



# 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](mailto: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](mailto: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                      Opening height TBA  
Long Jump                      Cafeteria Style 3:30 to 4:45  
   4 attempts ( no finals )  
Triple Jump                      Cafeteria Style 5:00 to 6:15  
   4 attempts ( no finals )  
Shot Put                         4 attempts ( no finals )  
Discus                            4 attempts ( no finals )  
Pole Vault                        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 x400. 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  
1<sup>st</sup> exchange 4 x 100  
2<sup>nd</sup> exchange 4 x 100  
3<sup>rd</sup> exchange 4 x 100  
1<sup>st</sup> & 3<sup>rd</sup> exchange 4 x 200