

# ALTON INVITATIONAL TRACK MEET

## Sponsored by RunWell

**DATE:** Thursday, April 18, 2024

**PLACE:** Alton High School Track at Alton High School  
4200 Humbert Road - Alton, Illinois

**TIME:** 3:30 P.M. - Field Events  
4:00 P.M. - Running Events  
\* Order of Events Included + Heat Sheet

**ADMISSION:** \$5.00 – Adults \$4.00 Senior Citizens \$3.00 - Students w / I.D.

**PARKING:** BUS DROP OFF AT THE PARKING LOT  
BESIDE THE TRACK on the west side of the Alton High campus.

**SCORING:** 10-8-6-5-4-3-2-1 ALL EVENTS

**AWARDS:** 1<sup>st</sup> Place & 2<sup>nd</sup> Place Team plaques  
Medals: Relays---1<sup>st</sup> thru 3<sup>rd</sup> place  
Open Events---1<sup>st</sup> thru 5<sup>th</sup> place

**ASSIGNMENTS:** Each school will have to provide 1 or 2 of the  
Following : Field Event Judge, Curve /Judge or Timer

**ENTRY FEE:** \$ **200.00** PER TEAM ..... Make checks out to: **Alton School District**

**ENTRY DUE DATE:** Due through [Athletic.net](https://athletic.net) by Thursday, April 18, 2024

Any questions, please contact Chris Kusnerick  
at (618)-474-1800 or [ckusnerick@altonschools.org](mailto:ckusnerick@altonschools.org)

**Meet Program:** [Heat/Flight Sheet](#)

## SCHEDULE OF EVENTS

- 3:30 P.M.** Senior night presentation (Seniors)
- 3:45 P.M.** Long jump - High jump - Shot put - Discus  
Triple jump will follow the Long jump  
Shot put and Discus will have 4 throws  
Long jump and Triple jump will have 4 jumps No Finals
- 4:30 P.M.** 3200 Meter Relay (4 x 800)  
400 Meter Relay (4 x 100)  
3200 Meter Run  
Finals 100 Meter High Hurdles (Runners will be power seeded by times)  
Finals 100 Meter Dash (Runners will be power seeded by times)  
800 Meters  
4 x 200 Meter Relay  
400 Meter Run  
300 Meter Low Hurdles  
1600 Meter Run  
200 Meter Dash (Runners will be power seeded by times)  
Frosh/Soph. Mile Relay (4 x 400)  
1600 Meter Relay (4 x 400)
- Relay Exchanges:**
- |                  |  |
|------------------|--|
| 400 Meter/Medley | Yellow   |
| 800 Meter        | Green/4th runner yellow  |
| 1600 Meter       | Blue exchange 2 <sup>nd</sup> exchange cut<br>In at orange cones |
| 3200 Meter       | White  |

Bull pen will be located on the west side of the track near the high jump area.

**ALL ATHLETES must report to the bull pen before their races or  
they will be scratched/disqualified**

**WORKERS' ASSIGNMENTS**

**MEET MANAGER  
ASSISTANT MEET MANAGER**

**Chelsea Anderson  
Tammy Talbert**

**STARTER  
ASSISTANT STARTER**

**Larry Stewart  
Bryan Mitchell**

**ATHLETIC TRAINER:  
RUNNERS**

**Andy Renner  
Alton Athletes**

**VIDEO RECORDER  
PUBLIC ADDRESS ANNOUNCER**

**TRXC Timing  
Richard Baird**

**AWARDS**

**TBA**

**CONCESSIONS**

**Alton Athletic Association**

**LONG JUMP  
HIGH JUMP  
TRIPLE JUMP  
SHOT PUT  
DISCUS  
EXCHANGE JUDGE # 1  
EXCHANGE JUDGE # 2  
EXCHANGE JUDGE # 3**

**Alton  
Hazelwood West  
Alton  
Alton  
Belleville West  
East St. Louis  
Hazelwood West  
Marquette Catholic**

## ALTON INVITATIONAL MEET RECORDS

HIGH JUMP	5' 7"	K. Mans	Alton	2016*	
SHOT PUT	45' 1.5"	E. Henderson	Edwardsville		2012
POLE VAULT	12'0"	C. Buck	Triad	2015	
LONG JUMP	19' 1.75 "	L. Brown	Alton	2016*	
DISCUS	155' 2"	E. Henderson	Edwardsville	2012	
TRIPLE JUMP	40' 7 "	L. Brown	Alton	2016*	
800 M. MEDLEY	1:45.75	East St. Louis (Anderson, Coleman, Nixon, Chism)		2005	
3200 M. RELAY	9:42..03	O'Fallon			2012
400 M. RELAY	47.08	East St. Louis (Nixon, Nash, Chism, Anderson)		2006	
3200 M RUN	11:29.72	S. Lapp	O'Fallon	2014	
100 M HIGH HURDLES	14.08	D. Harper	East St. Louis	2000	
100 M. DASH	11.80	R. Nash	East St. Louis	2007	
800 M. RUN	2:16.60	K. Schmitz	O'Fallon	2012	
800 M. RELAY	1:41.85	Hazelwood Central (Roberts. Fisher, Ringo, Thomas)		2016*	
400 M. DASH	55.75	A. Hudson	Cahokia	2016*	
300 M. LOW HURDLES	44.50	J. Richardson	Cahokia	2007	
1600 M. RUN	5:18.34	T. Cardenas	O'Fallon	2015*	
200 M. DASH	24.57	A. Hudson	Cahokia	2016*	
Fr/Soph 1600 m Relay	4:15.59	East St. Louis		2015*	
1600 M. RELAY	3:56.67	East St. Louis (C. Robinson, R. Nash, T. Anderson, P. Johnson)		2008	

## GENERAL INFORMATION

1. A girl may be entered in four (4) events. Each school may enter one team in each relay and two girls in individual events.
2. High jump warm-up at 4'4" and start at 4'6".
3. Field events will be open order, cafeteria style (one and one half hour time limit , 75 minutes). Four jumps and Four throws in the shot put and discus. Shot put will go first and Discus will follow up. Triple Jump will follow Long Jump
4. On the track 1/4" pyramid spikes may be worn. On runways 1/4" pyramid spikes or less may be worn.
5. Please bring your own starting blocks.
6. Teams should set up their team camps on the west side of the track or on the grass at the west side of the track. Please do not use bleachers since this is for fans.
7. Track events take precedent over field events. A track event will not be held up because an athlete is competing in a field event. Athletes will have 15 minutes to report back to field events after a race or other competition.
8. Teams should come dressed to compete.
9. Shot put and discus throwers will be working off concrete and should wear rubber soled shoes.
10. Coaches should make scratches or substitutions upon arrival in the press box until 3:30 p.m. A meeting of coaches & a team captain will start at 3:15 p.m. in the bull pen area located near the high jump pit.
11. Alton High School assumes no responsibility for lost or stolen property.
12. All people not serving as officials or contestants in events being run, must stay in the stadium seats. Each team will be required to work in an area .
13. Restrooms and a concession stand will be available on the west side of the stadium..
14. NO ATHLETES are allowed on the Soccer field during competition. COACHES we need your assistance on your athletes following this rule.

## PARTICIPATING TEAMS

**ALTON**

**BELLEVILLE WEST**

**EAST ST. LOUIS**

**FORT ZUMWALT WEST**

**HAZELWOOD EAST**

**HAZELWOOD WEST**

**NOTRE DAME (STL)**

**MARQUETTE CATHOLIC**

**Games Committee:**

**Alton**

**East St. Louis**

**Notre Dame (STL)**

**Larry Stewart**

**Belleville West**