

37th ANNUAL O'FALLON FRESHMAN BOYS INVITATIONAL

Thursday, April 20, 2023

- Times:** Coaches' Meeting at 3:30pm (White Shed NW corner track)
4:00pm (Field Events) & 4:45pm (Start 4x800m)
- Place:** O'Fallon Township HS – Smiley Campus (600 S. Smiley, O'Fallon, IL 62269)
- Entry Fee:** \$200 per team
- Scoring:** 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1
- Awards:** 1st Place Team Trophy will be awarded
1st – 3rd receive medals in Relays and Individual Events
- Entries:** All participants must be registered online NO LATER than **9:00 AM on April 20th**. Each team may enter up to 4 individuals in each event and one relay. [Online Entry Link](#)
- Competing Teams:** Alton, Belleville East, Belleville West, Cahokia, Collinsville, Edwardsville, Granite City, Mascoutah, Mt. Vernon, O'Fallon, Triad
- Timing:** F.A.T. & Live Results – [TRXC Timing](#)
- Heat/Flight:** [Click Here](#) to see heat and flight sheets
- Order of Events:** Track Events:
4x800m
4x100m
3200m
110m High Hurdles
100m Dash
800m
4x200m
400m
300m Intermediate Hurdles
1600m
200m
4x400m
- Field Events:
Long Jump (Open Order, 4 Jumps, No Finals)
Triple Jump (Open Order, To start after long jump concludes, 4 Jumps, No Finals)
Discus (1st Throw Event, 4pm Start, 4 Throws, No Finals)
Shot Put (To start after Discus concludes, 4 Throws, No Finals)
High Jump (Open Order, Height will be determined day of)
Pole Vault (Open Order, Height will be determined day of)

Procedures & Rules:

1. Only two individuals per team may score or medal in any event.
2. Only one relay team per school may score or medal in any event.
3. School will be expected to provide workers for field events or to serve as exchange judges.

4x100 Exchange Zones
#1 – O’Fallon
#2 – Triad
#3 – Alton

Discus:
Collinsville

High Jump:
Granite City

Shot Put:
Edwardsville

Pole Vault:
Mt. Vernon

4x200 Exchange Zones
#1/#3 – Triad & Alton
#2 – Mascoutah

Long Jump:
Belleville West

Cut Line Judges:
O’Fallon

Triple Jump:
Cahokia

4. Discus will be thrown first, with Shot to follow.
5. The Pole Vault starting height will be determined at the coaches’ meeting.
6. The High Jump starting height will be determined at the coaches’ meeting.
7. In all field events, there will be 4 throws or jumps with no finals.
8. The Bullpen will be located in the center of the field. Teams or individuals that fail to report to the Bullpen when called will be scratched.
9. Coaches, spectators and non-participating athletes must remain in the bleachers or team areas. Please stay clear of the finish line, off the football field and away from the inside of the track. No spikes are to be worn in the bleachers.
10. Refreshments will be available at the concession stand at the south end of the stadium. Each coach will receive a ticket to exchange for food.
11. Team Camps will be on the East side (Visitor side) of the stadium, outside of the track.
12. PLEASE STAY BEHIND ALL BARRIERS!
13. Relay Exchange Zones:

4 x 100 Meter Relay

Start on the White Lines
Exchanges: Gold Triangles

4 x 200 Meter Relay

Start on the Black Lines
1st Exchange: Black Triangles
2nd Exchange: Black Triangles
3rd Exchange: Gold Triangles

4 x 400 Meter Relays

Start on the Blue Lines
Three turn stagger
Exchanges: Blue Triangles

Please contact Assistant Athletic Director – Neil James (jamesn@oths.us) or Boys Head Track Coach – Joe Speaks (speaksj@oths.us) should you have any questions or concerns regarding the event.