



## Cahokia Conference Boys Track & Field Meet Tuesday, May 12th, 2026 1:00 PM

**Teams:** Breese Central, Carlyle, Chester, Columbia, Dupo, Freeburg, Lebanon, Marissa, New Athens, Okawville, Red Bud, Roxana, Salem, Sparta, Steeleville, Valmeyer, Wesclin, and Wood River.

**Location:** Roxana High School, 401 Chaffer Avenue, Roxana, IL, 62084

**Timing:** F.A.T. provided by [TRXC Timing](#).  
Live results for the meet will be found at <https://liveresults.trxctiming.com/>.

**Entries:** All entries must be submitted through [AthleticNET](#). **Entries must be submitted by Monday, May 11th at 9:00 am. No late entries will be accepted. Scratches only at the coaches meeting.** Entry questions? Reach out to Paul Golian | [paul@trxctiming.com](mailto:paul@trxctiming.com)

**Entry Limits:** 2 entries per individual event and 1 relay per school.

**Heat/Flight Sheets:** [Click Here](#)

**Scoring:** Individual Events: 10-8-6-4-2-1 Relays 10-8-6-4-2-1

**Awards:** Medals 1st-3rd for each event. A team plaque will be awarded to the winner of each division.

**Trainer:** Our trainer, Katie Brandt, will be on site.

**Questions:** Please reach out to Mark Briggs | [mark.briggs@rcusd.org](mailto:mark.briggs@rcusd.org) for any other questions.

**Starter:** Brad Bevis

**Clerk:** Mark North

**Facility:** 6-lane oval, 8 lane straightaway, all-weather track, ¼ spikes ONLY.

**Throws:** Implements will be weighed in near the concession stand from 12:15-12:45

**Pole Vault:** We WILL be pole vaulting at our facility on the day of the meet



**Starting Blocks:** Starting blocks will be available but are welcome to bring your own, please have them have them marked for identification.

**Team Camps:** Team camps will be on the soccer field

**Athlete Drop Off:** Buses may drop off in the front of the high school football entrance.

**Bus Parking:** Buses may park on the south side of the football field

**Field Event & Exchange Assignments:** *Each team should provide an adult to work a field event. We will do our best to get the head field event judge covered.*

Long Jump: Roxana/Freeburg

Triple Jump: Roxana/ Breese Central

High Jump: Roxana/Wood River

Pole Vault: Roxana/Columbia

Shot Put: Roxana/Chester

Discus: Roxana/Salem

#### **Relay Exchanges:**

4x100: 1st exchange: Carlyle/Sparta  
2nd exchange: Lebanon/New Athens  
3rd exchange: Red Bud/Okawville

4x200: 1st and 3rd exchange: Marissa/Wesclin  
2nd exchange: Roxana/ Valmeyer

4x800,3200,800,1600 and 4x400:  
Cut Line Exchange: Steeleville/Dupo

#### **General Information:**

1. All throwing surfaces are concrete.
2. Jumping runways are the same all-weather as the track.
3. Meet Programs will be available at the coaches meeting.
4. Restrooms and concessions will be available.
5. Roxana High School will assume no responsibility for any lost or stolen items.
6. Awards will be given out at the conclusion of the meet
7. All Conference results will be posted on TRXC Timing/athletic.net immediately after the meet.



**Athlete Check-In:**

Athletes in running events should report to the staging area at least 15 minutes prior to their event and pick up their hip numbers. The staging area will be at the bleachers at the south end of the track. Athletes in field events should check in at their respective events at least 15 minutes prior to the scheduled start times. Listen to the PA for calls. Running events take precedence over field events. Athletes should tell the field event judge when they have to leave to run and report back after their event is finished.

**Order of Events/Time Schedule**

12:30pm Coaches meeting

**Field Events**

1:00pm High Jump - starting height TBD  
1:00pm Shot Put- 4 throws, no finals (will be flighted)  
1:00pm Discus- 4 throws, no finals (will be flighted)  
1:00pm Long Jump - 4 jumps no finals  
followed by Triple Jump- 4 jumps no finals  
1:00pm Pole Vault- starting height TBD

**Running Events approx times/rolling schedule will be kept if weather is a factor.**

2:15pm 4x800 m relay  
2:30pm 4x100 m relay  
2:45pm 3200 m run  
3:15pm 110 m hurdles  
3:25pm 100 m dash  
3:35pm 800 m run  
3:45pm 4x200 m relay  
3:55 pm 400 m dash  
4:05pm 300 m hurdles  
4:20 pm 1600 m run  
4:35 pm 200 m dash  
4:45pm 4x400 m relay

