

SOUTHERN ILLINOIS UNIVERSITY SALUKI FAST START

TENTATIVE SCHEDULE/ TIMELINE OF EVENTS (Updated 11/17/25)

• Date: Friday December 5 - Saturday December 6, 2025

Location: SIU Recreation Center/ Indoor Fieldhouse

300 East Grand Avenue, Carbondale, IL, 62901

RecCenter.siu.edu

• Entry: Entries are due no later than Tuesday, December 2 at 12pm CST - Direct Athletics

Scratches/Changes: Final scratches and changes are due by Wednesday, December 3 at 12pm CST - Direct Athletics

Entry Procedure: All entries will be completed through direct athletics (unattached entries accepted)

• Entry Fee: \$400 per gender, \$40 for individuals or unattached athletes. All teams are welcome. All entry fees need to be paid

Through direct athletics. Entry fees are non-refundable. If you do not have a direct athletics account, you can create one by

going to www.directathletics.com.

• Entry Limits: There are no entry limits in the running events. However, all field events will be limited to 32 competitors

• DA Entries Help: If you do not already have a Direct Athletics account, please visit these links.

Individual athletes account - https://www.directathletics.com/new_athlete_front.html

Team accounts - https://www.directathletics.com/new_coach_validate.html

Heat/Flight Sheets: <u>Pentathlon</u> <u>Friday</u> <u>Saturday</u>

Live Result: Click Here to see Live Results

Parking: At SIU Rec center—charter buses park in the far lot. Map

Weigh-In: Implement weigh-in 90 minutes before the start of throwing events/ multi begins

Height Progressions: Once all entries are received, heights will be determined. <u>Click Here</u> to see height Progressions.

• **Spectators:** Free entry cost

Team Camps: Team camps have been designated on bleachers. A sign with your school name designates your

area. Space is tight, so please share accordingly. A trash bag will be provided to you in your packet, for help in keeping our

facility clean. Please pick up trash in your team camp area. It is much appreciated!



- **Team drop off:** Athletes maybe dropped off at the back entrance of the Student Rec Center located on the. North side of the building off Marion Street. Athletes must enter through the main doors of the student Rec Center.
- Event Check-in: Running Event Will be at the hip number table approximately 30 minutes before the scheduled start of the event.
 Athletes MUST bring spikes to check-in table

Field Event – Will be at the event site 30 minutes before the scheduled start of the event. All athletes, regardless of what flight you are in must check in prior to the start of the 1st flight or you will be scratched. Spikes will be checked at field event site prior to start of competition.

3,000m Athletes - Must declare their intention to compete prior to the start of the women's 800m.

200m Athletes – Must declare their intent to compete before the men's 400m.

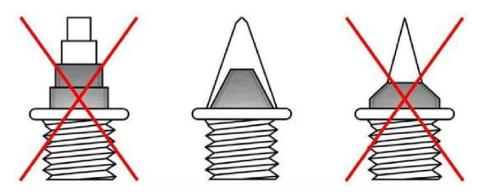
Before the start of the men's 200m, DECLARED athletes must return to the check-in table to get race assignments.

4x400m Relay Teams – Must declare their intention to compete prior to completion of the Men's 3,000m run (Relays cards MUST be turned in at this time) Before the completion of the Men's 3,000m run, DECLARED teams must return to the athlete check-in table to get race assignments.

- Rules: NCAA Rules will apply. This includes hurdle height and throwing implements. Field events will contest a 3 attempt preliminary with top 9 collegiates advancing to a 3 attempt final.
- Facility: MONDO Super X 720 / 200m 6 Iane oval and 60m 6 Iane straight / Throw rings are wood. ¼" Pyramids ONLY No other spikes will be permitted Spikes will be checked! Participation will not be permitted if the correct spikes are not in competitive shoes.

Spikes: All spikes must be presented and will be checked at the spike check table. Athletes will not be allowed to compete without having their spikes tagged at the spike check table. Any athletes competing with non-tagged spikes will be disqualified.

Acceptable spikes: only 1/4" pyramids



Tape: Tape for any marking on the track (relay exchange zones, jumpers'/throwers' markings) must be white athletic tape.NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk you will be disqualified

Hydration: Water and Gatorade are the only permitted drinks allowed on the track facility.

Electronics: Headphones and cell phones are not allowed in the competition or warm-up area of the track and field complex

- Warm-up: Athletes may warm-up on the upstairs track or outside. NO general warmups on the lower track once meet has started.
- Infield/Courts: This area will be designated for coaching boxes, NO student-athletes allowed on the basketball courts.



• **Prelims/Finals:** 60m dash and the 60m hurdles - We will advance the top 6 athletes on time to a 1-section final.

All other running events will be timed finals. Seeded slow to fast

Long jump, triple jump, shot put, and weight throw - Top 9 collegians + qualifying unattached individuals advance to finals. Unattached finalist will not displace the top 9 collegiate from the finals.

Meet Questions: Angelina Ramos – angelina.ramos@siu.edu – 720-684-9315

• Entry Questions: Rich Schilling – <u>rich@trxctiming.com</u> – 314-522-6176

Time Schedule





<u>Tentative Meet Schedule Friday December 5, 2025</u>

Women's Pentathlon – 2:00 pm - 60mh, 2:45 - High, 4:30 pm - Shot, 5:00 pm - Long Jump, 6:00 pm – 800M Men's Pentathlon – 2:30 pm – 60mh, 3:15 pm – Long Jump, 4:15 pm – 4:45 pm Shot Put, 5:15 pm – High Jump, 6:30 pm – 1000m

6:45 pm Men's Weight Throw

Tentative Meet Schedule Saturday December 7, 2024

FIELD EVENTS: 9:30am Start, Doors Open at 8am

8:30am Women's Weight Throw10:00am Women's Pole Vault

1:00pm Men's Long Jump – Women to Follow (Will begin after the Wt. Throw)

1:00pm Women's Shot- Men to Follow

• 5:00 pm Men's High Jump – Women to Follow (Will begin after the Shot Put)

5:00 pm Women's Triple Jump – Men to Follow (Will begin after the Long Jump)

RUN EVENTS: 2:30pm Start

Women's 60mH Semis (Top 8 Times Advance to a 1-Heat Final)
 Men's 60mH Prelim (Top 8 Times Advance to a 1-Heat Final)
 Women's 60m Semis (Top 8 Times Advance to a 1-Heat Final)
 Men's 60m Semis (Top 8 Times Advance to a 1-Heat Final)

Women's Mile Run

Men's Mile Run

Women's 600M

Men's 600M

Women's 400M

Men's 400M

Women's 60m Finals

Men's 60m Finals

Men's 60mh Finals

• Women's 60mh Finals

Women's 800m

Men's 800m

Women's 200m

Men's 200m

Women's 3000m

Men's 3000m

Women's 4x400m

Men's 4x400m

