

55th ANNUAL O'FALLON RELAYS

Friday, March 29, 2024

- Times: Coaches Meeting at 11:15pm (White Shed NW corner track)
Field Events 12:00pm
Running Events 1:00 pm (12:30 if slow heat of 3200 is needed)
- Place: O'Fallon Township HS – Smiley Campus (600 S. Smiley, O'Fallon, IL 62269)
- Entry Fee: \$225 per team
- Scoring: 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1 (Individual Events and Relays)
- Awards: 1st Place Team Trophy will be awarded for each Division
1st – 4th receive medals for Relay in each Division / 1st – 5th receive medals for Individual Event in each Division
- Entries: All participants must be registered online by **March 28 at 9 am**. 2 per field or running event except the 3200 which can have 3.
Each team can enter 1 relay per event. [Online Entry Link](#)
- Competing Teams: Gold Division: Alton, Belleville East, Belleville West, Collinsville, Edwardsville, Granite City, O'Fallon
Blue Division: Belleville Althoff, Highland, Marion, Mascoutah, Mt. Vernon, Rockwood Summit (MO), Roxana, Salem, East Alton Wood River
- Scratches Coaches may only scratch entries on the day of event. All participants must be registered online prior to deadline.
- Timing: F.A.T. & Live Results – [TRXC Timing](#)
- Heat/Flight: [Click Here](#) to see heat and flight sheets
- Order of Events: **Track Events:**
3200m (Slower Heat - If Necessary)
4x800m (Freshman-Sophomore)
4x800m (Varsity)
3200m (Fast Heat)
4x100m (Freshman-Sophomore)
4x100m (Varsity)
4x110 High Hurdle Shuttle
100m Dash
Sprint Medley Relay (200m-200m-400m-800m)
4x200m (Freshman-Sophomore)
4x200m (Varsity)
300m Intermediate Hurdles
Distance Medley Relay (1200m-800m-400m-1600m)
4x400m (Freshman-Sophomore)
4x400m (Varsity)
Field Events:
Long Jump (Open Order 3pm – 4:15pm)
(Gold – south runway, Blue – north runway)
High Jump (Height will start at 5' 6")
Triple Jump (Open Order 4:30pm – 5:45pm)
(Gold – south runway, Blue – north runway)
Shot Put (Blue Division then Gold Division)
Discus (Gold Division then Blue Division)
Pole Vault (Height will be determined day of)

Please contact Assistant Athletic Director – [Neil James](#) or Boys Head Track Coach – [Joe Speaks](#) should you have any questions or concerns regarding the event. Registration question you can email TRXC Timing – [Paul Golian](#)

Procedures &

Rules:

1. Track events will be given preference over field events. The relays will not be delayed because an athlete is competing in a field event.
2. School will be expected to provide workers for field events or to serve as exchange judges.

4x100 Exchange Zones #1 – O’Fallon #2 – Alton #3 – Belleville East 4x200 Exchange Zones #1/#3 – Roxana & Wood River #2 – Belleville West SMR - Exchange #1 – Roxana 200 to 400 – O’Fallon Cut Line Judges: O’Fallon and Edwardsville	Discus: Gold – Collinsville Blue – Mascoutah Shot Put: Gold – Belleville East Blue – Marion Long Jump: Gold – Alton Blue – Highland Triple Jump: Gold – Edwardsville Blue – Rockwood Summit	High Jump: Gold – Granite City Blue – Salem Pole Vault: Gold – O’Fallon Blue – Mt. Vernon
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3. The Long and Triple Jumps (both divisions) will be run as open order events. There will be no finals and each jumper will be given four attempts. The Long Jump will open at 3:00pm and close at 4:15pm. The Triple Jump will open at 4:30pm and close at 5:45pm.
4. The format for the Shot Put will be Blue Division first and the Discus will be Gold Division first.
5. The High Jump will start at 5’ 6”.
6. The Pole Vault starting height will be determined at the meet scratch meeting.
7. For throws, three attempts in the preliminaries of the field events, and 9 will qualify for the finals. Three additional tries will be allowed for Finals.
8. Please enter only boys who have run 12:00 or better in the open 3200 Meter Run. You may enter up to 3 participants in the 3200 and all 3 can score. The slower heat of the 3200 Meter Run (if necessary) will be run first.
9. 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.
10. 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.
11. 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.
12. Team Camps will be on the East side (Visitor side) of the stadium, outside of the track.
13. PLEASE STAY BEHIND ALL BARRIERS!
14. Relay Exchange Zones:

4 x 100 Meter Relay 4 x 200 Meter Relay Sprint Medley Relay (200m-200m-400m-800m) 4 x 400 Meter Relays	Start on the White Lines Exchanges: Gold Triangles Start on the Black Lines 1st Exchange: Black Triangles 2nd Exchange: Black Triangles 3rd Exchange: Gold Triangles Start on the White Lines Two turn stagger 1 st Exchange: Gold Triangles 2 nd Exchange: Blue Triangles 400m runner breaks at the start/finish line. 3 rd Exchange: Blue Triangles Start on the Blue Lines Three turn stagger Exchanges: Blue Triangles
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