

Athletes must compete in their true age divisions – NO “MOVING UP”!

Entries via On-Line

All teams and unattached athletes must register via the online entry process via www.coacho.com. The on-line entry system is available from Monday, December 21, 2009 through Wednesday, January 6, 2010 at 9:00 p.m. USATF membership numbers are not required at time of registration. You will have the option of paying your entry fee on-line or paying at the meet.

Entries via Hy-Tek Team Manager

Those submitting entries via Hy-Tek Team Manager may submit entries up to the online entry deadline via e-mail to the following address: usatfil@sbcglobal.net. The same e-mail address is used to request the Hy-Tek events file. USATF memberships are not required.

Check-In Requirements:

A packet will be provided for each team consisting of team roster and events entered. A team representative is responsible for picking up the packet. Packet can be picked up at the track facility on meet day beginning at 4:00 p.m. All packets must be picked up by 6:30 p.m.

Awards:

Individual events and relay awards will be presented to participants for 1st and 2nd place finishers.

Officials:

Anyone desiring to officiate at this meet is encouraged to contact Win Eggers via email at weggers10@aol.com. Your assistance is greatly appreciated.

Facility:

The Proviso West field house has an awesome track. The facility boasts an 9-lane straightaway as well as six lanes around the oval. Only ¼” or smaller pyramid spikes are allowed. Christmas tree spikes are not allowed. Spikes will be inspected on the track.

Fully Automatic Timing will be provided using Finishlynx Ethernet 2000 Cameras interfaced with Hy-Tek Meet Manager.

No radios, glass containers, or alcoholic beverages are allowed in the facility.

Equipment:

Starting blocks and batons will be provided.

Admission:

Admission fee is \$3.00 for ages 6 and up.

Contact:

Marc Jones,
Jones_jdaddy5@yahoo.com

or

Lorette Cherry
630 512-0727 days

Event Schedule

Running Events	Field Events
7:00p.m. 4X200m Relay Final 1600m Run Final 55m Hurdles Final 400m Dash Final 55m Dash Prelim 800m Run Final 200m Dash Final 55m Dash Final 4X400m Relay Final	7:00p.m Long Jump Triple Jump High Jump Shot Put Pole Vault

Events will run youngest to oldest, female then male except hurdles which will run males first oldest to youngest.