



MIDWEST INDOOR SEASON FINALE INVITE



SATURDAY, FEBRUARY 23, 2019

WESTWOOD SPORTS & FITNESS CENTER

***1900 Westwood Drive
Sterling, IL***

**9:00 a.m. – Field Events start
10:30 a.m. – Running**

Admissions: \$7 per person, 5&under free

Fee: \$8 per event

Youth

Open

Masters

Registration deadline:

February 20th at

11:59pm (CST)

To register your unattached athlete or team, go to www.coacho.com

Questions? Contact Coach Nicole Lincoln at (815) 556-9650 or by email at illinoisrush@gmail.com



- DATE:** February 23, 2019
- LOCATION:** Westwood Sports and Fitness Center,
1900 Westwood Drive, Sterling, IL 61081
- ADMISSIONS:** \$7 for 6yrs and up/ Children 5 and under FREE
- PARKING:** Parking is FREE!
- ENTRY DEADLINE:** February 20, 2019 by 11:59pm CST (NO REFUNDS)
- ENTRY FEE:** \$8 per event / \$32 per relay - NO REFUNDS
- ELIGIBILITY:** Open to any athlete and/or Club/Team. To view information packet, go to www.coacho.com or www.ilrushclub.org
- REGISTRATION:** Each athlete must be registered online at www.coacho.com. Only MasterCard and Visa Credit Cards will be accepted. Cash, checks, and money orders will not be accepted. NO REFUNDS will be issued.
- RUNNING EVENTS:** Athletes will report to Clerk of Course for check-in.
- FIELD EVENTS:** Athletes will report to field event for check-in.
- RULES:** The meet will be conducted under the competitive rules of the USATF National Governing Body.
- FACILITY:** ¼ inch or less pyramid spikes allowed. Pets are not allowed. Athletes and spectators shall conduct themselves in a manner which respects the rights of others.
- AWARDS:** Medals awarded to 1st– 8th place. Overall team

awards will be given to the top 5 scoring youth teams and top 3 overall scoring teams.

PACKET PICK-UP: Coaches/Unattached athletes can pick up their meet packet/bib number at the check-in area identified in the front of stadium beginning 1 hour prior to the first event after 8am.

COACHES' MEETING: Coaches' meeting at 8:45 AM to verify all entries prior to the start of the meet. **NO ENTRIES** will be added, changed, or modified after the start of the meet at 9 AM!

CONCESSIONS: A full concession stand will be available during the meet. Coolers are acceptable – no glass bottles please. Personal grills & barbeque pits are not allowed.

Medical assistance will be available onsite.

Events will be combined at the discretion of the meet director in order to expedite the overall meet, while ensuring fair competition.

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Order of Events

9 AM – Field Events

Long Jump (Open-Masters, 17-18, 15-16, 14-13, 11-12, 10-9, 8&Under)

Triple Jump following Long Jump

High Jump (Youngest to Oldest)

Shot Put (Oldest to Youngest)

NOTE: All jumps & throws–Four (4) attempts only. Athletes must provide their own implementation/equipment (indoor shot put)

10:30 AM – Running Events (Rolling Schedule)

1500m* / 3000m* RW (9 yrs. & up)

4x800m Relay* (11yrs & up)

3000m* (11 yrs. & up)

60m*

60m Hurdles* (11 yrs & up)

4x200m Relay*

800m*

Coaches' 4x200m Relay*

400m*

1600m*

200m*

4x400m Relay*

* Denotes – Finals

NOTE: Some races may be combined due to number of participants.

In track and field, a competitor in the 8 & Under through 12 yr. old divisions may enter a maximum of three (3) events. Competitors in the 13 yr. old through 18 yr. old divisions may enter a maximum of four (4) events. These limitations include relays which will be considered an entry for the purpose of this rule.

FOR MORE INFORMATION:

Coach Nicole Lincoln

815-556-9650

illinoisrush@gmail.com

Age Division: (contested based on birth year as of 12/31/19)

- 8 & Under (2011 & under)
- 9 - 10 (2009 – 2010)
- 11 - 12 (2007 – 2008)
- 13 - 14 (2005 – 2006)
- 15 & 16 (2003 & 2004)
- 17 & 18 (2001 & 2002)
- Open/Masters (2000-1900)