

IESA STATE FINALS 2017

Congratulations on qualifying to the State Meet!!

This is an enormous accomplishment and we are very proud of you!

This packet contains important information about the week's practice schedule and the meet itself including departure times, maps, etc.

This week's Schedule:

Monday 5/15: Off day, recover from last week.

Tuesday 5/16: Practice @ Seebach until 5:00.

Wednesday 5/17: A.M. Practice/Team Awards/Cookout until 5:00.

Thursday 5/18: Practice @ Seebach until 5:00.

Friday 5/19: Friday competitors leave LMS at 8:05 a.m.

*****Travel/Hotel arrangements*****: All athletes must report to school on Friday to compete at State. Parents/Guardians are **allowed** to transport their child to the state meet. *(Participants are qualifying individually for a multi-day event, thus school transport is not required)* As always however there will be school provided transportation each day. Athletes that are competing on Saturday may stay overnight (at their own expense), thus not riding back and forth from Limestone to Peoria. **The school office must be notified of all hotel arrangements prior to Friday morning. We would like Cell Phone # & Hotel Information on hand in case we need to contact you.** Any questions concerning this policy please contact the middle school office or any of the coaches. Hotel information can be found at [iesa.org](http://www.iesa.org) under the track heading. <http://www.iesa.org/activities/tr/location.asp>

APPROXIMATE TIME SCHEDULE FOR 2017 STATE TRACK MEET

EastSide Centre, East Peoria, IL

Class A, Friday-Saturday, May 12-13

Class AA, Friday-Saturday, May 19-20

****THE TIME SCHEDULE IS APPROXIMATE****

ALL CONTESTANTS WILL BE EXPECTED TO REPORT WHEN CALLED

Friday

9:00 a.m. Competitor Gate Open
9:30 a.m. General Public Gate Open
10:15 a.m. Parade of Athletes
11:00 a.m. 7G Pole Vault Finals; 7B to follow **NOTE: Friday Field Events Start at 11:00 a.m.**
8G High Jump Finals; 7G to follow
8B Long Jump Prelims & Finals; 7B to follow
7G Long Jump Prelims & Finals; 8G to follow
8G Shot Put Prelims & Finals; 7G to follow
7G Discus Prelims & Finals; 8G to follow

Running events will run continuously after they are started so times listed are approximates.

1:15 p.m. 7G Low Hurdle Prelims; 8G, 7B, 8B to follow
1:55 p.m. 7G Low Hurdle Semifinals; 8G, 7B, 8B to follow
2:25 p.m. 7G 400 M. Dash Finals; 7B, 8G, 8B Finals to follow
3:25 p.m. 7G 1600 M. Run Finals; 7B, 8G, 8B Finals to follow
5:00 p.m. 7G 100 M. Dash Prelims; 7B, 8G, 8B to follow
5:45 p.m. Semifinals for 100 M. Dash to follow as needed

Saturday

7:00 a.m. Competitor Gate Open
7:30 a.m. General Public Gate Open
8:20 a.m. Parade of Athletes
9:00 a.m. 8B Shot Put Prelims & Finals; 7B to follow
7B Discus Prelims & Finals; 8B to follow
7B High Jump Finals; 8B to follow
8B Pole Vault Finals; 8G to follow

Running events will run continuously after they are started, except for the scheduled break.

9:00 a.m. 7G Low Hurdle Finals; 8G Finals to follow
9:10 a.m. 7B Low Hurdle Finals; 8B Finals to follow
9:20 a.m. 7G 100 M. Dash Finals; 7B, 8G, 8B Finals to follow
9:35 a.m. 7G 4X200 M. Relay Finals; 7B, 8G, 8B Finals to follow
11:05 a.m. 7G 4X100 M. Relay Finals; 7B, 8G, 8B Finals to follow
12:00 p.m. LUNCH BREAK- 45 min. break in running events
12:45 p.m. 7G 200 M. Dash Finals; 7B, 8G, 8B Finals to follow
2:00 p.m. 7G 800 M. Run Finals; 7B, 8G, 8B Finals to follow
3:00 p.m. 7G 4X400 M. Relay Finals; 7B, 8G, 8B Finals to follow

PLEASE BE AWARE OF THE FOLLOWING

1. Times are approximate and competitors are responsible to report prior to an event. Regardless of the time an event is scheduled, events will follow one another in the order indicated and the meet will be kept moving along. It is the responsibility of the coaches and their athletes to monitor the progress of the meet and to report for competition appropriately. If an athlete has not reported to their event after the personal page for the athlete, the competitor will be scratched from the event.
2. There will only be one shot put ring and one discus ring. Only the girls will compete in the shot and discus on Friday. The boys will compete in the shot put and discus on Saturday. **DO NOT BRING ANY SHOT OR DISC IMPLEMENTS TO THE FINALS. WARM-UP AND OFFICIAL THROWS MUST BE DONE WITH THE IMPLEMENTS PROVIDED BY THE IESA.**
3. **The long jump, high jump, shot put, and discus will be conducted in flights.** All of the long jump competition will be held on Friday.
4. There will be 8 finalists in all events. All 8 places will be scored and all 8 places will receive medals.
5. **¼" pyramid spikes will be allowed for the State Meet. Needle nose spikes will not be allowed.**
6. Pole Vault Qualifiers: Variable weight poles may not be used in warm-ups or in competition. All pole vault contestants will be required to weigh-in prior to competition.
7. Awards will be presented on the field throughout the course of the meet. Listen for the PA announcements as to when you should report for awards.

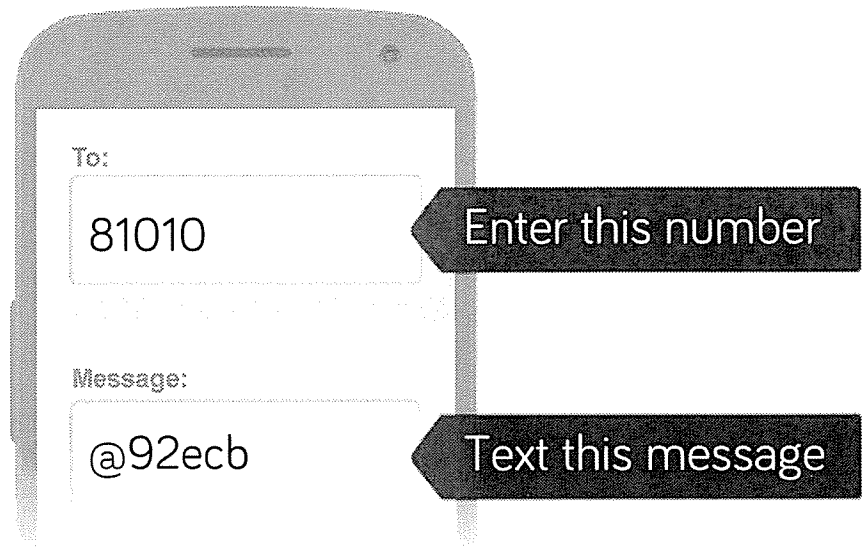
****THE TIME SCHEDULE IS APPROXIMATE****

Coach Grosso would like you to join LMSstatetrackers!



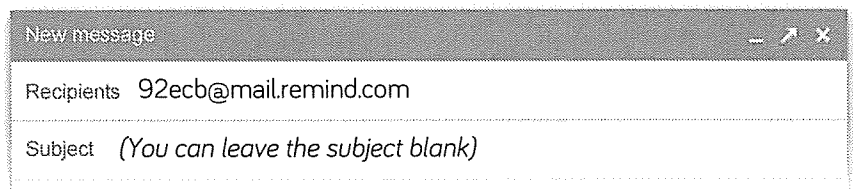
To receive messages via text, text
@92ecb to **81010**. You can opt-out
of messages at anytime by replying,
'unsubscribe @92ecb'.

Trouble using 81010? Try texting
@92ecb to **(815) 676-5509** instead.



*Standard text message rates apply.

Or to receive messages via email, send
an email to **92ecb@mail.remind.com**. To
unsubscribe, reply with 'unsubscribe' in
the subject line.



WHAT IS REMIND AND WHY IS IT SAFE?

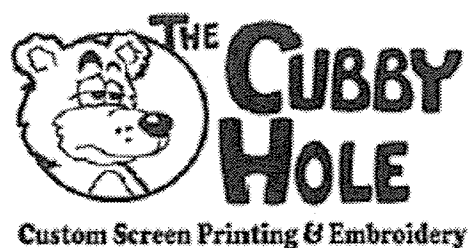
Remind is a free, safe, and simple messaging tool that helps teachers share important updates and reminders with students & parents. Subscribe by text, email or using the Remind app. All personal information is kept private. Teachers will never see your phone number, nor will you see theirs.

Visit remind.com to learn more.

Class AA State Track

PRE-ORDER FORM

This is a team pre-order form. All orders are due to a coach Tuesday May 16th, by the end of practice. Please make all Checks out to Limestone Middle School. The purpose of a pre-order is that the entire order is guaranteed ready as we arrive Friday morning. All the apparel listed and additional items will be available at the complex. Pre-ordering allows you to skip the lines once you arrive at the facility. Orders have to be put in by the team and no orders will be accepted after 9:00 a.m. Wednesday May 17th. So we are asking that we have them Tuesday, as it will be difficult for us to get additional orders placed once the school day has started Wednesday. (Additional copies will be available, see a coach.)



TYPES	ADULT SIZE	PRICE	SEE DESIGN IN COLOR ON OUR WEBSITE! www.CubbyHoleOnline.com or www.iesa.org
T-Shirts (White)	YL,S,M,L,XL	\$17.00	
	XXL	\$19.00	
T-Shirts (Athletic Grey)	YL,S,M,L,XL	\$18.00	
	XXL	\$20.00	
Long Sleeve T-Shirts (White)	YL,S,M,L,XL	\$19.00	
	XXL	\$21.00	
Crewneck Sweatshirts (Athletic Grey)	YL,S,M,L,XL	\$25.00	
	XXL	\$27.00	
Hooded Sweatshirts (Athletic Grey)	YL,S,M,L,XL	\$30.00	
	XXL	\$32.00	
			LETTERING ON BACK ADDITIONAL \$4.00/NAME AND \$3.00/EVENT
			EMBROIDERED WINGED FOOT(WF) PATCH \$3.00
			EMBROIDERED STATE QUALIFIER (SQ) PATCH \$3.00
			EMBROIDERED YEAR (Y) PATCH \$3.00

Size	Item Type	Imprinting on Back (Lines 1-5)	Patches
<input type="checkbox"/> S	<input type="checkbox"/> T-Shirt White		<input type="checkbox"/> WF
<input type="checkbox"/> M	<input type="checkbox"/> T-Shirt Grey		<input type="checkbox"/> SQ
<input type="checkbox"/> L	<input type="checkbox"/> Long Slv T White		<input type="checkbox"/> Y
<input type="checkbox"/> XL	<input type="checkbox"/> Crew Sweat Grey		
<input type="checkbox"/> XXL	<input type="checkbox"/> Hood Sweat Grey		

SUBTOTAL: _____

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<input type="checkbox"/> S	<input type="checkbox"/> T-Shirt White		<input type="checkbox"/> WF
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<input type="checkbox"/> L	<input type="checkbox"/> Long Slv T White		<input type="checkbox"/> Y
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<input type="checkbox"/> L	<input type="checkbox"/> Long Slv T White		<input type="checkbox"/> Y
<input type="checkbox"/> XL	<input type="checkbox"/> Crew Sweat Grey		
<input type="checkbox"/> XXL	<input type="checkbox"/> Hood Sweat Grey		

SUBTOTAL : _____

TOTAL: _____ ATHLETE'S NAME: _____

PAYMENT FORM (CIRCLE ONE) CASH CHECK

*ADDITIONAL FORMS AVAILABLE UPON REQUEST IF NEEDED.