



Granite City Girls Freshman - Sophomore Track & Field Invitational Tuesday, April 7th, 2026

Entry Fee: \$250

Admission: \$3 for adults \$2 for students
There will be a concession stand available.

Entries: Entries will take place on [Athletic.net](#), **Entities are due NO LATER than Tuesday, April 7th at 9:00AM CST**. No late entries will be accepted!!

Entry Questions: Paul Golian - paul@trxctiming.com

Live Results: [Click Here](#)

Heat/Flight Sheets: [Click Here](#)

Scratches: Coaches can scratch only. If you have a note from your principal or A.D., you can substitute at the rules meeting at 2:45 in the hall of fame building,

Meet Questions: Coach Miller Cell 618-791-7709

Time Schedule:
2:30 - 3:00 P.M. Scratches only. No substitutions without a letter from principal or AD.
3:30 P.M. Field Events – Triple Jump to follow Long Jump.
4:30 P.M. Finals will begin

Location: Granite City High School Track Complex at Granite City High School

Awards: Team – Trophies for 1st and 2nd place.
Individuals – Medals for 1st through 5th place.
*Varsity Relays - We will have a plaque for the first place team with the most points from both varsity relays. 20 points is an automatic win!
(Any eligible athlete can compete in the varsity relays)

Scoring: Top 8 in each event will score. 10-8-6-5-4-3-2-1
The varsity relays will be included in the total team score as well.

Teams: We want this to be a fun meet that teams look forward to every year!
We will limit this to 16 teams to make sure we finish in a timely manner!
Email Coach Miller @ tom.miller@gcsd9.net as soon as you can!

Games Committee: TBA

Rules Meeting: There will be a brief rules meeting with head coaches in the Hall of



Famebuilding at 2:45. There will be hospitality for coaches only in the Hall of Fame as well. No athletes will be allowed.

Track Events

4 x 800
Varsity 4 x 100
4 x 100
3200 m run
100 m H
100 m dash
800 m run
4 x 200
400 m dash
300 IM Hurdles
1600 m run
200 m dash
Varsity 4 x 400
4 x 400

Field Events

High Jump
Long Jump
Triple Jump
Shot Put
Discus
Pole Vault

Opening height TBA
Cafeteria Style 3:30 to 4:45
4 attempts (no finals)
Cafeteria Style 5:00 to 6:15
4 attempts (no finals)
4 attempts (no finals)
4 attempts (no finals)
Opening height TBA

Winning team will also win 2 cheese pizzas given with awards.
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**300 m mascot run

Dress up for a fun race while awards are being finished!

** If there is enough interest we would like to have a 300 meter mascot race after the final 4 x 400. Just to increase the fun and promote girls track & field! Winner will win a cheese pizza! Please let us know if you are interested in this when you let us know you want to join this meet. I think if we have at least 4 teams interested it will be a go! This will not be a scoring event.

Assignments:

Field Events:

Granite City will fill as many events as possible but if we have any volunteers, we will pay the coach \$50 cash at the meet to run the event and try to avoid giving you an exchange zone! Request early!

Long Jump –
Triple Jump –
Shot Put –
Discus –
High Jump –
Pole Vault -

Exchange Umpires: We will ask teams to assign a worker for this.

break line judge
1st exchange 4 x 100
2nd exchange 4 x 100
3rd exchange 4 x 100
1st & 3rd exchange 4 x 200