

12th Spoon River Indoor Invitational

Thursday, March 16th, 2023

King Fieldhouse, in the Bruner Center, Illinois College, Jacksonville, IL

Entry Deadline: **Wednesday, March 15, 2023, 7:00 PM**

Entry Fee: **\$200 per school by Wednesday, March 15th, 2023.**

Entries: Entries will be online through [Direct Athletics](#), since results from this meet will go to the Illinois Top Times leaderboards. **DO NOT** attempt to enter on Athletic.net.

If you do not have an account on Direct Athletics, you will have to create one. Once you have an account, log in, click on Find a Meet. Type "Spoon River" in the box, and click on the Submit button. 12th Spoon River Indoor Invitational should come up in the results. When you log in to DA, and look at your 2023 schedule, the meet may already be there. If so, you are good to go. If not, you'll have to search for the meet.

Entries can be submitted any time after you receive this letter, up to Wednesday March 15 at 7PM. You can also change/update entries anytime before Wednesday March 15 by going back into Direct Athletics.

Subs/Scratches: On meet day, **SCRATCHES ONLY** will be allowed, no substitutions. **Please make your scratches when you arrive on meet day. And, please keep scratches to a minimum.**

Entry Limits: 2 Relay team per school (1boy/1girl)
2 athletes from each school in individual events (2 boys/2 girls)

Performance List: [Performance List](#)

Awards: No team scores. Medals will be awarded to the first 6 places in each event.

Heat/Flight Sheets: [Click Here](#) to see heat and flight sheets

Spikes: **¼ inch spikes only!**

Restrooms: Restrooms are outside the track area. Please tell your athletes to remove their spikes when going to the restrooms.

Team Camps: Team camps can be inside the track. Take care crossing the track, and field event areas. **Water Only** is allowed in the infield area, no food or colored drinks.

Starting Blocks: Starting blocks are provided. Teams should bring own throwing implements, batons, vaulting poles, etc.

Fieldhouse Entry: The fieldhouse door is on the north side of the building, on Edgehill Road. Buses can unload in front of the Bruner Center, then should go park in the lot East of the football field.

Participating Schools: Rushville-Industry, Athens, Beardstown, Bushnell-WPrairie, Camp Point Central, Havana, Jacksonville Routt, Lewistown/NFulton, Liberty, Nokomis, PORTA, Winchester West Central

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Time Schedule

Order of Events

4:00 Field Events

Pole Vault girls/boys (will jump them together, depending on number of entries)

High Jump girls/boys

Long Jump/Triple Jump girls/boys together, 4 jumps in each, cafeteria style, TJ to follow LJ

Shot Put boys/girls 4 throws

Running Events: all heats are finals on time, no prelims.

Girls, then Boys

4:15: 3200, Girls then Boys

6:00

4x200 relay

4x800 relay

55 HH

55 dash

800

400

200

1600

4x400 relay