

# *USATF Midwest Zone Youth T&F Championships & 5<sup>th</sup> Annual Dorothy Dawson Invite*

## *February 2, 2013*

**Proviso West High School  
Hillside, Illinois**

**“One of the Finest Indoor Track and Field Arenas in America”**

**Fees:**

Entry fee is \$8.00 per individual event and \$32.00 per relay team. Entry fees will not be transferred or refunded.

Coaches will be admitted free with current and background checked memberships.

**Eligibility:**

This meet is open to 2013 USATF member athletes who fall within the age divisions listed below. Memberships can be obtained through your Association Membership Chair ([www.usatf.org/associations](http://www.usatf.org/associations)) or online ([www.usatf.org/membership](http://www.usatf.org/membership)). A USATF membership is required to participate in this event.

Additionally, all clubs must have a current club membership.

**Illinois high school athletes can** participate in this event as unattached, club team members or school team members. However, the 2012-13 Non-School Competition Participation Request Form must be completed, signed by the school principal and returned to the IHSA Office no later than ten (10) days prior to the date of competition. The form can be found at the following location: [http://www.ihsa.org/documents/forms/2012-13/2012-13\\_Non-School\\_Competition\\_Participation\\_Request.pdf](http://www.ihsa.org/documents/forms/2012-13/2012-13_Non-School_Competition_Participation_Request.pdf).

**Age Divisions:**

Age divisions are determined by year of birth. Listed below are the events that will take place in each age division:

Age Divisions	55	20	40	80	15	30	55	L	T	S	H	P	4	4	1	3
		0	0	0	0	0	H	J	J	P	J	V	X	X	5	0
		0	0	0	0	0							2	4	0	0
													0	0	0	0
													0	0	R	R
															W	W
<b>Sub-Bantam (2005 – later)</b>	X	X	X	X	X			X		X			X	X		
<b>Bantam (2003- 2004)</b>	X	X	X	X	X			X		X	X		X	X	X	
<b>Midget (2001 - 2002)</b>	X	X	X	X	X	X	X	X		X	X		X	X	X	
<b>Youth (1999 - 2000)</b>	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X
<b>Intermediate (1997 - 1998)</b>	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X
<b>Young (1995 - 1996)*</b>	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X

\*Note - Athletes must be 18 years old or younger on the day of the meet.

Sub-Bantam, Bantam & Midget age groups can compete in a maximum of three (3) events including relays. Youth, Intermediate and Young Men/Women can compete in a maximum of four (4) events including relays.. **Athletes must compete in their true age divisions – NO “MOVING UP”!**

### **Entries via On-Line**

All teams and unattached athletes must use the online entry process at the following location: [www.coacho.com](http://www.coacho.com). Go to “Calendar” and locate the event by date then by name. The online entry system is available from Tuesday, January 1, 2013 through Wednesday, January 30, 2013 at 9:00 p.m. C.S.T. The entry fees **must be paid** at the Coach O site prior to the deadline. **DAY OF MEET ENTRIES WILL NOT BE ACCEPTED!!!!!!!!!!**

All athletes on teams (including relay alternates) must be registered online.

### **Check-In Requirements:**

A packet will be provided for each team and unattached athlete consisting of a team roster with events entered. A team representative or the unattached athlete is responsible for picking up the packet. Packets can be picked up at the track facility on meet date beginning one hour before the meet start time. Be sure to bring birth certificates and USATF cards if required.

### **Awards:**

Event awards will be presented to participants and relay teams who finish 1<sup>st</sup> - 6<sup>th</sup> place.

### **Officials:**

Anyone desiring to officiate at this meet is encouraged to contact Win Eggers via email at [wegggers10@aol.com](mailto:wegggers10@aol.com) or Jamero Rainey at [jamrainey21@gmail.com](mailto:jamrainey21@gmail.com). Your assistance is greatly appreciated.

### **Facility:**

The Proviso West field house has an awesome indoor track. The facility boasts a 9 lane straightaway as well as 6 lanes around the oval. Only ¼” or smaller pyramid spikes are allowed. Christmas tree spikes are not allowed. Spikes may be inspected on the track. No radios, glass containers, or alcoholic beverages are allowed in the facility. Fully Automatic Timing will be provided using Finishlynx Cameras interfaced with Hy-Tek Meet Manager.

### **Equipment:**

Starting blocks and batons will be provided. Throwers can provide their own implements that will be certified prior to use.

### **Event Results**

During the competition event results will be posted at the track facility. Afterwards, the results will be posted at the following site: [www.usatfillinois.org](http://www.usatfillinois.org). Go to” Association Championships”.

### **Protests**

There will be a \$100 fee for all protests. Protests must be submitted to the Protest Referee at once and no later than 30 minutes after a result has been announced. A protest must be a violation of a rule and not a judgment call. The protest fee is refunded if the protest is upheld.

### **Airline Travel:**

Both O’Hare and Midway Airports service the western suburbs of Chicago. However, O’Hare is closest. The two airports service all major airlines.

### **Admission:**

Admission fee is \$4.00 for ages 6 and up.

### ***National Youth Indoor Championships***

Age divisions, Sub-bantam through Youth, must compete in the Zonal Meets in order to qualify for the National Youth Indoor Track & Field Championships. The top six in each event are eligible to compete in the USATF National Youth Indoor Track & Field Championships, March 9-10, 2013, Prince George's County, Maryland. [Click here for additional information.](#)

### ***Hotels:***

Best Western Chicago Hillside Hotel & Conference Center  
4400 Frontage Rd  
Hillside, IL 60162  
(V) 708 544-9300 (F) 708 544-9310  
[www.chicagohillsidehotel.com](http://www.chicagohillsidehotel.com)

Extended Stay Hotel  
4575 Frontage Rd  
Hillside, IL 60162  
(V) 708 544-4409 (F) 708 544-4611

Holiday Inn Express & Suites  
200 South Mannheim Rd  
Hillside, IL 60162  
(V) 708 544-2700 (F) 708 544-2701

Comfort Suites  
17W445 Roosevelt Rd.  
Oakbrook Terrace, IL 60181  
(v) 630 916-1000

Hilton Inn Suites &  
Hilton Garden Inn  
1000 Drury Lane,  
Villa Park, IL  
(v) 630 941-1177

Chicago Marriott Oakbrook  
1401 W. 22<sup>nd</sup> St.  
Oakbrook Terrace, IL

DoubleTree Hotel  
1909 Spring Road  
Oak Brook. IL 60523  
630 472-6000

**Directions****From North:**

- Take I-94 E toward Chicago
- Merge onto I-294 S toward Indiana-O'Hare
- Merge onto I-290 W/ Eisenhower Expy W toward US-20/Rockford/IL-64
- Merge onto E North Ave/IL-64 via Exit 13B
- Merge onto I-290 E/ Eisenhower Expy E toward I-294 S/ Chicago
- Take the East St Charles Rd Exit, Exit 14B
- Turn slight right onto St Charles Rd/ E St Charles Rd.
- Turn Right onto N Wolf Rd.
- Continue to Harrison St (first street south of overhead expressway)
- School is on left side of street

**From South**

- Take I-55 N toward Chicago
- Take Exit 277A toward I-294 N/Wisconsin
- Merge onto I-294 N via the exit on the left toward Tri-state/Wisconsin
- Merge onto IL-38 E/ Roosevelt Rd
- Turn left onto Wolf Rd
- Go about ½ block
- School is on right hand side of street

**From West**

- Take I-88 E toward Sterling/Rock Falls
- Take the I-294 exit toward Indiana
- Take the York Rd Exit.
- Turn Right onto York Rd
- Merge onto IL-38 E/Roosevelt RD toward I-294 Toll S.
- Turn left onto Wolf Rd
- Go about ½ block
- School is on right hand side of street

**From East:**

- Take I-90 W to I-80 W
- Merge onto I-294 N towards Wisconsin
- Merge onto IL-38E / Roosevelt Rd
- Go about ½ block
- School is on right hand side of street

**Contacts:**

Marc Jones, [jonesidaddy5@gmail.com](mailto:jonesidaddy5@gmail.com), meet director  
Lorette Cherry, [usatfil@sbcglobal.net](mailto:usatfil@sbcglobal.net), 630 512-0727

**Event Schedule**  
**Midwest Zone Meet Championship**  
**&**  
**5th Annual Dorothy Dawson Invite**

**February 2, 2012**  
**8:00 a.m.**

**Running Events (8:00 a.m.)**

- 3000 Meter Run (F)
- 55 Hurdles (P – oldest to youngest)
- 55 Dash (P- oldest to youngest)
- 800 (F)
- 4X200 (F)
- 1500 Race walk (F)
- 3000 Race walk (F)
- 55 Hurdles (F– oldest to youngest)
- 55 Dash (F)
- 400 (F)
- 1500 (F)
- 200 Dash (F)
- 4X400 (F)

**Field Events (8:00 a.m.)**

- Long Jump (4 jumps, youngest to oldest)
- Pole Vault (YG,IG, YW)
- Pole Vault (YB, IB, YM)
- High Jump (YW, IG, YG, MG)
- High Jump (YM, IB, YB, MB)
- Triple Jump (4 jumps, youngest to oldest)
- Shot Put (oldest to youngest)