



IESA STATE FINALS 2016

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 5/16: Off day, recover from last week.

Tuesday 5/17: Practice @ Seebach until 5:00.

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

Thursday 5/19: Practice @ Seebach until 5:00.

Friday 5/22: 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>

FRIDAY COMPETITORS
STATE DAY ONE SCHEDULE

7:45-7:55: Check in with 1st hour teacher for attendance and report to the cafeteria.

8:05: Depart LMS for East Peoria.

9:45: Arrive and set up Camp in Eastside Centre

10:00: Parade of Champions

11:00: Events begin.

Competitors are free to leave following their events. They are still required to sign out.

SATURDAY COMPETITORS
STATE DAY TWO SCHEDULE

5:45a.m.: Depart LMS behind Large Gym doors.

8:00a.m.: Arrive in East Peoria.

8:20a.m.: Parade of Athletes

9:00a.m.: Events Begin

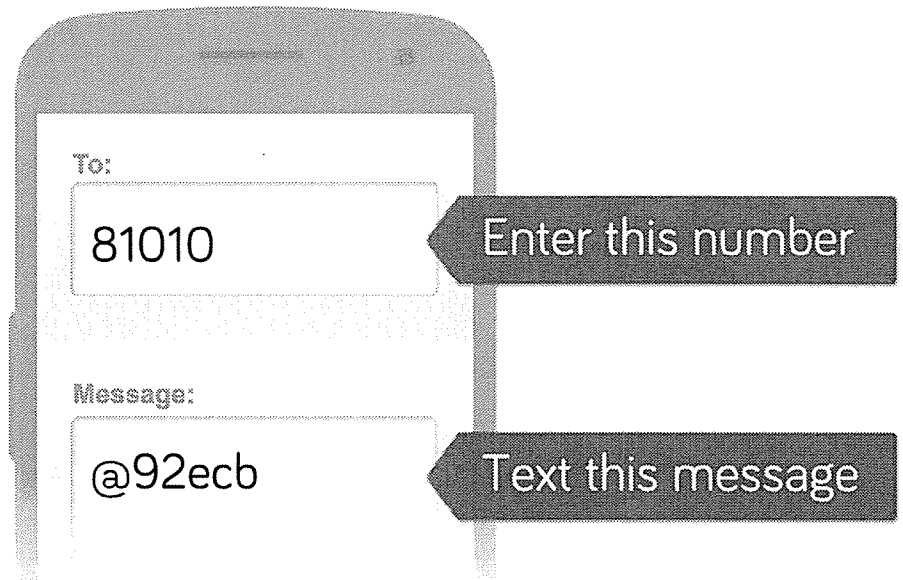
Competitors are free to leave following their events. They are still required to sign out.

Coach Grosso would like you to join LMSstatetracksters!



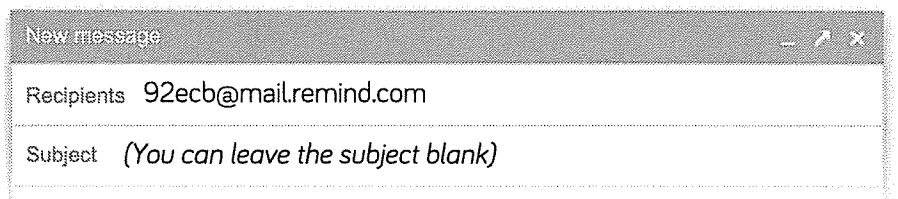
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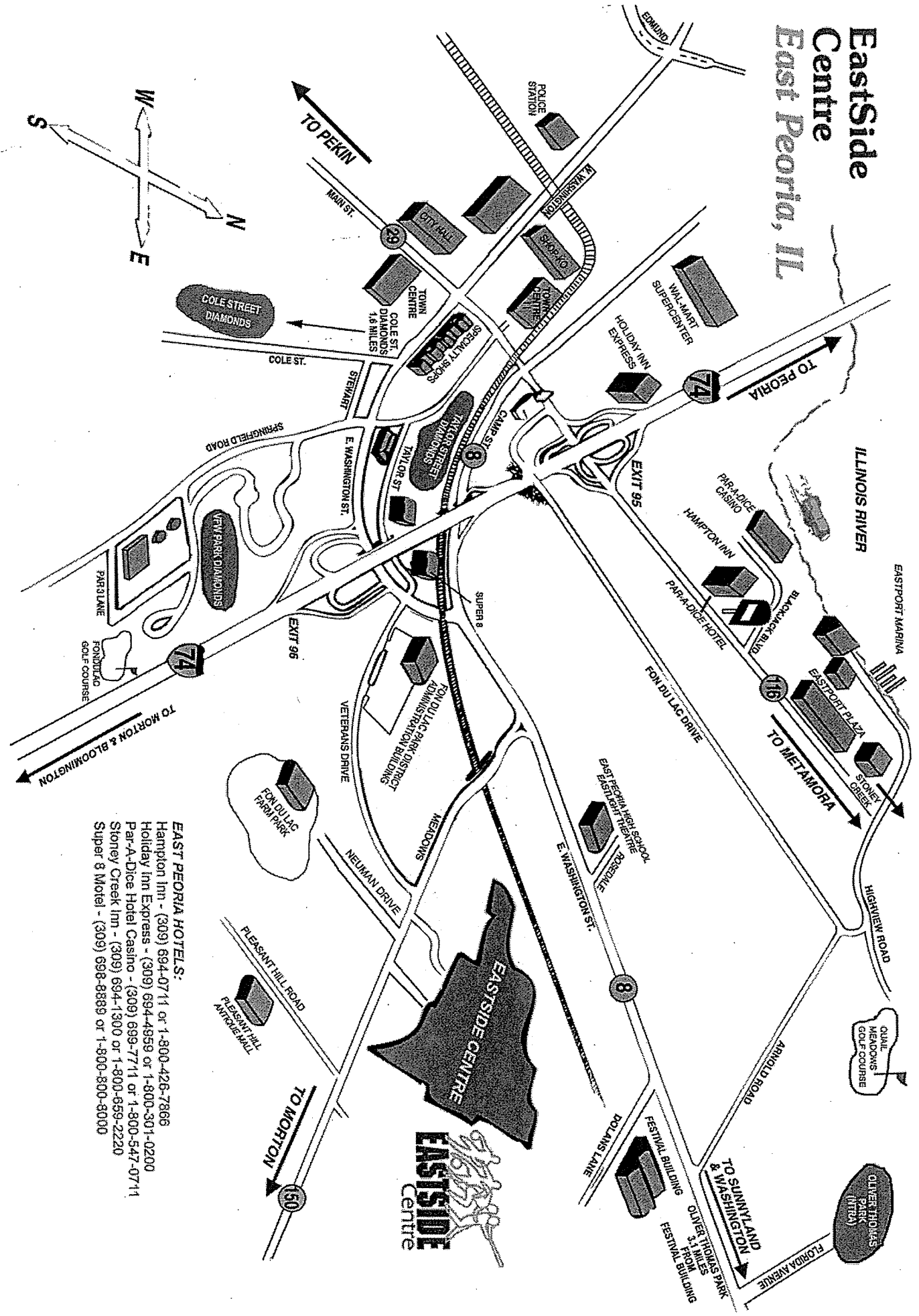


WHAT IS REMIND AND WHY IS IT SAFE?

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.

East Side Centre East Peoria, IL



EAST PEORIA HOTELS:
 Hampton Inn - (309) 694-0711 or 1-800-426-7866
 Holiday Inn Express - (309) 694-4859 or 1-800-301-0200
 Par-A-Dice Hotel Casino - (309) 699-7711 or 1-800-547-0711
 Stonery Creek Inn - (309) 694-1300 or 1-800-659-2220
 Super 8 Motel - (309) 698-8888 or 1-800-800-8000



Concessions

Concessions

GATE
IN
FROM
TEAM
TENT
AREA

Pizza Tent

Track Entrance

Pole Vault

100 M
Hurdle
Finish

Long Jump 1

PRESS BOX

Awards

Bleachers

AWARDS
STAND

Long Jump 2

Bleachers

PARADE
STOP
FOR
OATH

Finish Line

High Jump

START
PARADE

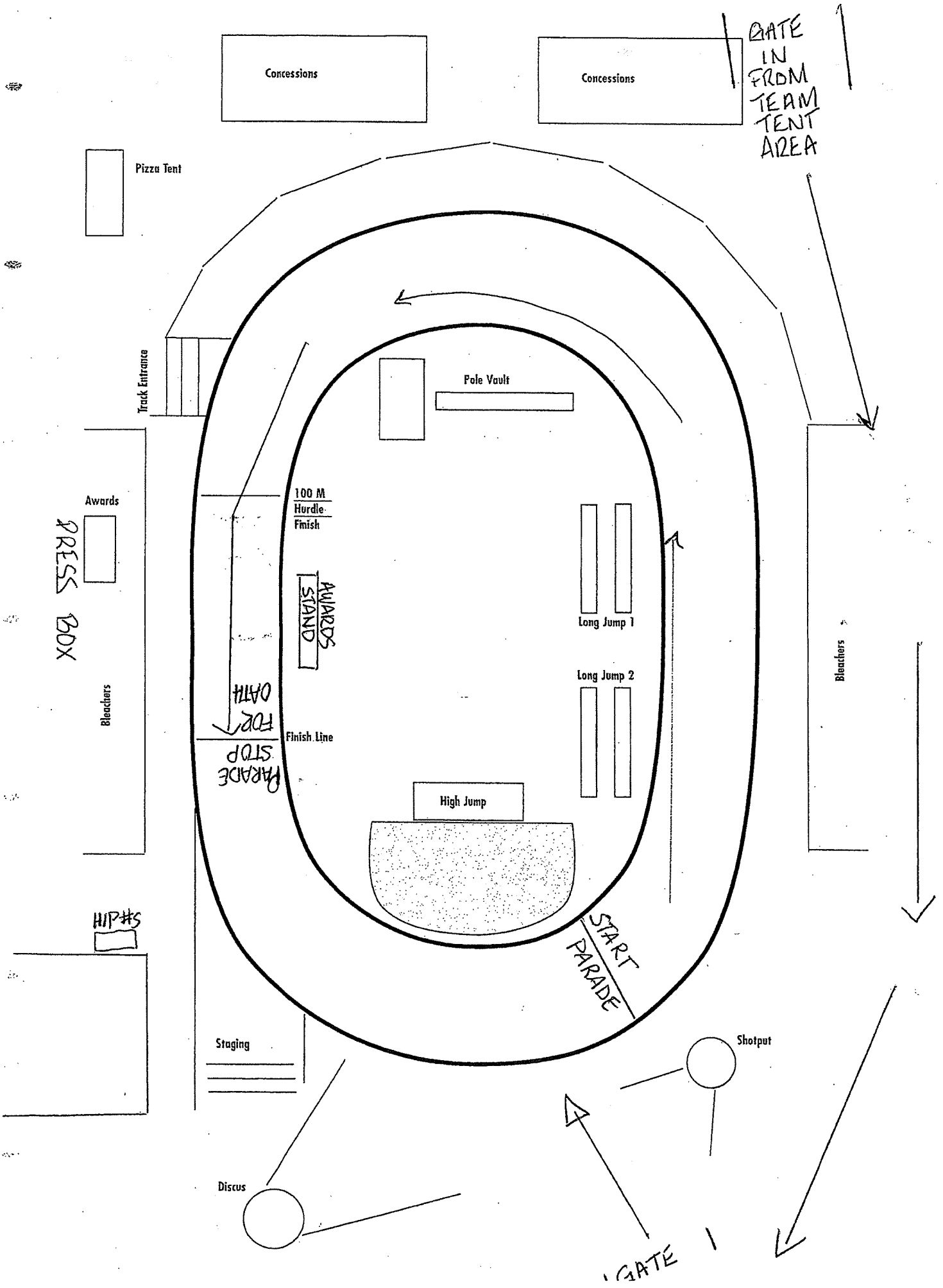
HIP#S

Staging

Shotput

Discus

GATE 1



APPROXIMATE TIME SCHEDULE FOR 2016 STATE TRACK MEET

EastSide Centre, East Peoria, IL

Class A, Friday-Saturday, May 13-14

Class AA, Friday-Saturday, May 20-21

****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

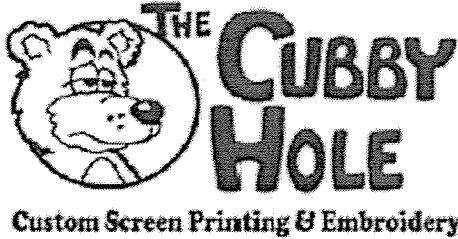
PLEASE BE AWARE OF THE FOLLOWING

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****

Class AA State Track

PRE-ORDER FORM



This is a team pre-order form. All orders are due to a coach Tuesday May 17th, 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 18th. 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 Designs in Color on our website www.cubbyholeonline.com or www.IESA.org
T-Shirt (White)	S, M, L, XL XXL	\$17.00 \$19.00		
T-Shirt (Athletic Grey)	S, M, L, XL XXL	\$18.00 \$20.00		
Long Sleeve T-Shirts (White)	S, M, L, XL XXL	\$19.00 \$21.00		LETTERING ON BACK ADDITIONAL \$3.00/NAME ADD \$2.00 FOR EVENT
Crewneck Sweatshirts (Athletic Grey)	S, M, L, XL XXL	\$25.00 \$27.00		EMBROIDERED WINGED FOOT (WF) PATCH \$2.00 EMBROIDERED QUALIFIER (SQ) PATCH \$2.00
Hooded Sweatshirts (Athletic Grey)	S, M, L, XL XXL	\$30.00 \$32.00		EMBROIDERED YEAR (Y) PATCH \$2.00

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		

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<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
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