



Illinois College 2022 Snow Bird Invite

- Meet Director: Jason Haynes
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Email: Jason.haynes@ic.edu
- Date & Time: Saturday, January 22nd, 2022 @ 10:00am
- Site: King Fieldhouse – Bruner Center, 1121 Edgehill Rd., Jacksonville, IL 62650
- Entries: Unlimited individual and relay entries. No Unattached athletes allowed.
Entries can be completed at [Direct Athletics](#) Entries due no later than **Friday, January 21 at 12 noon - Revised**
- Entry Fee: \$200 each Men and Women's teams.
Please make checks payable to "Illinois College Track and Field"
- Timing: FAT provided by TRXC Timing.
- Meet Documents: [Performance List](#) [Heat/Flight Sheets](#) [Horizontal Events](#) [Vertical Events](#)
- Venue Info: 6-lane 200m 12mm OSST Track w/ 8-lane 55m straightaway installed in 2020
- Access: Only athletes, coaches and staff are allowed on the track and infield.
No visiting spectators will be allowed – Only guests of current IC athletes.
- Spikes: 1/4 inch pyramid spikes are permitted on the track and runways. NO SPIKES ON MIDDLE TWO COURTS
- Throws: Wood circles.
- Weigh-in: Implement certification will take place between 8:30am – 9:45am at the site of competition.
- Meet Conduct: Starting heights and conduct in the throws and horizontal jumps will be determined after we receive entry information.
Top 8 performances through preliminaries will advance to finals in the 55m and 55H
Women will run first in all running events unless otherwise noted.
- Scoring: No Scoring.
- Event Check In: Athletes should check in for running events at the clerk's table at least 30 minutes before their race.
Competitors in the field events can check in at the event site.
- Scratches: All scratches for track events should be made prior to the start of the running events. Field event scratches may be made at the event location prior to competition.
- Results: Meet results will be posted on the IC athletic website and will be submitted to TFRRS.
- Lockers: Locker rooms and showers will be available in the lower level of Bruner Fitness Center.
- Team Camps: Camps will be made in the bleachers of Sherman Gym.
- Parking: Bus parking will be available in the lot across from the outdoor track, on the corner of Park and Edgehill.
- Athletic Trainers: Certified athletic trainers will be available on site throughout the event. Heat and ice will be provided, but no electric stim. Please provide your own supplies.



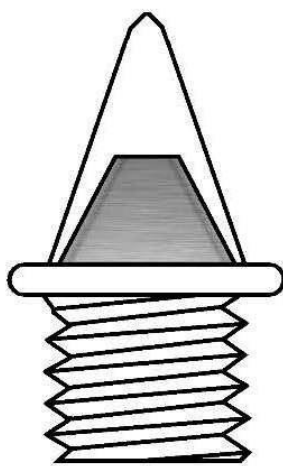
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COVID MITIGATIONS

- **Illinois College requires a negative COVID test from all visiting athletes and staff (within 24hrs of competition for rapid, 72hrs for PCR)**
- Illinois College has a limited fan policy at this time. Only guests of competing IC student-athletes will be permitted. Web streaming for events will be available.
- Masks are required to be worn by visiting coaches and staff at all times. Competitors must wear masks when not actively competing and are asked to wear masks as much as possible during warm ups.
- All visitors are asked to maintain 6ft of physical distance from others whenever possible.
- Teams will have an assigned camp area in the bleachers. Please maintain physical distance while in team camps.
- AT services available outside the training room on the northwest corner of the track for visiting teams. The AT room is only for home teams.
- Competitors should remain in designated team camps areas unless actively warming up or competing.



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins



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Schedule of Events:

Field Events

10:00am Long Jump (W, M), Triple Jump to follow (W, M)
Shot Put (W, M)
Weight Throw (M, W)
Pole Vault (M, W)
High Jump (M, W)

Running Events (rolling schedule after 11:30am, women than men unless otherwise noted)

9:50am National Anthem
10:00am Distance Medley Relay (1200m, 400m, 800m, 1600m)
11:30am 55m Hurdles (prelims)
55m Dash (prelims)
4x200m Relay
Mile Run
400m Dash
55m Hurdles (finals, men run first)
55m Dash (finals)
800m Run
200m Dash
3,000m Run
4x400m Relay