

# ***Illinois Track & Cross-Country Officials Association***

*Jamero Rainey, President*

*Dave Stier, Vice-President*

*Kelley Mullaney, Secretary/Treasurer*

*Mike Powers, Clinic Director*

**What: IHSA Track and Field Officials Clinic (Level 1)**

**When: Saturday, January 20, 2018**

**Where: St. Charles East High School  
1020 Dunham Road  
St. Charles, IL 60174  
Directions: <http://east.d303.org/directions>**

**Time: 9:00 am. to 3:00 pm.**

## **Description:**

- This is a **Level 1 Clinic**. We are targeting 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> year IHSA Officials.
- Officials of any year of experience may attend and receive IHSA clinic credit.
- “Hands-On” Clinic. We will put a starter’s pistol in your hand. Athletes will be available.
- As an IHSA Official, you will typically be the Starter and the Referee. You will learn to manage the Starting Line and make basic decisions with all the Field Events.
- Refreshments and Lunch will be provided.
- There will be DOOR PRIZES!!
- Meets all IHSA Clinic requirements.

**Cost:** \$40. (\$50 at the door)

**Registration:** Pre-register online at [www.itcco.com/ihsa-clinic](http://www.itcco.com/ihsa-clinic)

**Contact:** Mike Powers, Past-President ITCCOA  
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<b>Time Schedule 2018</b>				
9:00 AM	0:10	Getting Started	Bleachers	1 group
9:10 AM	1:00	Sprint Starts - Basics	Bleachers	1 group
10:10 AM	0:05	Break		
10:15 AM	0:20	Step-Up Starts / Stagger Starts	Track	2 groups
10:35 AM	0:20	Stagger Starts / Step-Up Starts	Track	2 groups
10:55 AM	0:40	Throws / High Jump	Track	2 groups
11:35 AM	0:45	Lunch - You Make the Call	Classroom	1 group
12:20 PM	0:40	High Jump / Throws	Track	2 groups
1:00 PM	0:40	Pole Vault / Horizontals	Track	2 groups
1:40 PM	0:40	Horizontals / Pole Vault	Track	2 groups
2:20 PM	0:20	Professionalism	Classroom	1 group
2:40 PM	0:20	Q&A / Door Prizes	Classroom	1 group
3:00 PM		Done		