

Cahokia Conference Boys Track Meet
Tuesday, May 7, 2024
1:00 PM

- TEAMS:** Breese Central, Carlyle, Chester, Columbia, Dupo, Freeburg, Lebanon, Marissa, New Athens, Red Bud, Salem, Steeleville, Valmeyer, Okawville, Roxana, Sparta, Wood River, Wesclin
- LOCATION:** Central High School, 7740 Old US 50, Breese, IL 62230
- TIMING:** F.A.T. provided by **TRXC Timing** www.trxctiming.com
Live results for the meet will be found at <https://liveresults.trxctiming.com/>
- ENTRY:** All entries must be submitted through TRXC Timing [Online Entry Link](#)
Entry Deadline will be **Monday, May 6th, at 12:00 pm**
- Heat/Flight Sheets** [Click Here](#)
- SCORING:** Individual Events: 10-8-6-4-2-1 Relay Events: 10-8-6-4-2-1
- AWARDS:** Medal to 1st – 3rd place in each event
- SCRATCH MEETING:** 12:30 p.m. in the press box.
- CONCESSIONS:** The concession stand will be open.
- TRAINER:** Marty Stewart
- ANNOUNCER:** Brian Short
- STARTERS:** Doug Stinemetz
- CLERK:** Greg Kruse
- FACILITY:** 6-Lane All-Weather Rubber Track; ¼ inch spikes are allowed
- THROWING IMPLEMENTS:** Will be weighed at the Concession stand from 12:30 to 1:00
- POLE VAULTERS:** Athletes will weigh in, and their poles will be checked and marked at the concession stand from 12:30 to 1:00.
- STARTING BLOCKS:** Some starting blocks are available; you are welcome to bring your own
- TEAM CAMPS:** Camps will be located outside the main track fence.
Please leave bleachers available for spectators
- ATHLETE DROPOFF:** Buses may drop athletes off at the main gate
- BUS PARKING:** Aviston Legion (see diagram)

FIELD EVENT & EXCHANGE ASSIGNMENTS:

LONG Central

JUMP:

TRIPLE Central

JUMP:

HIGH Central

JUMP:

POLE Central

VAULT:

SHOT PUT: Central

DISCUS: Central

4x100 Exchange Judges:

1st Exchange: Freeburg

2nd Exchange: Columbia

3rd Exchange: Wesclin

4x200 Exchange Judges:

1st and 3rd Exchange: Salem

2nd Exchange: Roxana

4x800, 3200, 800, 1600, and 4x400

Cut Line Exchange: Freeburg, Red Bud and Wesclin

Games Committee: Wesclin, Central, Red Bud, Steeleville, Columbia, Dupo

GENERAL INFORMATION

1. All throwing surfaces are of concrete substance.
2. Jumping runways are the same all-weather surface as the track.
3. Coaches can obtain team packets in the pressbox upon arrival. 4. Restrooms are available in the (Northeast corner of the Track).
5. Central High School will assume no responsibility for any lost or stolen items.
6. Awards can be picked up in the press box at the conclusion of the meet.
7. ALL Conference results will be posted on TRXC Timing immediately after the meet.

ATHLETE CHECK-IN: Athletes running in events should report to the staging area at least 15 minutes prior to

their event and pick up their hip and shoulder numbers. The staging area will be on the field at the 30-yard line. Athletes in field events should check in at their respective events at least 15 minutes prior to the scheduled start time. Listen to the PA for calls. **Running events take precedence over field events.** Ensure your athlete is back to the field event to compete after their running event at the specified time.

ORDER OF EVENT/TIME SCHEDULE

12:30 PM Scratches can be made/Coaches Meeting in the
pressbox
1:00 PM High Jump (4 Jumps) (Starting Height - 4 feet)
1:00 PM Shot Put (4 Throws)
1:00 PM Discus (4 Throws)
1:00 PM Long Jump and Triple Jump Together (4 Jumps)
1:00 PM Pole Vault (4 Jumps) (Starting Height - 6 feet)

Order of the Running Events

2:15 PM 4x800 M
Relay
2:30 PM 4x100 M
Relay
2:45 PM 3200 M Run
3:15 PM 100/110 HH
M
3:20 PM 100 M Dash
3:30 PM 800 M Run
3:40 PM 4x200 M
Relay
3:50 PM 400 M Dash
4:00 PM 300 IH Final
4:15 PM 1600 M Run
4:30 PM 200 M Dash
4:40 PM 4x400 M
Relay