

# 35<sup>th</sup> Annual SIU High School Indoor Track & Field Invitational

Friday March 7, 2025 (Boys) – 3:00 pm  
Saturday March 8, 2025 (Girls) – 9:45 am

**Location:** Southern Illinois University – Carbondale  
Student Recreation Center  
300 East Grand Ave  
Carbondale, IL 62901

**Entries:** 1. All entries and declarations must be completed on-line at Direct Athletics

2. **Entry Link Boys** – [Direct Athletics](#)

3. **Entry Link Girls** – [Direct Athletics](#)

4. Please enter athlete's best mark from the 2024 outdoor season or 2024 indoor season.

5. Entry will open on Monday, February 24<sup>th</sup> at 12:01am (CST) for both genders.

6. Entry/Declarations deadline is Thursday, March 6<sup>th</sup> at 12:00 noon for both genders.

7. You may make changes to your entries up until the deadline time.

8. Three individual entries and one relay from each team will be allowed per event, per gender. **We are limiting field sizes in the 3200m run. Entry standards of 11:00 minutes for boys and 13:00 minutes for girls.** If you have a freshman or an athlete who has improved significantly during the fall/winter please e-mail meet administration for approval. Please contact Coach Angelina Ramos for special approval – [angelina.ramos@siu.edu](mailto:angelina.ramos@siu.edu)

9. **No unattached or club athletes allowed. Athletes must be registered through the high school's [www.directathletics.com](http://www.directathletics.com) account. A coach must be present on-site for the duration of your team's competition.**

10. Please enter athletes only in events they plan on competing. There is a max of 4 events per athlete.

11. **There will be NO meet day entry additions or changes**

**Performance List:** [Girls](#) [Boys](#)

**Packet Pick-up:** Packets must be picked up at the check-in table in the Rec. Center when you arrive the day of the competition.

**Spectator Info:** Spectator admission to the event is \$5 per person. Children 10 and under will be admitted free. Payment will be cash or credit card. Coaches, please alert your parents and fans to this new policy.



**Entry Fee**

*(You pay by the number of athletes entered, not how many you bring to compete):*  
\$200/Per Team, Per Gender (10 + athletes constitute a team)  
\$20/Individual for teams of 9 or less individuals entered (example: 7 athletes x \$20 = \$140)

Also, please plan to **pay your entry ONLINE** via credit card on **Direct Athletics**. **Your team's entries are not finalized until paid.** If your school does not have a credit card, please contact **Coach Angelina Ramos** at [angelina.ramos@siu.edu](mailto:angelina.ramos@siu.edu) immediately to setup alternate payment arrangements **before 12 noon on Thursday, February 27<sup>th</sup>**. Neither cash or credit cards will be accepted onsite. A school check will only be accepted and entries confirmed with prior arrangements made.

**Heat Sheets/Results:** [Girls](#)      [Boys](#)      **Performance List -** [Girls 200](#)      [Boys 200](#)

Flights and groups for field events will also be posted. **Please make sure your 200m athletes declare for the 200m dash prior to the 800m run or they will be scratched.** 200m check-in will be at the event check-in table located near the hip number table by the racquetball courts (South side of track under the balcony)

**Scoring:** This will be a non-scored meet.

**Timing / Results:** All races will be electronically timed and event results posted at: [www.trxctiming.com](http://www.trxctiming.com)

**Live Results:** <https://liveresults.trxctiming.com>

**Weigh-Ins:** Weigh-ins will take place near the shot-put. Friday 1:30pm - 2:30pm and Saturday at 8:30am -9:30am.

**Equipment:** We will provide starting blocks for the 60m, 60m hurdles, 200m, and 400m. No personal blocks allowed. Teams are responsible for providing throwing implements and poles for pole vault.

**Track Facility:** The Student Recreation Center's indoor track is Mondo SuperX 720 track, one of the fastest surfaces in the world. Spikes will be checked at all event areas and or at the check in table, **¼ inch pyramid spikes only, NO EXCEPTIONS.** NO Xmas or Needle spikes allowed! – **SEE SPIKE** Page Below.

**Parking:** Available in the north lot behind the Student Recreation Center (SRC). **BUSES MUST PARK IN LOT 106 – TICKETS WILL BE ISSUED FOR VIOLATIONS.** Please see the attached map.

**Athletic Trainers:** There will be no athletic trainers on site; emergency personnel will be available for emergency situations only.

- Other Notes:**
1. A final time schedule based on number of entries in field events will be available Thursday, March 6<sup>th</sup> in the afternoon. Running events will be on a rolling schedule. Please check [www.siusalukis.com](http://www.siusalukis.com) or [www.trxctiming.com](http://www.trxctiming.com)
  2. Field Events will be contested in seeded flights (low to high). 3 attempts in prelims will be given and the top 8 competitors will contest 3 more attempts in the finals. Only one tape board will be utilized in the horizontal jumps per gender as "minimum". Standard collegiate boards will be only 2<sup>nd</sup> option.
  3. Opening heights and bar progressions for high jump and pole vault will be set after entries close.
  4. Estimated finish times: Friday 9:00 pm; Saturday 4:30 pm.
  5. Athletes and coaches should enter the Rec. Center through the main doors on north side or south side of building.
  6. Doors will open at 1:30 pm on Friday, March 7<sup>th</sup> and at 8:15 am on Saturday, March 8<sup>th</sup>

7. **Please instruct your athletes to stay off of the wooden basketball court. Water only allowed on competition lower level track! No food or other beverages will be permitted.**

**Meet Questions:** Coach Angelina Ramos – [angelina.ramos@siu.edu](mailto:angelina.ramos@siu.edu) – 720-684-9315

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

**FOLLOW SIU TRACK & FIELD ON [WWW.SIUSALUKIS.COM](http://WWW.SIUSALUKIS.COM)**

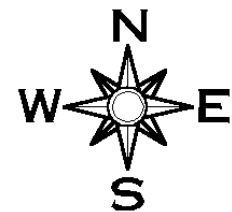
## **Campus Map/Spikes Info/Time Schedule**



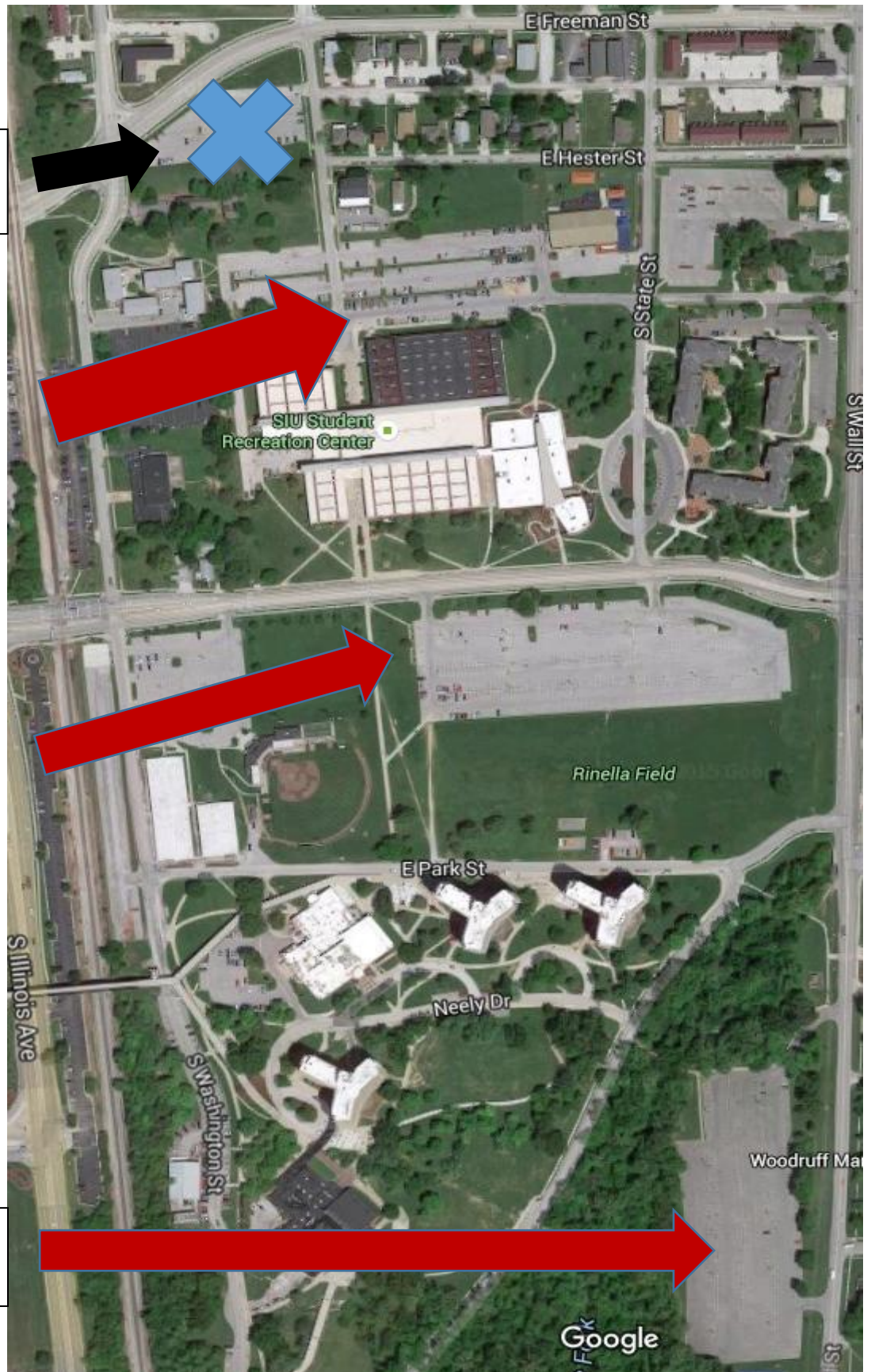
Do Not Park in this Lot - It is not University Property

LOT 94 - Parking for Cars/Vans

Student Recreation Center Parking



LOT 106-Bus Parking

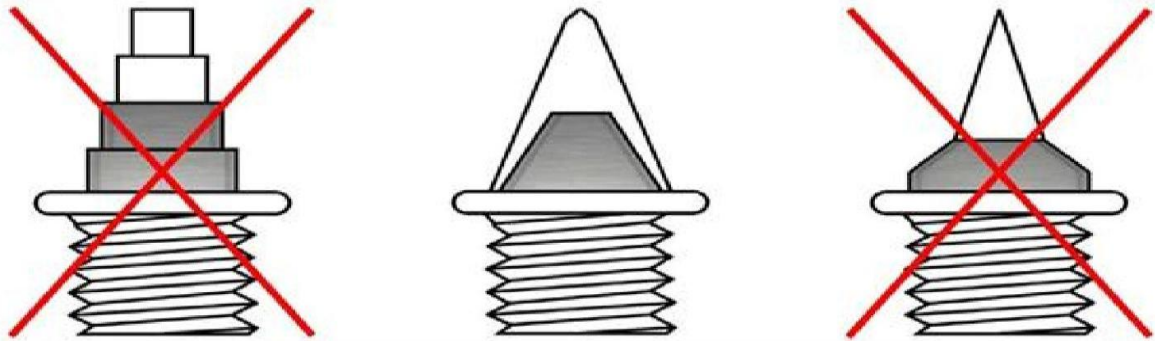


# **FACILITY REGULATIONS**

## **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 ¼” pyramids
- ¼” pyramids will be on sale for 14 for \$5.00



## **MARKINGS**

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 is the only permitted drink 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.

# SIU Indoor Track Meet: **Boys Division – Friday March 7, 2025**

## Time Schedule

*(Schedule listed is an estimate – please be ready we may be ahead or behind schedule)*

### Field Events

- 3:00 pm Pole Vault - **Height Progressions**  
3:00 pm Shot Put – 4 Throws – Flighted Best to Worst - Minimum Mark – 38'0 or 11.58m  
3:00 pm Long Jump – 3 jumps, Cafeteria Style – Pit open from 3:00 pm – 6:00 pm - No minimums.  
6:30 pm Triple Jump - 3 jumps, Cafeteria Style – Pit open from 6:30 pm – 9:30 pm – No minimums.  
7:00 pm High Jump **to follow shot put** - **Height Progressions**

### Running Events

- 4:00 pm 60 meter dash (prelims) - Top 12 times advance to 2 section final  
4:45 pm 60 meter hurdles (prelims) - Top 12 times advance to 2 section final  
5:20 pm 60 meter dash (finals)  
5:35 pm 60 meter hurdles (finals)  
5:50 pm 3200 meter run  
6:25 pm 4 x 800 meter relay  
6:45 pm 4 x 200 meter relay  
**\*200m athletes must DECLARE prior to the 800 or they will be scratched.**  
7:10 pm 800 meter dash  
7:40 pm 400 meter dash  
8:15 pm 200 meter dash  
9:00 pm 1600 meter run  
9:40 pm 4 x 400 meter relay

**SOUTHERN ILLINOIS**  
**SALLUKIS**



# SIU Indoor Track Meet: **Girls Division – Saturday March 8<sup>th</sup>, 2025**

## Time Schedule

*(Schedule listed is an estimate – please be ready we may be ahead or behind schedule)*

### Field Events

- 9:45 am Pole Vault - **Height Progressions**  
9:45 am Shot Put – 4 Throws – Flighted Best to Worst - Minimum Mark – 28'0 or 8.53m  
9:45 am Long Jump – 3 jumps, Cafeteria Style – Pit open from 9:45 am – 12:45 pm - No Minimum Marks.  
1:30 pm Triple Jump - 3 jumps, Cafeteria Style – Pit open from 1:15 pm – 4:15 pm – No Minimum Marks.  
  
1:45 pm High Jump **to follow shot put** - **Height Progressions**

### Running Events

- 11:00 am 60 meter dash (prelims) - Top 12 times advance to 2 section final  
11:50 am 60 meter hurdles (prelims) - Top 12 times advance to 2 section final  
12:35 pm 60 meter dash (finals)  
12:40 pm 60 meter hurdles (finals)  
12:55 pm 3200 meter run  
1:15 pm 4 x 800 meter relay  
1:35 pm 4 x 200 meter relay  
**\*200m athletes must DECLARE prior to the 800 or they will be scratched.**  
2:00 pm 800 meter dash  
2:25 pm 400 meter dash  
3:15 pm 200 meter dash  
4:00 pm 1600 meter run  
4:30 pm 4 x 400 meter relay

**SOUTHERN ILLINOIS**  
**SALUKIS**

