



Welcome

Welcome to EIU! We hope your stay is enjoyable. EIU representatives will be wearing housing staff shirts. Please contact them if you have any questions. Housing check-in for Teams is at Taylor Hall. Housing check-in for Spectators and/or Officials is at Stevenson Hall.

Vaulting Pole Storage Area

Storage will be available in the hospitality tent at O'Brien Stadium for Pole Vault Poles.

Housing Desk Operations

Taylor, Thomas, Lawson, McKinney and Stevenson desks will be open from 7:00 a.m. until midnight. The desk will provide change and answer questions.

Keys

Keys that you are issued will operate your room door. Safeguard them as there is a \$10.00 to \$35.00 charge for lost keys (for security purposes we have to change the lock when the key is lost). Lock your door whenever you leave your room.

Vending Machines

Vending machines are located on the lower level of all our residence halls. Pepsi products, juices, chips and candy are available in the vending machines. There will be no refunds of money lost in vending machines.

Screens/Windows

Do Not remove the window screen from your window. For safety reasons, do not stand on your desk, chair, wastebasket, bed, etc. near your room window.

Check Out

Please follow these procedures when you leave the residence hall at the end of your stay:

- ◆ Open your drapes
- ◆ Close and lock your windows. Please be sure the window latches securely.
- ◆ Turn off the lights
- ◆ Lock the door
- ◆ Return your linen to the main lobby in the residence hall in which you are staying. Lawson Hall residents return the linen to the Lawson Hall main lobby, Taylor Hall residents to Taylor Hall, etc. Unreturned linen will be billed to you and/or your school at our costs.
- ◆ Return your key to the residence hall desk in the building in which you are staying.

Your room will be thoroughly checked after you leave and any damage to the room or the contents will be billed to you and/or your school at the full replacement cost.

Check out time is 5:00 p.m., Friday, and 45 minutes after the track meet is over on Saturday.

Outside Doors

All outside doors will be locked at midnight. The University will provide staff to let coaches and officials in after that time.

The University and the Illinois High School Association required that accredited faculty representatives stay with their students and provide proper supervision at all times. Consideration for competitors requires that quiet be maintained in residence halls. Anyone who abuses the rights of others by causing disturbances may be removed from the hall.

Coaches and competitors are expected to observe a cooperative and quiet curfew of 11:00 p.m. Relative quiet should be maintained on floors at all times.

Thomas-Lawson Dining Center Hours

Friday & Saturday (Breakfast ala carte) 6:30 a.m.-10:30 a.m.

Thomas Hall Convenience Center Hours (This location will have a variety of drinks and snacks available to buy.)

Thursday 11:00 a.m.-11:00 p.m.

Friday 7:00 a.m.-11:00 p.m.

Saturday 7:00 a.m.-Noon



Track and Lane Information

The following events end at the **Common Finish** line which is a two inch white line with a black border located at the end of the stadium side straightaway on the SW corner of the track:

Wireless Communication Devices

All persons issued the IHSa General Media Passes, or the Single-Event Media Pass for the state Track and Field Meet, are restricted from using wireless communication devices in the restricted area of O'Brien Stadium. The restricted area, authorized by the Games Committee in compliance with NFHS Track and Field Rule 3-2-4-i, and the prohibition of use of wireless devices in the restricted area in compliance with NFHS Track and Field Rule 4-5-9-e, will be strictly enforced. The restricted area is anywhere inside the fence surrounding O'Brien Stadium and the area surrounding the discus event. You may use your wireless communication devices in the press box of O'Brien Stadium and outside the fence surrounding O'Brien Stadium. If you have a media pass and are found to be coaching an athlete in the restricted area, the athlete will be disqualified from the meet.

Girls 100 Meter High Hurdles: Run North to South with start on white line and hurdle marks are red hurdle tabs. Run South to North with start on white and marks are red triangles on the line.

Boys 110 Meter High Hurdles: Run North to South with start on white line and hurdle marks are blue hurdle tabs (both directions). Run South to North with start on white and marks are blue rectangles on the outside of lane lines.

100 Meter Dash: Run North to South with start on white line. Run South to North with start on white line.

200 Meter Dash: Start on white staggered lines located on the Northeast corner of the track and finish at common finish.

300 Meter Low Hurdles: Start on white staggered lines located on the Southeast corner of the track, and white hurdle tabs.

400 Meter Dash: Start on yellow line located on the Southeast corner of the track and finish at common finish.

800 Meter Run, 1600 Meter Run, 3200 Meter Run, and 4 x 800 Meter Relay: Alley start in solid white waterfalls and may break for the pole after passing dotted white line at the end of the curve. In the 4 x 800 Meter Relay, the number 2, 3, and 4 exchanges are in the common exchange zone (blue to blue).

4 x 100 Meter Relay - Lanes all the way: Start on yellow start lines. Exchange zones in yellow for all runners.

4 x 400 Meter Relay: This race is run with a three-turn stagger. The first runner in lanes for 400 meters start on blue stagger lines. First exchange is within the blue staggered triangles. The second runner may cut to the pole after crossing the dotted white "break line" at the beginning of the backstretch on the southeast corner of the track. The second and third exchanges are made within the blue common exchange zone on the southwest corner of the track.

4 x 200 Meter Relay: This relay is run in lanes all the way. The number 1 runner starts on red. The number 2 and 3 runners make their exchanges in the red zones. The number 4 runner makes the exchange in the yellow zone.



RACE AT STATE

OPEN Track and Field races

UNDER THE LIGHTS at O'Brien Stadium
site of the **IHSa State Track and Field Championships**

Friday May 16 and Friday May 23, 2008

After the completion of Day 1 (preliminaries)
of the IHSa Girls and Boys State Track and Field Championships

Tentative start time: Approximately 8:00pm
(approximately 45 minutes after the completion of the 4x400 relay preliminaries)

In Order, we will contest:

100m Dash
400m Dash
800m Run
1600m Run

GREAT OPPORTUNITY to race on the state meet track!

ALL RACES will be FAT timed with the same timing system used for the state meet!

All entries will be handled "on-site" at a table located under O'Brien Stadium,
beginning at approximately 5pm. Races will be seeded after all entries are collected.
Listen for the announcements regarding registration by the PA announcer!

Races are OPEN to all competitors

(youth, masters, coaches, non-competing high school athletes - everyone!)

Girls/Women will compete on May 16

Boys/Men will compete on May 23

*Also, Male coaches of Girls teams can compete on May 16 and
Female coaches of Boys teams can compete on May 23*

We will use hip numbers and fully automatic timing

Cost will be \$5 per athlete/unlimited events
(RACE FOR FREE if you are a volunteer worker at the state track meet!)

For further details please call/email

Geoff Masanet, EIU Track and Field/Cross-Country
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