

## Illinois College 2024 True Blue Open

Meet Director:	Dirk Doehring Mobile: 217-620-7515 Office: 217-245-3645 dirk.doehring@ic.edu
Date & Time:	Saturday, April 6th @ 11:00am
Site:	Ware Family Track, 1121 Edgehill Rd., Jacksonville, IL 62650
Entries:	Unlimited individual and relay entries. Unattached athletes allowed. Entries can be completed at <u>Directathletics</u> . Entries due no later than <b>7pm on Thursday, April 4th</b> .
Entry Fee:	<ul><li>\$250 each Men and Women's teams.</li><li>\$25 for unattached athletes (unlimited entries)</li><li>Please make checks payable to "Illinois College Track and Field"</li></ul>
Timing:	FAT provided by <b>TRXC Timing</b> .
Venue Info:	8-lane 400m Beynon BSS 1000 Track
Access:	Only athletes, coaches and staff are allowed on the track and infield. Spectators, please stay outside the competition areas.
Heat/Flights:	Click Here is to see heat and flights
Spikes:	1/4 inch pyramid spikes are permitted on the track and runways.
Throws:	Poured concrete circles. Javelin runway is track surface.
Meet Conduct:	Starting heights and conduct in the throws and horizontal jumps will be determined after we receive entry information. Women will run first in all running events
Scoring:	Scored in accordance with NCAA Handbook.
Weigh-in:	Implement certification will take place 9:30-10:30am and will take place at the site of competition.
Event Check In:	Athletes should check in for running events at the clerk's table located on the south end of England Stadium under the bleachers at least 20 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 with the clerk. 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 and AthleticNET.
Lockers:	Locker rooms and showers will be available in the lower level of Bruner Fitness Center.
Team Camps:	Camps can be made anywhere outside the fence surrounding the track or in the bleachers of England Stadium. In the event of inclement weather team camps can be made in Sherman Gymnasium inside the Bruner Center.
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.

Entry Questions: <u>Rich Schilling</u> – TRXC Timing



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Schedule of Events:

## Field Events

- 11:00am Hammer Throw (W, M) Javelin Throw (M, W) After completion of Hammer & Jav: Discus Throw (W, M) Shot Put (M, W)
- 11:00am Long Jump (W, M), Triple Jump to follow Pole Vault (W, M) High Jump (M, W)

Running Events (rolling time schedule after Steeplechase, heats slow to fast, women then men)

12:00pm 4x800m Relay

12:30pm 3,000m Steeplechase 4x100m Relay 1,500m Run 100/110m Hurdles 100m Dash 400m Dash 800m Run IC SENIOR RECOGNITION 400m Hurdles 200m Dash 5,000m Run 4x400m Relay