

Illinois Track & Cross-Country Officials Association

Dave Stier, President

Kelley Mullaney, Vice-President

Jesse Rocha, Secretary/Treasurer

Mike Powers, Clinic Director

What: IHSA Track and Field Officials Clinic (Level 1) (8th Annual)

When: Saturday, January 19, 2019

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 1st, 2nd, and 3rd 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

Contact: Mike Powers, Past-President ITCCOA
Cell phone: 630-234-2848
mtpowers1955@att.net

Time Schedule 2019				
9:00 AM	0:10	Getting Started	Bleachers	1 group
9:10 AM	1:00	Sprint Starts - Basics	Bleachers	1 group
10:10 AM	0:25	Step-Up Starts / Stagger Starts	Track	2 groups
10:35 AM	0:25	Stagger Starts / Step-Up Starts	Track	2 groups
11:00 AM	0:40	Throws / High Jump	Track	2 groups
11:40 AM	0:45	Lunch - You Make the Call	Classroom	1 group
12:25 PM	0:40	High Jump / Throws	Track	2 groups
1:05 PM	0:40	Pole Vault / Horizontals	Track	2 groups
1:45 PM	0:40	Horizontals / Pole Vault	Track	2 groups
2:25 PM	0:20	Professionalism	Classroom	1 group
2:45 PM	0:15	Q&A / Door Prizes	Classroom	1 group
3:00 PM		Done		