

Cahokia Conference Girls Track & Field Meet
Wednesday, May 1, 2024 1:00 PM

Teams: Breese Central, Carlyle, Chester, Columbia, Dupo, Freeburg, Lebanon, Marissa, New Athens, Okawville, Red Bud, Roxana, Salem, Sparta, Steeleville, Valmeyer, Wesclin, Wood River

Location: Chester High School, 1901 Swanwick St. Chester, IL 62233

Timing: F.A.T. provided by TRXC Timing www.trxctiming.com
Live results for the meet will be found at <http://www.trxctiming.com>

Entries: All entries must be submitted through athletic.net
Entry deadline will be **Tuesday, April 30, 2024 at 12:00 pm**

Scoring: Individual Events: 10/-8-6-4-2-1 Relays 10-8-6-4-2-1

Awards: Medals 1st-3rd for each event
A team plaques will be awarded to the winner of each division

Coaches Meeting: 12:30 in the track shed

Scratches: *Scratches only* at the coaches meeting

Concession: Will be available

Restrooms: Will be available. Do not wear your spikes into the restrooms.

Trainer: There will NOT be a trainer on site

Announcer: Steve Colonel

Starter: Arthur Ashbrook

Clerk: [Kaela Powley](#)

Facility: 8-lane All-weather track, ¼ spikes allowed

Throws: Implements will be weighed at the track shed 12:15-1:00

Pole Vault: Athletes will weight in and poles checked in the track shed
12:15-1:00

Starting Blocks: Starting blocks will be available but are welcome to bring your own, please have them marked for identification.

Team Camps: Team camps can be set up on the hillside or behind the fence along the 100m straight away. Please leave the bleachers open for spectators.

Athlete Drop Off: Buses may drop off athletes at the main track gate

Bus Parking: Buses may park across the street at Grace Bible Church till the Parking lot has been cleared from school traffic.

Meet Program: [Click Here](#) to view

Field Event & Exchange Assignments: *Each team should provide a coach to work a field event. We will do our best to get the head field event judge covered.*

Long Jump: Chester/Sparta

Triple Jump: Chester/ Wesclin

High Jump: Chester/Red Bud

Pole Vault: Chester/ Wood River

Shot Put: Chester/Central

Discus: Chester/ Columbia

Relay Exchanges:

4x100: 1st exchange: Dupo/ Freeburg
2nd exchange: Lebanon/New Athens
3rd exchange: Salem/Okawville

4x200: 1st and 3rd exchange: Carlyle/ Marissa
2nd exchange: Roxana/ Chester

4x800,3200,800,1600 and 4x400:
Cut Line Exchange: Steeleville/Valmeyer

Games Committee: Chester, RedBud,Freeburg, Breese Central, Lebanon, New Athens

General Information:

1. All throwing surfaces are concrete.
2. Jumping runways are the same all-weather as the track.
3. Coaches can obtain a team packet in the track shed upon arrival.
4. Restrooms and concessions will be available.
5. Chester High School will assume no responsibility for any lost or stolen items.
6. Awards will be given out at the conclusion of the meet in the track shed.
7. All Conference results will be posted on TRXC Timing immediately after the meet.
8. If you have any registration questions email Paul@trxctiming.com

Athlete Check-In:

Athletes in running events should report to the staging area at least 15 minutes prior to their event and pick up their hip numbers. The staging area will be at the benches at the end of the runway by high jump. Athletes in field events should check in at their respective events at least 15 minutes prior to the scheduled start times. List to the PA for calls. Running events take precedence over field events. Athletes should tell the field event judge when they have to leave to run and report back after their event is finished.

Order of Events/Time Schedule

12:30pm Scratches can be made at the coaches meeting

Field Events

- 1:00pm High Jump - starting height TBD
- 1:00pm Shot Put- 4 throws, no finals (will be flighted)
- 1:00pm Discus- 4 throws, no finals (will be flighted)
- 1:00pm Long Jump - 4 jumps no finals
followed by Triple Jump- 4 jumps no finals
- 1:00pm Pole Vault- starting height TBD

Running Events approx times/ rolling schedule will be kept if weather is a factor

- 2:15pm 4x800 m relay
- 2:30pm 4x100 m relay
- 2:45pm 3200 m run
- 3:15pm 100 m hurdles
- 3:25pm 100 m dash
- 3:35pm 800 m run
- 3:45pm 4x200 m relay
- 3:55 pm 400 m dash
- 4:05pm 300 m hurdles
- 4:20 pm 1600 m run

4:35 pm

200 m dash

4:45pm

4x400 m relay