



Lady Kahok Invitational 2025

May 2nd, 2025 - 2201 S. Morrison Ave, Collinsville IL

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 NO LATER than Thursday, May 1st at 9:00 A.M CST.** Any questions regarding entries only please reach out to Paul Golian - paul@trxctiming.com

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

Please make checks to Collinsville HS and attention to Clay Smith

Heat/Flight Sheets: [Click here for heat/flight sheets](#)

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

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

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 put 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

Live Results: Available through TRXC Timing

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

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)



LADY KAHOK INVITATIONAL

COLLINSVILLE, IL MEET RECORDS

Discus Throw	49.86m	2021	Jayden Ulrich - East Alton Wood River
Shot Put	15.82m	2021	Jayden Ulrich - East Alton Wood River
Long Jump	19-1.5	2018	Laila McNeal - Alton
Triple Jump	39-10	2016	LaJarvia Brown - Alton
High Jump	5-07.5	2009	Erica Patton - O'Fallon
Pole Vault	12-01.00	2011	Hannah Faulkner - Edwardsville
4x800 Meter Relay (FS)	10:49.35	2017	- O'Fallon
4x800 Meter Relay	9:33.39	2023	- Glenwood
4x100 Meter Relay (FS)	51.17	2017/2018	- O'Fallon / Belleville East
4x100 Meter Relay	47.96	2023	- O'Fallon
3200 Meter Run	11:31.1	2013	Sam Lapp - O'Fallon
100 Meter Hurdles	14.29	2022	Macee Rivers - Belleville West
100 Meter Dash	11.89	2022	Katelyn Lehnen - Glenwood
800 Meter Run	2:15.93	2021	Colleen Zeibert - Rochester
4x200 Meter Relay (FS)	1:49.94	2018	- Belleville East
4x200 Meter Relay	1:42.77	2017	- O'Fallon
400 Meter Dash	57.91	2022	Katelyn Lehnen - Glenwood
300 Meter Hurdles	45.21	2023	JaKariah Bacon - Belleville East
1600 Meter Run	5:08.31	2022	Elena Rybak - Father McGivney
200 Meter Dash	24.64	2022	Katelyn Lehnen - Glenwood
4x400 Meter Relay (FS)	4:19.48	2023	- Glenwood
4x400 Meter Relay	3:59.60	2012	- O'Fallon