

# Hononegah Indoor Meet #1

- Where:** Hononegah High School Field House  
307 Salem St.  
Rockton Il. 61072
- When:** February 15th, 2025 - Starting Time: 9:30am Field Events - 10:00 am Running Events
- Teams Entered:** Cahokia, Chicago (Noble/ITW Spear), Dixon, Guilford, Harlem, Hononegah, Joliet West, Lake Park, Oswego, Palatine
- Entry Fee:** \$300 per team
- Admission:** \$5 Adults - \$2 Children/Seniors
- Facility:** The Hononegah Field House indoor track facility contains an 8-lane Olympic Grade Mondo straightaway as well as providing 6 lanes around the oval.  
**Only ¼" or smaller pyramid spikes are allowed on the track surfaces.** No spiked shoes are allowed on any other surfaces (the wood basketball courts, the all purpose courts, or in the hallways outside the track). Spikes will be checked at the clerking area. **When visiting the Fieldhouse, water purchased at the Hononegah Community High School Booster Club concession stand is the only item which may be taken into the Fieldhouse. All other items purchased must be consumed prior to entering the Fieldhouse. In an effort to maintain our facilities, gum is NOT allowed in the Fieldhouse.**
- Timing:** AccuRace Timing



- Heat Sheets:** Will also be provided at the above website. You should be able to get access by Friday evening for this info. You will also receive the heat sheets in your packets the day of the meet.
- Entries:** There will be unlimited entries for this meet.  
**PLEASE SUBMIT HONEST AND REALISTIC SEED PERFORMANCES FOR THIS TIME OF THE SEASON!**  
The entries will be done through Athletic Net: [www.athletic.net](http://www.athletic.net)  
Start entering **Saturday, February 2nd** and it will close on **Friday, February 14th** at **NOON**. Do not miss the deadline.

## **Coaches**

### **Information:**

Packet Pick-up will be in the coach's office on the Northwest end of the field house. There will be refreshments available and a bathroom for coaches only. Please remember to keep all food and non water drinks out of the field house. We will have a brief coaches meeting at 9:00am in the office.

### **Check-In:**

Please pick up hip-numbers at the table located on the Southwest end of the track. You **MUST** bring your spikes to be checked, in order to obtain your hip number. The clerk will bring each heat to the starting line of each race. Check-in for field events will take place at each field event.

### **Long Jump:**

Located outside the track on the Northeast and Northwest side of the track . Distance from the takeoff board to the pit is 8' and 12'. There will be plenty of room for all approaches and **1/4" exposed Pyramid spikes only!!!**

We will put athletes in flights from the seeds submitted. Each athlete will be allowed three (3) attempts.

### **Triple Jump:**

Located outside the track on the Northeast corner of the track. Distance from the takeoff board to the pit is 24', 28', 32', 36, and 40'. There should be plenty of room for all approaches and **1/4" exposed Pyramid spikes only!!!**

We will put athletes in flights from the seeds submitted. Each athlete will be allowed three (3) attempts.

### **High Jump:**

On the infield. **Spikes are not permitted on this surface.** Only rubber soled bottom shoes will be used for this event. The judge will check to make sure proper shoes are being used for this event. Depending on the number of athletes we may choose to use two (2) pits. One pit will start at a lower height the other at a higher height. If only one (1) pit is used a starting height will be determined by entries (probably around 4'10" to 5'0"). This way the novice athletes will be able to participate in the event.

### **Pole Vault:**

Located on the outside of the track on the curve of the East end of the track. Approach is approximately 120'. **1/4" exposed Pyramid spikes only!!!** Pole Vault cards will be located in coaches packets. Forms should be turned in at the pole vault area. Starting Height TBA (probably around 7'2" to 7'8").

### **Shot Put:**

On the infield. Throwing circle is wood. Athletes will be arranged in flights. There will be six (6) attempts allowed. If 2 pits are used in the high jump, shot put will follow. Each team will need to bring their own indoor shots.

### **Rest Rooms:**

Rest rooms are located outside of the field house. Additional bathrooms are also near the concession area.

### **Training Room:**

Trainers and complete treatment facility are available in the training room facing the track area.

- Workers:** Each team will be required to supply one worker for either the long or triple jump. As we get the numbers of athletes we will send out which event and flight you will need to help with. It will only be one flight in that event, so it should not be too much of a pain.
- Team Area:** Areas will be designated in the Old Main Gym or Metal Gym for team camps. No team camps will be allowed in the field house.
- Awards:** No awards for this meet. There will also be no team scores.
- Concessions:** There should be one in the Metal Gym.
- Parking:** Buses may drop off coaches and athletes in the main parking lot (off of Hononegah Rd.)  
Buses will be directed to park in the main lot behind the south end of the football stadium.

Any questions, contact Mark McLarty (Head Boys Track Coach) at the following numbers/email:

School: (815) 624-2070 ext. 5256

Cell: (815) 979-7121

Email: [mmclar@hononegah.org](mailto:mmclar@hononegah.org)

## **Meet Schedule**

**The running events will use a rolling schedule. We will start at 10:00am and keep the meet rolling.**

9:30am (all field events will begin)	Long Jump - West End/ East End
	Triple Jump - to follow long jump on the West End
	Pole Vault
	High Jump
	Shot Put
10:00am	4x800m Relay
	3200m Run
	60m High Hurdles
	60m Low Hurdles (33)
	60m Dash
	800m Run
	4x200m Relay
	400m Dash
	1600m Run
	200m Dash
	4x400m Relay