

SLIAC Championships

Friday-Saturday, April 26-27, 2024

THIS IS A CLOSED MEET

Location:	Corner of Elm and Bowman at the John Strahl Athletic Complex Greenville, IL 62246
Entry Limit:	Unlimited
Entry Fee:	None
Entries	Entry marks must be obtained from the current outdoor season. Entries are due no later than Wed, April 24th, 2024 at 2pm. All entries will be done online on Direct Athletics (Online Entry)
Fraudulent Entry Rule:	An athlete whose mark/time is determined to be fraudulent will be disqualified from the event in which the illegal mark/time was entered.
Schedule:	Once entries have been received a time schedule for running events will be determined and posted. We will not run ahead of schedule once finalized.
Field Events:	All throwing events and long and triple jumps will consist of three attempts in preliminary rounds. The top 7 competitors will receive an additional three attempts.
Running Events:	All running events will be seeded based on performance marks entered. All races will be run as timed finals.
Scoring:	Meet will be scored in accordance with the NCAA rules. We will be scoring through 6 th place.
Implement Weigh-in:	Implement weigh-in will take place on Friday from 2:30-3:30pm and on Saturday from 9:30-10:30am in the soccer press box shed located to the east of the track.
Facilities:	There will be numerous porta-potties located throughout the track venue.
Spikes	The maximum allowable spike length will be 7mm (1/4 inch). Pyramid spikes only. Spikes will be checked at the clerk's tent. Those in violation will not be allowed to run. Spikes will also be checked at all jumping events and javelin.
Starting Heights:	Women's HJ will start at 1.32 and Men's HJ will start at 1.68
Pole Vault	
Progressions:	Women's: 2:15, 2.30, 2.45, 2.60, 2.75, 2.90, 3.05 +0.15 Men's: 3.15, 3.45, 3.60, 3.75, 3.90, 4:05 +0.15
Heat/Flight Sheets:	Heat/Flight Sheets
Results:	Will be made available on http://www.trxctiming.com and https://www.greenville.edu/athletics/
Trainers:	Greenville University Head Trainer – Mike Peppler (618) 664-6629 or mike.peppler@greenville.edu
Hotel Information:	http://www.greenville.edu/about/visit/accommodations.html
Meet Questions:	Brian Patton @ 618-322-5817(cell); brian.patton@greenville.edu
Entry Questions:	Rich Schilling @ 314-522-6176; rich@trxctiming.com

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Time Schedule
(Will adjust after entries are received)

Friday. April 26th, 2024

3:30 PM	Women's Hammer (men to follow approx. 5:30 pm)
4:00 PM	Men's Pole Vault (women to follow approx. 5:30 pm)(will give women 30 minute warm up)
4:00 PM	Triple Jump-Men's (Women's follows approx. 2:45 pm)
4:30 PM	Men's Javelin (women to follow approx. 6:05 pm)
4:30 PM	Women's High Jump (Men's follow approx. 5:40 pm)(will give 30 minute warm up)
7:00 PM	10,000 meter Run - Combined

Saturday, April 27th, 2024

Field Events

11:00 AM	Disc-Men's (Women's to follow approx. 12:30) LOWER CAGE
11:00 AM	Shot- Women's (ring near Javelin) (Men's Shot to follow approx. 12:30)
11:00 AM	Long Jump – Men's (Women's follows approx. 12:40pm)

Track Events

We will not run ahead of schedule-Heats will be slow to fast

10:30	5000 meter Run-Women
11:00	5000 meter Run- Men
11:30	4x 100 meter Relay-Women
11:35	4 x 100 meter Relay-Men
11:45	100 meter Hurdles-Women
11:55	110 meter Hurdles-Men
12:05	1500 meter Run-Women
12:15	1500 meter Run-Men
12:25	400 meter dash-Women
12:35	400 meter dash-Men
12:45	100 meter dash-Women
12:55	100 meter dash-Men
1:10	800 meter dash-Women
1:20	800 meter dash-Men
1:30	400 meter Hurdles-Women
1:40	400 meter Hurdles-Men
1:50	200 meter dash-Women
2:00	200 meter dash-Men
2:20	3,000 Steeplechase-Women
2:40	3,000 Steeplechase-Men
3:00	4 x 400 meter Relay-Women
3:10	4 x 400 meter Relay-Men

1 / 4" PYRAMID SPIKES ONLY!



**No CHRISTMAS TREE OR
NEEDLE SPIKES!!**