



# 1<sup>st</sup> Annual SIU High School Outdoor Track & Field Invitational



Friday, April 12<sup>th</sup>, 2024 (Boys) – 3:00 pm  
Saturday April 13<sup>th</sup>, 2024 (Girls) – 10:00 am

- Location** Southern Illinois University – Carbondale
- Entries:** All entries and declarations must be completed on-line at Direct Athletics. Entry deadline is 9:00 am on Thursday, April 11<sup>th</sup>. **Entry link** – [Direct Athletics](#)
- Entry Protocol:**
- A. Please enter athlete’s best mark from the 2023 outdoor season or 2024 indoor season.
  - B. Entry site will open on Monday, March 25<sup>th</sup> at 12:01am (CST) for both genders.
  - C. Entry/Declarations deadline is Thursday, April 11<sup>th</sup> at 9:00 am for both genders.
  - D. You may make changes to your entries up until the deadline time.
  - E. Please enter athletes only in events they plan on competing.
  - F. There is a max of 4 events per athlete
  - G. There will be NO meet day entry additions or changes
  - H. Entry Limits: Individuals Events - 3 per school per gender, Relays – 1 per school per gender
- Meet Sanctioning** **Meet will be sanctioned. Please be aware of the following rules as it pertains to IHSA, NFHS and NCAA rules.**
- A. No unattached or club athletes allowed.
  - B. Athletes must be registered through the high school’s Direct Athletics account. Registration must be done by the school’s coach or administrator.
  - C. A coach must be present on-site for the duration of your team’s competition.
- Performance List:** [Girls](#) [Boys](#)
- Packet Pick-up:** Packets must be picked up at the check-in table near the start/finish line area.
- Entry Fee** **(You pay by the number of athletes entered; not how many you bring to compete)**  
\$175/Per Team, Per Gender (5 + athletes constitute a team)  
\$35/Individual for teams of 4 or less individuals entered (example: 4 athletes x 35 = \$140)
- 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 [stephani.perkins@siu.edu](mailto:stephani.perkins@siu.edu) immediately to setup alternate prior payment arrangement prior to the meet. **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](#)
- Scoring:** This will be a standard scored meet. Top 8 athletes/relays will score. 10,8,6,5,4,3,2,1
- 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>

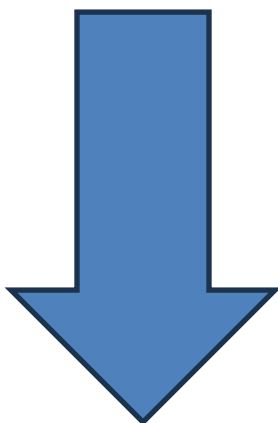
- Weigh-Ins:** Weigh-ins will take place in the shed near the shot put and discus cage.  
**Weigh Ins Times:** Friday 1:30pm - 2:30pm and Saturday at 8:30am -9:30am.
- Equipment:** SIU will provide starting blocks. No personal blocks allowed.  
Teams are responsible for providing throwing implements and poles for pole vault.
- Track Facility:** 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:** Parking is available in the lots Northeast and East of the track and field facility.
- Athletic Trainers:** There will be no athletic trainers on site; emergency personnel will be available for emergency situations only.
- Meet Questions:** Coach Stephani Perkins [stephani.perkins@siu.edu](mailto:stephani.perkins@siu.edu)
- Entry Questions:** Rich Schilling – [rich@trxctiming.com](mailto:rich@trxctiming.com) - 314-522-6176

### **Additional Notes**

- A final time schedule based on number of entries in field events will be available Thursday, April 11<sup>th</sup> in the afternoon. Running events will be on a rolling schedule. Please check [www.trxctiming.com](http://www.trxctiming.com)
- 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. Standard collegiate boards will be the 2<sup>nd</sup> option.
- Opening heights and bar progressions for high jump and pole vault will be set after entries close. Minimum marks may be used to help with the efficiency of the meet.  
[Height Progressions](#)                      [Minimum Marks](#)
- Estimated finish times: Friday 9:00 pm; Saturday 4:30 pm.

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

**MORE INFORMATION BELOW**

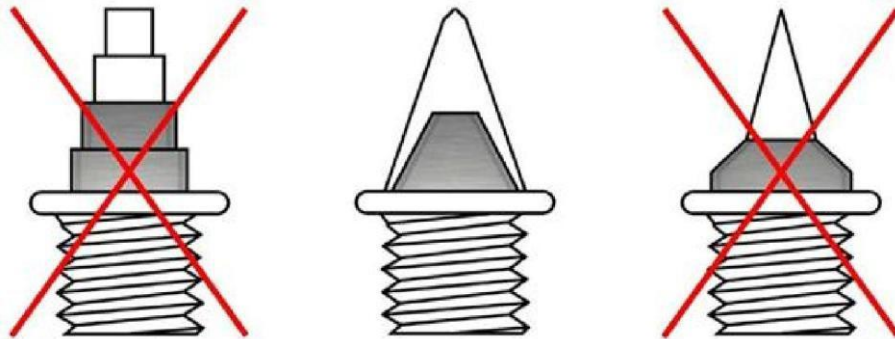


# **FACILITY REGULATIONS**

## **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 Outdoor HS Boys Track and Field Track Meet**  
**Friday, April 12<sup>th</sup>, 2024**  
**Time Schedule**

**Field Events (*Prelims, Top 8 advance to the final*) - # of flights TBD**

3:00 pm                      Pole Vault  
                                    High Jump  
                                    Shot Put  
                                    Long Jump  
                                    Discus  
                                    Triple Jump \*30 min following Long Jump

**Running Events (*Timed Finals*) (*Rolling Schedule*)**

4:00pm                      3200 Meter Run  
                                    3200 Meter Relay  
                                    400 Meter Relay  
                                    110 Meter Hurdles  
                                    100 Meter Dash  
                                    800 Meter Run  
                                    4x200 Meter Relay  
                                    400 Meter Dash  
                                    300 Meter Hurdles  
                                    1600 Meter Run  
                                    200 Meter Dash  
                                    1600 Meter Relay

**We will use a rolling schedule...one event to follow the next.**

**SIU Outdoor HS Girls Track and Field Track Meet**  
**Saturday, April 13<sup>th</sup>, 2024**  
**Time Schedule**

**Field Events (*Prelims, Top 8 advance to the final*) - # of flights TBD**

10:00 pm                      Pole Vault  
   High Jump  
   Shot Put  
   Long Jump  
   Discus  
   Triple Jump \*30 min following Long Jump

**Running Events (*Timed Finals*) (*Rolling Schedule*)**

11:00pm                      3200 Meter Run  
   3200 Meter Relay  
   400 Meter Relay  
   100 Meter Hurdles  
   100 Meter Dash  
   800 Meter Run  
   4 x200 Meter Relay  
   400 Meter Dash  
   300 Meter Hurdles  
   1600 Meter Run  
   200 Meter Dash  
   1600 Meter Relay

**We will use a rolling schedule...one event to follow the next.**