



**Boys' 63rd    Annual Roxana Relays    Girls' 33rd**  
**Roxana High School**  
**401 Chaffer Ave., Roxana, IL 62084**  
**Monday, April 15, 2024**



**General Information:**

Cost: **Boys -- \$1750.00 | Girls -- \$175.00**

Coaches' Meeting: **2:30 P.M. at the starting line.** Start Time: **3:00 P.M.**

**Field Events (in order):**

Shot Put – Girls followed by Boys

Discus – Boys followed by Girls

High Jump – Will start with Girls, and Boys will be added as they get to their starting heights

Long Jump – Boys (45 minutes to compete) followed by Girls (45 minutes to compete)

Triple Jump – Cafeteria Style (Will follow Long Jump – 45 minutes to complete)

**Relay Events (in order):**

**Start Time: 4:30 P.M. (earlier if field events are finished)**

**\*All running events are timed finals with no prelims**

100 m

3200 m

4 x 100

4x100 (F/S)

4 x 800

4x800 (F/S)

4 x 400

Girls -- 100 Hurdles | Boys -- 110 Hurdles

Girls' Sprint Medley (100-100-200-400) | Boys' Sprint Medley (200-200-400-800)

Low Hurdle Shuttle: Girls' 5 hurdles, 100 m | Boys' 5 hurdles, 110 m

Distance Medley (1200-400-800-1600)

4 x 200



**Boys' 63rd Annual Roxana Relays Girls' 34th**  
**Roxana High School**  
**401 Chaffer Ave., Roxana, IL 62084**  
**Monday, April 15, 2024**



**PARTICIPATING SCHOOLS:**

Civic Memorial, East Alton Wood River, Highland, Jerseyville, Mascoutah (girls), Marquette, Metro East Lutheran, Roxana

---

**General Information:**

**Entries:**

Field events will be run like a regular meet. Please enter 2 individuals per event. All field events except the High Jump will be 4 attempts with NO FINALS.

**New in 2023:** We are adding a Fresh/Soph division for 4x100 and 4x800. Medals will be awarded for these races but will not count toward the team score. Depending on the number of entries, boys and girls' heats of these races may be combined.

**Cost:** \$175.00 per team....\$350 total if bringing both boys & girls made out to Roxana High School. Please mail or bring a check with you to the meet.

**Admission: \$3.00 (Adults) \$2.00 (Students)**

**Participants:** Each school is allowed to enter 2 athletes per individual event. Each school is allowed one relay team per running event.

**Scratches:** NO subs or additions on race day

**Limit of Events:** Must not exceed IHSA rules. (4 events max.)

**Points:** *All relays:* 10, 8, 6, 4, 2, 1 *Individual Events:* 6, 4, 3, 2, 1

**Awards:** Top 3 places will receive medals in each event. The top girls' and top boys' team will receive a trophy.

**Camps:** Camps must be set up in the bleacher area. No camps on the football field.

**Concessions, T-shirt sales, and Hospitality Room (for coaches)** will be available.

**RunWell** will be on site for our meet, selling shoes and other running gear, as well as offering individual gait analysis.

**Bus Parking:** Please drop off athletes and park buses on the south side of the track. (Next to the refinery)

**Electronic devices:** The use of electronic devices are not allowed in the competition area.

**Performance:** [Click Here](#) to see Heat and flight sheets

**Live Results** will be on [TRXC Timing](#)

**Entries are due on [Athletic.net](#) By Monday, April 15th, at 9:00 AM**