



2013 Coach O Indoor Track & Field Invitational

Co-Hosted by the Titan Track Club

Sunday, January 13, 2013

**Illinois Wesleyan University Shirk Athletic Complex
302 E. Emerson St., Bloomington, IL 61701**

Sanction: USA Track & Field

Meet Director:

Marchan Adkins

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Websites : www.AdkinsTrak.com
www.CoachO.com



Fees:

Entry fee is \$20.00 for each **athlete**. No entry fee will be transferred or refunded.

Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age for each athlete entered; Do not send in advance. All entry fees must be paid online.

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. Each Youth and High School athlete may enter in up to a maximum of 4 events including relays. Sub-Bantam, Bantam, & Midget age brackets 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.**

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 1998 and has not turned 19 years of age.

<i>Coach O Indoor Invitational</i>	5 5	2 0 0	4 0 0	8 0 0	1 5 0 0	3 0 0	5 5 H	L J	S P	H J	P V	4 X 2 0 0	4 X 4 0 0
Age Divisions													
Sub-Bantam (2005-later)	X	X	X	X	X			X	X				
Bantam (2003-2004)	X	X	X	X	X			X	X	X		X	X
Midget (2001-2002)	X	X	X	X	X	X	X	X	X	X		X	X
Youth (1999-2000)	X	X	X	X	X	X	X	X	X	X	X	X	X
High School (1994*-98)	X	X	X	X	X	X	X	X	X	X	X	X	X

Entry Process:

Online Entry:

All teams and unattached athletes must utilize the online entry process via www.coacho.com. This will permit a very efficient registration process that is easy to use. Everyone will have until 11pm, Monday, January 9, to complete registration.

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 Bloomington, if at all possible. ***Absolutely no entries will be accepted after January 9.***

Check-In Requirements:

A packet will be provided for each team consisting of team roster and events entered. A team representative will be responsible for picking up the packets. Packets can be picked up at the track facility beginning at 7:00am on meet day. Be sure to bring birth certificates with you when you pick up packets.

Awards:

In individual events, awards will be presented for participants who finish 1st-6th place. Relay participants will receive awards for 1st . 3rd place finishes.

Facility:

The Shirk Athletic Complex is an awesome track facility. Illinois Wesleyan University served as the host of the 2000 & 2005 NCAA Division III Indoor National Track & Field Championships at the venue. The facility boasts an entirely new 8-lane straightaway as well as providing 6 lanes around the oval. Only ¼+or smaller pyramid spikes are allowed. Fully Automatic Timing & results will be done by AdkinsTrak Timing Associates using Finishlynx Cameras interfaced with Hy-Tek Meet Manager. No radios, glass containers, or alcoholic beverages are allowed in the facility.

Refreshments:

A Full Service Concession Stand will be provided as well as a hospitality area for officials.

Equipment:

Starting blocks and throwing implements will be provided by the meet management. There is no need to bring personal implements with you. Those that desire to utilize personal implements must obtain clearance from the event official prior to use. If personal implements are used, they will not be released until the end of the competition for that age group.

Admission:

A charge of \$5.00 admission will be assessed for everyone not competing in the meet.

Airline Travel:

Central Illinois Regional Airport in Bloomington (BMI) has direct flights from American, and Delta AirTran Airlines..

Event Schedule

Running Events	Field Events
<p>8:00am 1500m Run (Sub-Bantam-High School) 55m Hurdles Finals (Midget-High School) 55m Dash Trials (All) 800m Run (All) 55m Dash Finals (All) 4X200m Relay (All) 400m Dash (All) 3000m Run (Midget-Young) 200m Dash (All) 4X400m Relay (All)</p>	<p>All Field Events will begin at 9:00am and will run concurrently Long Jump (Youngest-Oldest) High Jump (Oldest-Youngest) Shot Put (Youngest-Oldest) Pole Vault (Youth-High School)</p>

A detailed schedule will be printed after all entries have been submitted



View of the Indoor Track from Second level of Shirk Center

**Driving Directions to
Illinois Wesleyan University
Shirk Athletic Center
302 E. Emerson St.
Bloomington, IL 61701**

From Chicago, IL

(Approximately 130 miles) Take I-55 South to Veterans Parkway South (Business 55 - exit #167). Proceed about 4 miles and turn right onto Route 9 (Pekin West exit). Travel about 2 miles to Park Street and turn right.

From Madison, WI

(Approximately 200 miles) Take I-39/90 South to Rockford, IL and continue on I-39 South. Turn on to Route 51 South (Business Exit #2) and turn left at the end of the ramp. Proceed about 6 miles to Emerson Street and turn left at the light. The Shirk Center is located 2 blocks down the street on the left-hand side.

From Indianapolis, IN

(Approximately 165 miles) Take I-74 West to Route 51 (North Business Exit #135). Travel about 2 miles to Veterans Parkway North (Business 55 Chicago) exit. Proceed about 3.5 miles, turn left onto Route 9 (Pekin West Exit). Travel about two miles to Park Street and turn right.

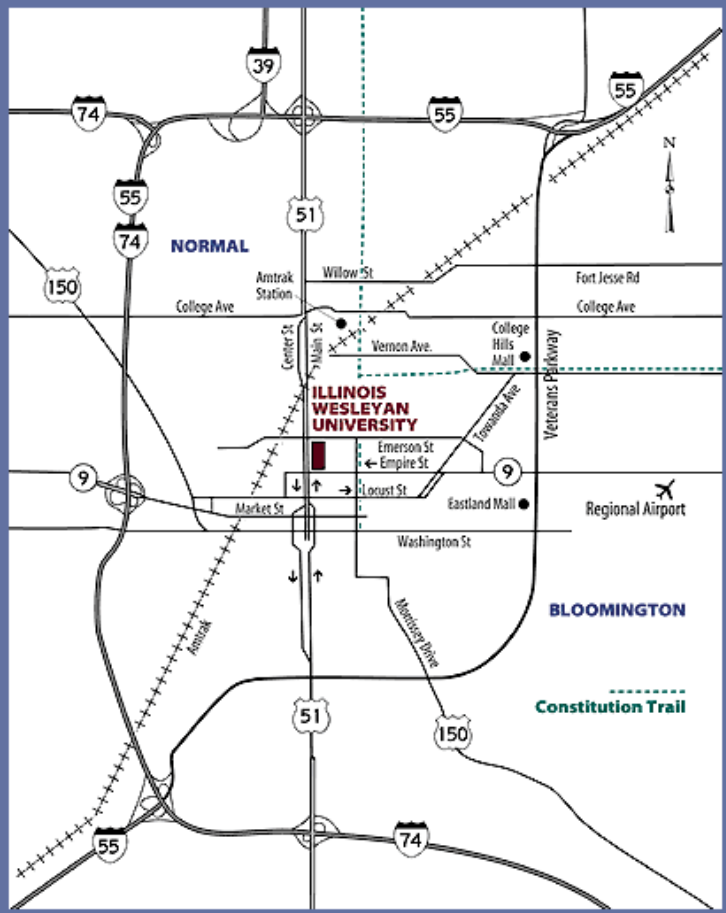
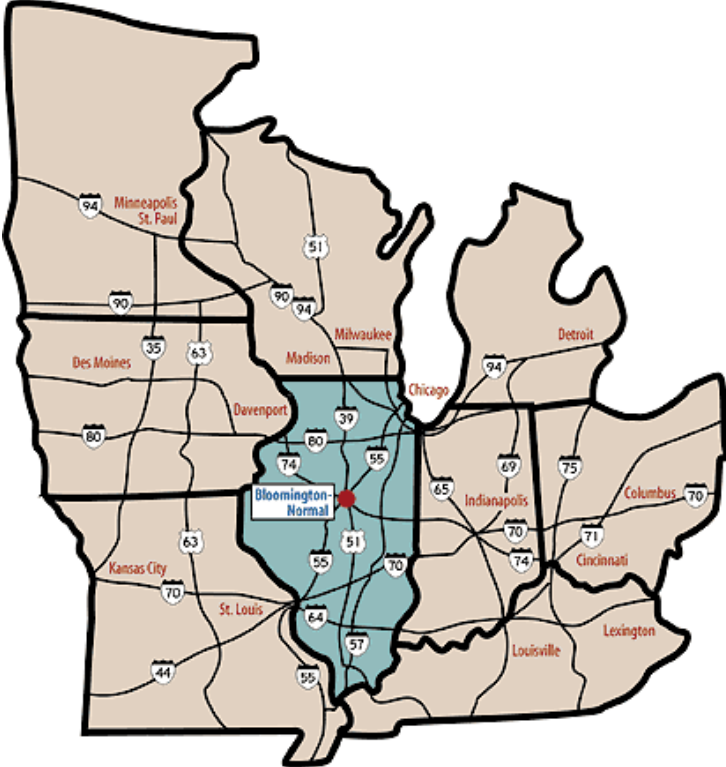
From Peoria, IL

(Approximately 40 miles) Take I-74 East to I-55 North (Chicago Exit #127). Follow to Route 51 South (Business Exit #165A). Proceed about 3 miles to Emerson Street and turn left at the light. The Shirk Center is located 2 blocks down the street on the left-hand side.

From St. Louis, MO

(Approximately 160 miles) Take I-55 North to Veterans Parkway North (Business 55 Exit #157B). Proceed about 6 miles and turn left onto Route 9 (Pekin West Exit). Travel about 2 miles to Park Street and turn right.

Regional Map



Bloomington City Map