

1st Annual SIU High School Indoor Track & Field Invitational

Saturday April 13th, 2024 (Boys and Girls) – 10:00 am

Location: Southern Illinois University – Carbondale
Lewis Hartzog Track & Field
405 Saluki Dr.
Carbondale, IL 62901

- Entries:**
1. All entries and declarations must be completed on-line at Direct Athletics
 2. **Entry Link** – [Direct Athletics](#)
 3. Please enter athlete's best mark from the 2023 outdoor season or 2024 indoor season.
 4. Entry will open on Monday, April 1st at 12:01am (CST) for both genders Team Entry.
 5. Entry/Declarations deadline is Thursday, April 11th at 9:00 am for both genders. Team Entry.
 6. You may make changes to your entries up until the deadline time.
 7. Three individual entries and one relay from each team will be allowed per event, per gender. 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 Stephani Perkins for special approval – stephani.perkins@siu.edu



No unattached or club athletes allowed. Athletes must be registered through the high school's www.directathletics.com account. A coach must be present on-site for the duration of your team's competition.

8. Please enter athletes only in events they plan on competing. There is a max of 4 events per athlete
9. **There will be NO meet day entry additions or changes**

Performance List: [Click Here](#)

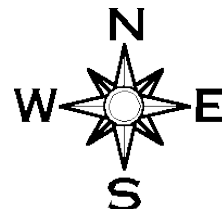
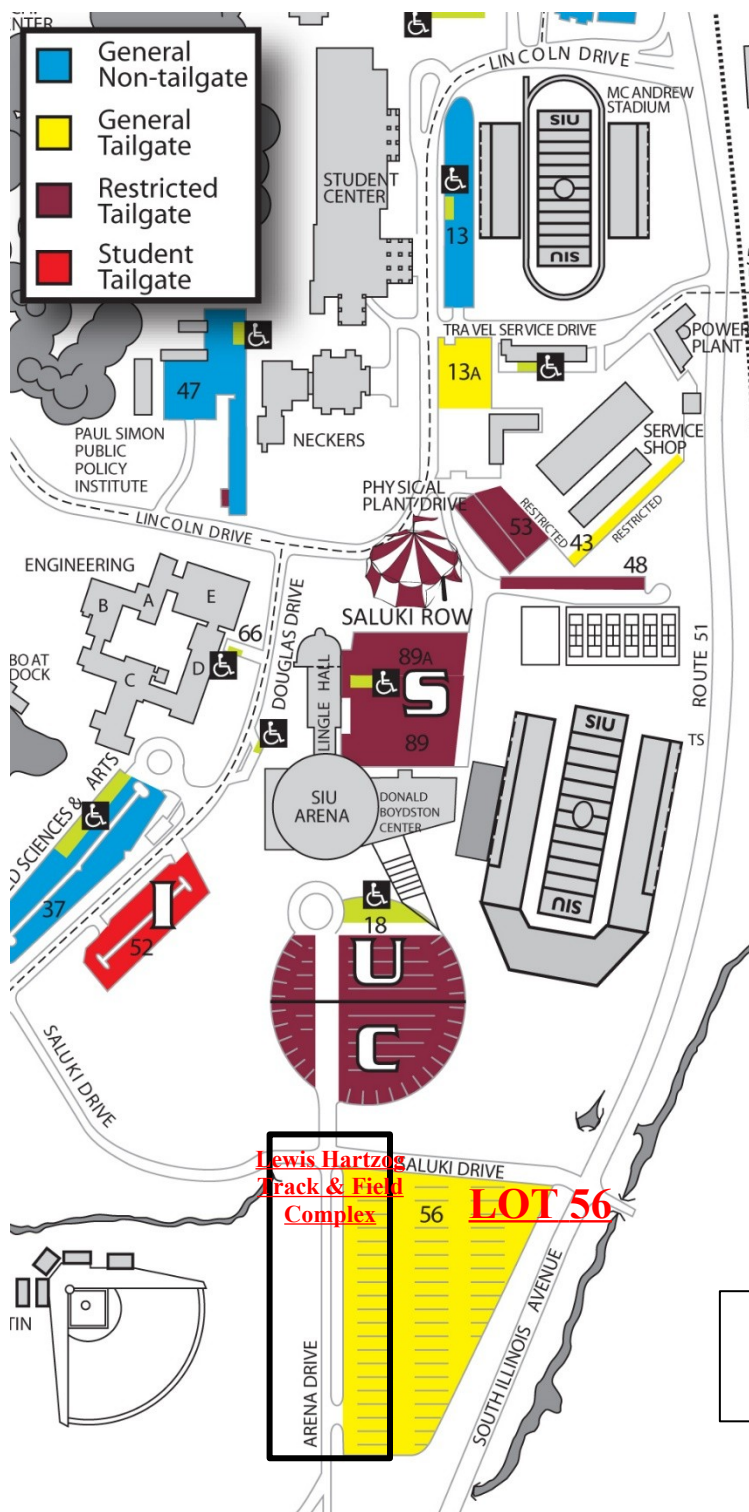
Entry Fee (*You pay by the number of athletes entered, not how many you bring to compete*):
\$200/Per Team, Per Gender (10 + athletes constitutes a team)
\$20/Individual for teams of 9 or less individuals entered (example: 9 athletes x \$20 = \$180)

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 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.**

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|---------------------------|---|
| Heat Sheets: | Click Here |
| Scoring: | This will be a non-scored meet. |
| Timing / Results: | All races will be electronically timed and event results posted at: www.trxctiming.com |
| Live Results: | https://liveresults.trxctiming.com |
| Weigh-Ins: | Weigh-ins will take place near the shot-put. Saturday at 8:30am -9:30am. |
| Equipment: | We will provide starting blocks for the 100m, 100/1000m hurdles, 200m, 400m, 4 X 100m, 4 x 200m, and 4 x 400m relays. No personal blocks allowed to use during competition. However, you may use them during warm-ups. Teams are responsible for providing throwing implements and poles for pole vault. |
| Track Facility: | <p>The facility includes:</p> <ul style="list-style-type: none"> • A regulation NCAA competition 400-meter track with a state-of-the art, full-depth polyurethane synthetic track surface system. • Accommodations for regulation NCAA competition field events, including bi-directional pole vault and long and triple jump surfaces. • Accommodations for regulation NCAA competition throwing events, including a dual shot put pad and hammer throw, discus and javelin areas. • A state-of-the-art, multi-event synthetic turf infield which can be set to accommodate an NCAA regulation soccer pitch or football field. • Spectator seating for 250, including seven ADA positions with future capacity for up to 500 additional spectators. • Pole-mounted track and field sports lighting, ¼ inch pyramid spikes only, NO EXCEPTIONS. NO Xmas or Needle spikes allowed! – SEE SPIKE Page Below 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 Lot 56. BUSES MUST PARK IN LOT 56 – 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: | <ol style="list-style-type: none"> 1. A final time schedule based on number of entries in field events will be available Thursday, April 11th in the afternoon. Running events will be on a rolling schedule. Please check www.trxctiming.com 2. Field Events will be contested in seeded flights (low to high). 4 attempts will be given and the events as finals. The field event Only one tape board will be utilized in the horizontal jumps per gender as “minimum”. Standard collegiate boards will be only 2nd option. 3. Opening heights and bar progressions for high jump and pole vault will be set after entries close. Height Progressions and Minimum Marks 4. Estimated finish times: Saturday 4:30 pm. 5. Athletes and coaches should enter the Lewis Hartzog Track & Field Complex through the main gate coming in from Lot 56. 6. Doors will open at 8:15 am on Saturday, April 6th 7. SPECTATOR FEE IS \$5.00 – CASH ONLY. KIDS 10 AND UNDER ARE FREE |
| Meet Questions: | Coach Stephani Perkins stephani.perkins@siu.edu |

FOLLOW SIU TRACK & FIELD ON WWW.SIUSALUKIS.COM

Reference this page for Parking



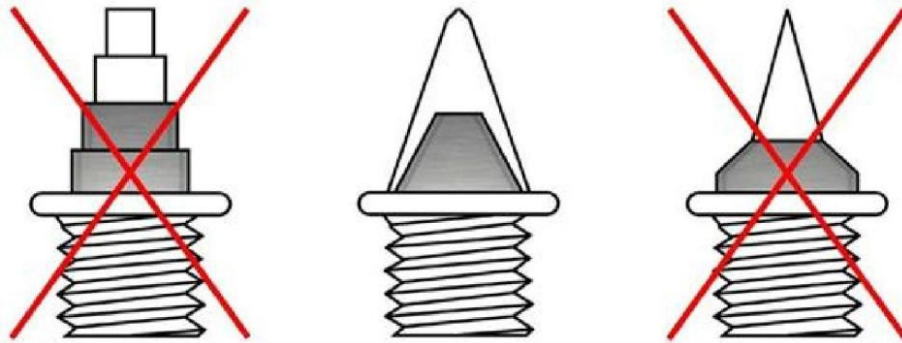
**LOT 56 - Parking for
Busses/Cars/Vans**

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 Track Meet: **Saturday April 13th, 2024**

Event

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

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|-------------------|-------------------|
| 10:00am | Girls Pole Vault |
| 10:00am | Boys Discus |
| 10:00am | Boys High Jump |
| 10:00am | Girls Shot Put |
| 10:00am – 12:00pm | Long Jump |
| 1:00pm – 3:30 pm | Triple Jump |
| 1:00pm | Boys Pole Vault \ |
| 1:00pm | Girls High Jump |
| 1:00pm | Boys Shot Put |

Running Events (*Rolling Schedule*)

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|---------|--|
| 10:45am | 4 x 800-Meter Relay |
| | 4 x 100-Meter Relay |
| | 3200 Meter Run |
| | (10-Minute Warm Up for Hurdles) |
| | 100-Meter High Hurdles/110 Meters High Hurdles |
| | 100-Meter Dash |
| | 800-Meter Run |
| | 4 x 200-Meter Relay |
| | 400-Meter Dash |
| | 300-Meter Low Hurdles |
| | 1600-Meter Run |
| | 200-Meter Dash |
| | 4 x 400-Meter Relay |

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