

Lady Kahok Invitational 2024

2201 S. Morrison Ave, Collinsville IL

Meet Information

Timer: TRXC Timing – trxctiming.com

Entries: All entries must be submitted online at athletic.net

2 entries per individual events and 1 entry per relay.

Entries are due **Friday April 26 by 9:00 am.**

Entry Fee: \$250 per team or \$25 per individual.

Please make checks to Collinsville HS and attention to Clay Smith

Competing Teams - Collinsville, Columbia, Mascoutah, Highland, O'Fallon, Belleville West, Belleville East, Civic Memorial, Alton, Springfield, Granite City, Highland, East Alton Wood River, Glenwood, Cahokia, North Mac, Freeburg, Althoff, Triad, and Edwardsville.

Trainer – Amanda Baugher and/or SI Washington; located at North end goal post.

Awards – Top 8 Medal in each event for Varsity. A plaque will be awarded to the top 3 teams.

Fresh - Soph relays will not be scored or awarded medals.

Scoring - 10 - 8 - 6 - 5- 4- 3- 2- 1

Heat/Flights – [Click Here](#) to see heat and flight sheets

Coaches Meeting - 1:30 in the Southeast Building - building next to the pole vault. All schools will be asked to help with an event/exchange. I will provide as many athletes as possible to help.

Scratches - All scratches should be made at the coaches' meeting. Substitutions after the deadline will only be allowed in accordance with IHSA rules, which state: "No substitution shall be permitted in the individual events after the meet has been seeded, except in cases of a substitution made because of school disciplinary reasons, or a disabling illness or injury to an entered contestant which must be certified by either the high school principal or certified athletic trainer."

Starting Heights: HJ=1.27m; PV=1.98m; Long Jump followed by Triple Jump. 4 jumps - no finals.

Shot - Bottom flight first. 3 throws. Top 9 make the finals.

Disc - Top flight first. 3 throws. Top 9 make the finals.

The shot finals will take place before the discus finals.

Bull Pen: North-West corner of the track (behind start of 100 / 100 HH)

Games Committee: Adam Blair – Collinsville

Other coaches determined at meeting

Results: Posted on trxctiming.com

Awards: Press box – after the 4x400m Relay

Coaches Hospitality – Southeast Building Meeting Room - building next to pole vault

Relay Exchange Zones:

- **4 x 100 Meter Relay:** Start on the White Lines. Exchanges: Yellow Triangles
- **4 x 200 Meter Relay:** Start on the Green Lines. 1st/2nd Exchange: Green Triangles 3rd Exchange: Yellow Triangles
- **4 x 400 Meter Relays** Start on the Blue Lines. Three turn stagger Exchanges: Blue Triangles

Track: 8-lanes all the way around with a 9-lane straight.

Concerns: Please contact Head Coach Adam Blair if you have any questions or concerns regarding the event.

Email: ablair@cusd.kahoks.org

Cell: (309)525-4793

LADY KAHOK INVITATIONAL

Collinsville High School

Order of Events

2:00 p.m. Field Events (4 jumps/3 throws - 75 min cafeteria style)

Discus - top flight first

Shot Put - bottom flight first

High Jump

Pole Vault

Long Jump

Triple jump (Follows LJ)

3:00 p.m. Finals

4 x 800 Relay (F/S first - then Varsity)

4 x 100 Relay (F/S first - then Varsity)

3200 m

100 Hurdles

100 m

800 m

800 m WC

4 x 200 Relay (F/S first - then Varsity)

400 m

300 Hurdles

1600 m

200 m

200 m WC

4 x 400 Relay (F/S first - then Varsity)