



## 14<sup>th</sup> ANNUAL O'FALLON LADY PANTHER INVITE

Friday, April 12, 2024

- Times: Coaches' Meeting at 2:15 pm (White Shed NW corner track)  
Field Events Begin at 3:00 pm / Running Events Begin at 4:00pm
- Place: O'Fallon Township HS – Smiley Campus (600 S. Smiley, O'Fallon, IL 62269)
- Entry Fee: \$250 per team
- Scoring: 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1
- Awards: 1<sup>st</sup> Place Team Trophy will be awarded  
1<sup>st</sup> – 3<sup>rd</sup> receive medals in Relays and Individual Events
- Entries: All participants must be registered online prior to day of event. [Athletic.net](https://athletic.net)  
Entries are due **Friday April 12 @9AM**  
Enter 2 entries in each individual event and 1 relay team per event. We will also have FS sections of each relay.  
New this year we will have a throwers 4x100 relay.
- Scratches: Coaches may only scratch entries on day of event. All participants must be registered online prior to day of event.
- Competing Teams: Alton, Belleville East, Belleville West, Carbondale, Champaign Centennial, Collinsville, Edwardsville, Freeburg, Granite City, Mascoutah, Nashville, North Mac, O'Fallon, Waterloo
- Timing: F.A.T. – TRXC Timing
- Order of Events: Track Events:  
4x800m (FS)  
4x800m  
4x100m (FS)  
4x100m  
3200m  
100m Hurdles  
100m Dash  
800m  
4x200m (FS)  
4x200m  
400m  
300m Intermediate Hurdles  
1600m  
200m  
Throwers 4x100  
4x400m (FS)  
4x400m

Meet Program: [Heat/Flight](#)

### Field Events:

- Long Jump (75-Minute Cafeteria Style, 4 Jumps, No Finals)  
Triple Jump (75-Minute Cafeteria Style, 4 Jumps, No Finals)  
Discus (75-Minute Cafeteria Style, 4 Throws, No Finals)

Shot Put (75-Minute Cafeteria Style, 4 Throws, No Finals)

High Jump (Open Order, Height will be 4'4")

Pole Vault (Open Order, Height will be 6'6")

**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. Schools will be expected to provide workers for field events or to serve as exchange judges.

4x100 Exchange Zones #1 – North Mac	Discus: Granite City/Collinsville	High Jump: O'Fallon
#2 – Champaign Centennial #3 – Carbondale	Shot Put: Belleville East/Alton	Pole Vault: Mascoutah
4x200 Exchange Zones #1/#3 – Nashville #2 – O'Fallon	Long Jump: Edwardsville	Freeburg
Triple Jump: Cut Line Judges: Waterloo	Belleville West	

4. The High Jump-starting height will be 4'4"
5. The Pole Vault-starting height will be 6'6".
6. In all field events, there will be 4 throws or jumps with no finals.
7. 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.
8. Spectators and non-participating athletes are not allowed inside the track.
9. Refreshments and concessions will be provided to spectators, participants, or coaches.
10. Team Camps will be marked on the North and East side (Visitor side) of the stadium, outside of the track.
11. PLEASE STAY BEHIND ALL BARRIERS!
12. 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

Any questions or concerns please contact Assistant Athletic Director – Neil James ([jamesn@oths.us](mailto:jamesn@oths.us)) or Girls Head Track Coach – Lisa Mathis ([mathisl@oths.us](mailto:mathisl@oths.us)).

Feel Free If you have any meet entries contact Paul Golian ([Paul@trxctiming.com](mailto:Paul@trxctiming.com))