

## 13<sup>th</sup> ANNUAL O'FALLON VARSITY GIRLS INVITE

Friday, April 14, 2023

- 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:** \$200 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 NO LATER than 9:00 AM on April 13<sup>th</sup>. [Online Entry Link](#)  
Enter up to 3 entries in each individual event, but only 2 entries for individual events will be able to score or medal. Only 1 relay team per event will be able to enter, score, or medal. Entries and your designated scorers should be identified when registering athletes online. We will also have a FS section of each relay.
- Scratches:** Coaches my 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 Centennials, Collinsville, DuQuoin, Edwardsville, Freeburg, Granite City, Mascoutah, O'Fallon
- Timing:** F.A.T. & Live Results – [TRXC Timing](#)
- Heat/Flight:** [Click Here](#) to see heat and flight sheets
- 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  
4x400m (FS)  
4x400m
- 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')

**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 – Alton  
#2 – Champaign Centennial  
#3 – Collinsville

*Discus:*  
Edwardsville

*High Jump:*  
O’Fallon

*Shot Put:*  
Freeburg

*Pole Vault:*  
Mascoutah

*4x200 Exchange Zones*  
#1/#3 – Belleville East  
#2 – O’Fallon

*Long Jump:*  
Granite City

*Triple Jump:*  
Belleville West

*Cut Line Judges:*  
Edwardsville

4. The High Jump-starting height will be 4’4”
5. The Pole Vault-starting height will be 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. Coaches, spectators and non-participating athletes must remain in their assigned areas, when not participating. Masks are required, in accordance with IHSA guidance. Social distance in your team camps when able.
9. Refreshments and concessions will not 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

Please contact Assistant Athletic Director – Neil James ([jamesn@oths.us](mailto:jamesn@oths.us)) or Girls Head Track Coach – Lisa Mathis ([nyafchief1310@gmail.com](mailto:nyafchief1310@gmail.com)) should you have any questions or concerns regarding the event.