



## SOUTHERN ILLINOIS UNIVERSITY SALUKI FAST START

### TENTATIVE SCHEDULE/ TIMELINE OF EVENTS (Updated 12/03/24)

- **Date:** Friday December 6- Saturday December 7, 2024
- **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 3 at 12pm CST - [Direct Athletics](#)
- **Scratches/Changes:** Final scratches and changes are due by Wednesday, December 4 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](http://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](https://www.directathletics.com/new_athlete_front.html)  
**Team accounts** – [https://www.directathletics.com/new\\_coach\\_validate.html](https://www.directathletics.com/new_coach_validate.html)
- **Heat/Flight Sheets:** [Click Here](#) to see heat and flight sheets
- **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. [Click Here](#) 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!

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- **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.

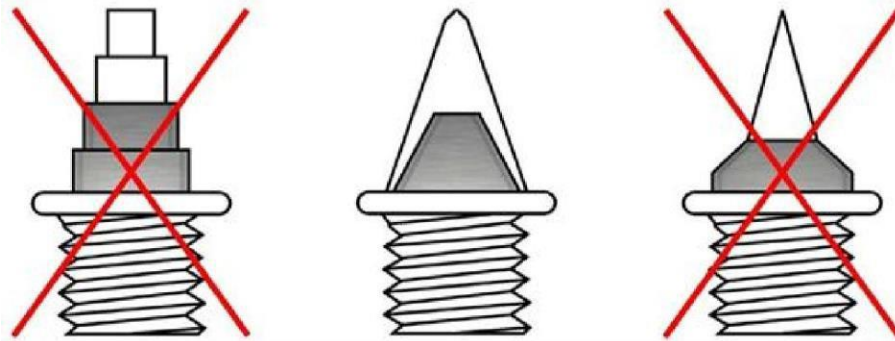
**4x400m Relay Teams** – Must declare their intention to compete prior to completion of the Men’s 3,000m run (Relays cards MUST be turned in at this time) Before the completion of the Men’s 3,000m run, DECLARED teams must return to the athlete check-in table to get race assignments.

- **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 lane oval and 60m 6 lane 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](mailto:angelina.ramos@siu.edu) – 720-684-9315

- **Entry Questions:** Rich Schilling – [rich@trxctiming.com](mailto:rich@trxctiming.com) – 314-522-6176

## Time Schedule



## Tentative Meet Schedule Friday December 6, 2024

1pm-5:15pm

- |          | MULTI EVENTS         |
|----------|----------------------|
| ● 1:00pm | PENT 60mH            |
| ● 1:15pm | HEP 60M              |
| ● 1:40pm | PENT HJ              |
| ● 1:50pm | HEP LJ               |
| ● 2:50pm | HEP SP               |
| ● 3:15pm | PENT SP              |
| ● 4:00pm | HEP HJ               |
| ● 4:15pm | PENT LJ              |
| ● 5:00pm | PENT 800m            |
| ● 6:00pm | Men's Weight Throw   |
| ● 7:30pm | Women's Weight Throw |

## Tentative Meet Schedule Saturday December 7, 2024

FIELD EVENTS:

9:30am Start, Doors Open at 8am

- |           |                                               |
|-----------|-----------------------------------------------|
| ● 9:00am  | Men's Pole Vault                              |
| ● 10:00am | Men's Shot Put                                |
| ● 11:30am | Women's Pole Vault                            |
| ● 11:30am | Women's Shot Put                              |
| ● 12:00pm | Women's Long Jump                             |
| ● 1:00pm  | HEP 60mH                                      |
| ● 1:30pm  | Men's Long Jump                               |
| ● 1:45pm  | HEP Pole Vault                                |
| ● 3:15pm  | HEP 1,000m                                    |
| ● 3:30pm  | Women's Triple Jump                           |
| ● 4:00pm  | Men's High Jump with Women to Follow men's HJ |
| ● 4:30pm  | Men's Triple Jump                             |

RUN EVENTS: 2:15pm Start

*Estimated completion of Meet – 7:30pm CST*

- |                                     |                                         |
|-------------------------------------|-----------------------------------------|
| ● Women's 60H Prelim                | (Top 12 Times Advance to a 2-Heat Semi) |
| ● <b>Men's 60H Prelim Cancelled</b> | (Top 12 Times Advance to a 2-Heat Semi) |
| ● Women's 60m Prelim                | (Top 12 Times Advance to a 2-Heat Semi) |
| ● Men's 60m Prelim                  | (Top 12 Times Advance to a 2-Heat Semi) |
| ● Women's 60mH Semis                | (Top 6 Times Advance to a 1-Heat Final) |
| ● <b>Men's 60mH Prelim</b>          | (Top 6 Times Advance to a 1-Heat Final) |
| ● Women's 60m Semis                 | (Top 6 Times Advance to a 1-Heat Final) |
| ● Men's 60m Semis                   | (Top 6 Times Advance to a 1-Heat Final) |
| ● HEP 1,000m                        |                                         |
| ● Women's Mile Run                  |                                         |
| ● Men's Mile Run                    |                                         |
| ● Women's 60mH FINAL                |                                         |
| ● Men's 60mH FINAL                  |                                         |
| ● Women's 600m                      |                                         |
| ● Men's 600m                        |                                         |
| ● Women's 60m FINAL                 |                                         |
| ● Men's 60m FINAL                   |                                         |
| ● Women's 400m                      |                                         |
| ● Men's 400m                        |                                         |
| ● Women's 800m                      |                                         |
| ● Men's 800m                        |                                         |
| ● Women's 200m                      |                                         |
| ● Men's 200m                        |                                         |
| ● Women's 3,000m                    |                                         |
| ● Men's 3,000m                      |                                         |
| ● Women's 4x400m Relay              |                                         |
| ● Men's 4x400m Relay                |                                         |

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