

MT. VERNON RAM GIRL'S TRACK & FIELD OUTDOOR INVITATIONAL

Date: Wednesday, April 10, 2024

TEAMS: Centralia, Carterville, Mt. Vernon, Nashville, Pinckneyville, Okawville, Salem, Webber

Time: Field events will start at 3:00 PM, Track events at 4:00 PM.

Place: Mt. Vernon Township High School

Parking: Park in school parking lot—we are on spring break.

Three entries may be entered in individual events and 1 entry for Relays per school. Only 2 can place for a team to count for team score.

There is no entry fee. NO CONCESSION STAND AS OF NOW.

Entries: All entries must be completed no later than **Tuesday, April 9th at 5:00pm**
Scratches/Changes are due no later than **Wednesday, April 10th at 9:00am**
[Online Entry Link](#)

Meet Program: [Heat/Flight Sheets](#)

Scoring: All events will be scored 10-8-6-4-2-1. Only the top 2 athletes for each team in an event may score.

INFO Meeting: 2:30 PM – Start/Finish Line

Awards: Trophy for 1st place team, ribbons 1-6

Starter: Randy Jenkins

An Athletic Trainer will be available at the Meet.

[TRXC Timing](#) will have be doing F.A.T. Timing and will have [Live Results](#)

Games Committee: Centralia, Nashville, Okawville,

General Information:

- A. We have event help for all events **except exchange zones**. Please help us by covering one area.
 - a. 4x100 Relay: 1st exch.- TBA 2nd exch. – TBA, 3rd exch. – TBA
 - b. 4x200 Relay: 1stexch- TBA 3rd exch. –TBA
- B. Track events take preference over field events
- C. Track surface and runways are all synthetic surfaces, ¼” or smaller spikes only.
- D. All teams are to set up team headquarters outside of the track or in the bleachers.
- E. The high jump will start at 4’ 3” and raised 2” at a time to 5’ 1” and 1” after 5’ 1”
- F. The pole vault will start at 6’0” and raised 6” at a time to 9’ 3” after 9’
- G. Long jump and triple jump will be open cafeteria style. All jumpers get 4 jumps and no finals.
- H. All weights must be checked before starting time. All throwers 4 throws—no finals
- I. Coaches should make scratches at the start/finish line upon arrival at the meet.

Time Schedule

3:00 pm FIELD EVENTS:

4 attempts in the shot put, discus, long jump, triple jump – **NO FINALS**

The high jump and pole vault will run straight through with no finals

All warm-ups and any run-throughs must be made before 3:00 PM.

4:00 pm RUNNING EVENTS: Events will be on a rolling schedule.

3200 Meter Relay

400 Meter Relay

3200 Meter Run

100 Meter High Hurdles

100 Meter Dash

800 Meter Run

800 Meter Relay

400 Meter Dash

300 Meter Hurdles

1600 Meter Run

200 Meter Dash

1600 Meter Relay