and under are FREE

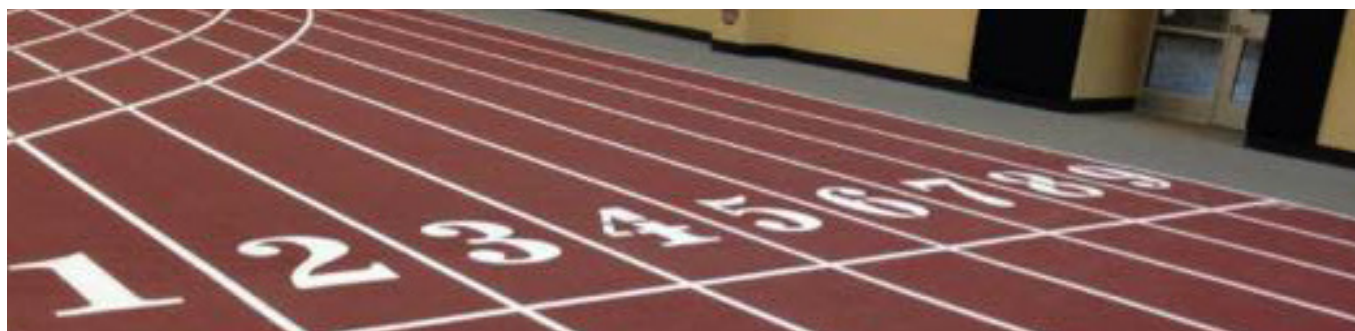
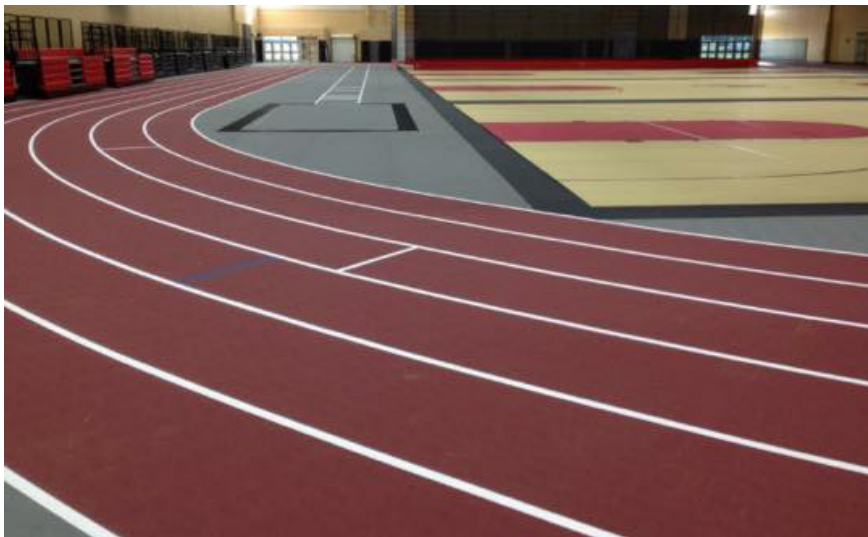
REFRESHMENTS

A full service concession stand will be provided, as well as a hospitality area for officials.

AWARDS

INDIVIDUALS: 1st through 3rd

TEAM AWARDS: 1st, 2nd, and 3rd place






F.I.R.E. Track & Field is a sports program of the Rockford Park District, managed by the Youth Sports department. For more information regarding F.I.R.E. and other Youth Sports programs, please visit rockfordparkdistrict.org/youthsports, or call 815-987-1605.



ROCKFORD PARK DISTRICT
rockfordparkdistrict.org | 815-987-8800

 We welcome the opportunity to assist guests with disabilities. For assistance and more information on accessibility, please call or text our Customer Service number listed above.

