



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

2012 IHSA State Track & Field Meet Information for Schools at Eastern Illinois University

Girls Meet: May 17-19

Boys Meet: May 24-26

Welcome

Welcome to the IHSA State Track & Field Meet and Eastern Illinois University in Charleston, IL! This information was put together to allow schools to familiarize themselves with procedures and information prior to the state meet. We hope your stay is enjoyable. EIU representatives will be wearing housing staff shirts. Please contact them if you have any questions.

Housing Information

TEAM DORM CHECK-IN: Lawson Hall

SPECTATOR CHECK-IN: Stevenson Hall. Eastern Illinois University offers spectators the option to stay in the residence halls and University Court Apartments. Spectators are assigned to rooms and apartments as they arrive, so it is to guests' advantage to check in early. Space is limited and the university does not guarantee all spectators will be housed in Stevenson Hall.

OFFICIALS/PRESS CHECK-IN: Stevenson Hall

TEAM HOUSING - School authorities from each participating school must make their own reservations. This should be done as far in advance as possible. Payment types accepted include cash and check (school or personal). Eastern Illinois University will make dormitory rooms available both weekends. Call EIU Housing at (217) 581-3923 for reservations.

The following types of housing will be available:

- a. Motels in Charleston-Mattoon and surrounding area.
- b. Rooms in University Residence Halls: Arrangements for housing in university residence halls have been made through Eastern Illinois University. Residence Hall style rooms will be available and will include furnished linens, pillows, and towels. Persons using the rooms must furnish blankets and other personal items.

2012 Housing Rates – per person not per room (Tax included):

\$40.00 per person in a Double Room for 3 nights

\$30.00 per person in a Double Room for 2 nights

\$20.00 per person in a Double Room for 1 night

\$56.00 per person in a Single Room for 3 nights

\$42.00 per person in a Single Room for 2 nights

\$28.00 per person in a Single Room for 1 night

Housing and Cooperative 11:00 p.m. Curfew:

CURFEW - University personnel from University Housing & Dining will provide limited supervision. Both the University and the IHSA insist that schools using this type of housing must arrange to have accredited faculty representatives stay with their student/athletes and provide proper supervision at all times.

Coaches, **you** are responsible for the supervision of your competitors at all times during your visit to Charleston and the State Final Meet. The IHSA Boys/Girls Track and Field Advisory Committee has requested the cooperation of students, faculty and spectators attending the State Final meet in **observing an 11:00 p.m. cooperative curfew and quiet on Wednesday, Thursday and Friday nights**. This is particularly important to those boys/girls who will be competing on Saturday (others will appreciate it, too)! Whether you are lodging in area motels or university housing, we will appreciate **your observing an 11:00 p.m. cooperative curfew and quiet** on Wednesday, Thursday and Friday nights at the State Final.



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

Housing Desk Operations: Taylor, Thomas, Lawson, McKinney, Andrews and Carman Hall 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.

Breakfast Location: Thomas/Andrews Dining Center each morning of the State Track Meet beginning at 6:30 a.m. to anyone attending the State Final meet. Schools are urged to take advantage of the special eating accommodations.

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. 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 of the contents will be billed to you and/or your school at the full replacement cost.
- ◆ Check out time is 6:00 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.



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

STATE FINAL MEET INFORMATION

2012 New Packet Pick-Up Location and Access to O'Brien Stadium:
Coaches may pick-up school packets at the south ticket window on the west side of O'Brien Stadium (parking and vendor lot). IHSA Staff will be available during the following times for packet pick up. Class 2A and 3A teams who plan to attend the 1A state final, must pick up their team packets (bib numbers are your only ticket for free access to O'Brien Stadium):

Wednesday: 4:00 p.m.-6:00 p.m.

Thursday: 8:00 a.m. - 4:00 p.m.

Friday: 8:00 a.m. – 1:00 p.m.

- **Correction of Misspelled Names or Yr. in School:** If there is an error in the spelling of the name or year in school of a competitor from your school in the State Final program, **please make sure the coach notifies the IHSA Staff upon team check-in or written changes can be given to the Clerk of Course/Head Judge before the start of the Heat/Flight/Section** so the correction will be made on the field event cards or official results sheets turned into the scorer after the event is finished.
- **Contestant Passes for the State Final Meet:**
- A contestant number (pass to access stadium) will be issued to each competitor who qualifies for the State Final. A competitor dressed for competition and wearing their number will be admitted to the competition area. A person with only the competitor number will only be admitted to the fan seating area. Contestant numbers must be pinned at all four corners on the back of the track uniform shirt/jersey, unless instructed to do otherwise by the Clerk of Course.
- **Competitor Access:** On Thursday-Saturday at the State Final, contestants will be permitted access to the track and stadium facilities only from the **West** stadium seating area or through the staging area. **Track Competitors will not be permitted to enter at the Southeast gate -- they will be required to go around and enter from the West stadium seating area or through the staging area.** During the meet, no contestant will be permitted access to the track or infield from the **West** stadium seating area unless he/she is dressed for competition and is displaying his/her contestant number. Contestants in the track events must enter through the **staging area** entrance if they are entering from outside the stadium seating area. Field Competitors in the Long Jump, High Jump, Triple Jump and Pole Vault events will be permitted to enter at the **Southeast Gate**. Shot Put competitors will be admitted at the Northeast gate.
- **Coaches Passes:** Passes for Coaches will be distributed according to the following formula: 1-5 qualifiers, school receive two (2) coaches passes; 6-10 qualifiers, school receives three (3) coaches passes; 11-above qualifiers, school receives four (4) coaches passes. Only coaches listed on the school's On-Line List of Participants will be considered eligible to receive a coach's pass. No more than four (4) Coach Passes will be issued to any school.
- **Coaches Access:** Coaches must present their **Coaches Wristband** in order to be admitted to the main bleacher seating area on the west side. No coaches will be permitted to enter the Southeast gate or go into the infield. The **Coaches Wristband** is for stadium seating only!
- **Note:** Only coaches **who are listed** on the On-line List of Participants submitted before the sectional will be issued a coaches pass (according to the above formula). **However, any coach listed must meet all IHSA Coaching By-law Requirements and its subsections. (By-law 2.070).** Coaches who do not meet By-law 2.070 are not eligible and cannot be entered on the On-line List of Participants.
- **Practicing at O'Brien Stadium:**
- **Class 1A Practice Schedule: Wednesday, 4:00 p.m. – 7:00 p.m.** Schools may use the track and field facilities at O'Brien Stadium for practice and warm-up. These practice sessions are not the responsibility of the IHSA or of EIU. Athletes and coaches use the facilities to practice at their own risk. Coaches will be responsible for the safety of their athletes/staff. Coaches must be aware of the weather and react according to IHSA severe weather safety guidelines. (If it roars, go indoors!).

The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

- **Class 2A/3A Practice Schedule: Thursday, Following the 1A meet– 7:00 p.m.** Schools may use the track and field facilities at O'Brien Stadium for practice and warm-up. These practice sessions are not the responsibility of the IHSA or of EIU. Athletes and coaches use the facilities to practice at their own risk. Coaches will be responsible for the safety of their athletes/staff. Coaches must be aware of the weather and react according to IHSA severe weather safety guidelines. (If it roars, go indoors!).
- **Practice Schedule for all classes: Friday, Following the 2A/3A meet– 7:00 p.m.** Schools may use the track and field facilities at O'Brien Stadium for practice and warm-up. These practice sessions are not the responsibility of the IHSA or of EIU. Athletes and coaches use the facilities to practice at their own risk. Coaches will be responsible for the safety of their athletes/staff. Coaches must be aware of the weather and react according to IHSA severe weather safety guidelines. (If it roars, go indoors!).
- Contestants warming up at other than the above times during the meet may use the southeast area behind the tennis courts and the area behind the East bleachers or Lantz Fieldhouse, but shall not use unauthorized or **off limits** areas.
- **Field Event Warm-up:** The Head Judge in each field event will conduct a maximum 15-minute warm-up prior to the beginning of competition in each flight in the field events. Competitors who report promptly to the Head Judge may participate in this warm-up. Exception: The discus competition will be permitted a 20-minute warm-up period. **Girls Track Only:** Due to the lack of volunteer officials at the Girls State Meet, the No. 1 discus ring will be used and the other discus rings are **off limits, unless it is put into use for competition.** Competitors **shall not** use a discus ring that is **off limits** for practice **at any time.**
- **First Aid/Injuries:** Athletic Training Facilities will be in the EIU training room at O'Brien Stadium. If any competitor(s) are sent to the training room for aid, they are to be accompanied by their coach. **Training room hours:** 4:00 p.m. until 7:00 p.m. on Wednesday; 10:00 a.m. -conclusion of meet on Thursday; 8:00 a.m.-conclusion of meet on Friday; 9:00 a.m. until conclusion of meet on Saturday.
- **Hip Numbers:** Contestants will be asked to wear lane numbers on both sides of their hips for the F.A.T. timing device. The Clerk of Course will distribute the numbers.
- **Team Tent Set-Up Area:** School team tents may be set up in the grassy area south and west of the west main stands in the area designated for team tents.
- **Tentative 2012 Track & Field State Final Time Schedule—The Final State Time Schedule will be posted on the IHSA Website by Tuesday after the Sectional Meets once the number of heats have been determined in each event.**
 - ◆ Wednesday, 4:00 p.m. – 7:00 p.m. – Track opens for 1A practice
 - ◆ Thursday, 11:00 a.m.– 1A prelims
 - ◆ Thursday, 5:00 p.m. (approx.) – 7:00 p.m. - Track open for 2A and 3A practice
 - ◆ Friday, 9:00 a.m. – 2A and 3A prelims
 - ◆ Saturday, 10:00 a.m.– 1A, 2A, 3A finals
 - ◆ Look for additional details on the IHSA T&F site in the near future

Consult the State Final Meet time schedule included in the State Final Program and advise competitors to be ready to compete at times scheduled. (Note: Thursday & Fridays Times are approximate.) In case of delays, the time intervals between events will be **approximately** the same unless weather conditions dictate otherwise. The meet will be kept moving.

All Track competitors in a given event **must** report to the staging area (tent at south end of track) on west side of track when their track event is called, unless they have made arrangements with the referee in charge of conflicts. (**No coaches are allowed in the staging area.**) Field event competitors **must** report to the field event competition area when their field event is called.

Relay Batons: In the relay events, relay teams **must** use the batons furnished by the IHSAA. Please make sure these IHSAA batons are returned to the finish line officials and Relay Clerks immediately following the relay.

Relays: Reminder that the four (4) designated runners must be from among the no more than eight (8) competitors listed on the online Sectional List Of Participants completed prior to the Sectional Seed Meeting. **No changes or additions of names may be made from those listed for the relay submitted at the Sectional meet.** If your relay team runs in the finals be sure to give the proper running order to the clerk of the course when requested. This is to insure proper credit is given to your relay runners on the official results and by the public address announcer at the stadium.

m. Contestant Uniforms:

Contestants wearing caps, hats, jewelry, beads in braids, body appliques or other adornments will not be permitted to compete. Narrow headbands to keep the hair from interfering with a contestant's vision will be permitted. Competitors must follow the instructions of the officials.

- ◆ **The jersey shall not be knotted:** The National Federation and Illinois High School Association interpretation is simply, "Anything other than smooth (no knots) alterations of the uniform are illegal." The straps may be taped no more than two (2) layers of tape. It is not legal for shorts to be rolled at the waistband.
- ◆ **Tights/Leotards/Visible Undergarments:** If a competitor wears any visible undergarments, they must be worn underneath the track shorts and/or track jersey. If two or more competitors on a relay team wear visible undergarments under the track shorts and/or track jersey, the visible undergarments must be similar in color and design, but not necessarily the same length.

n. Contestant Shoes:

- ◆ The meet will be held on a 9-lane Royal Blue Rekortan Full-Pour Polyurethane running surface. Track competitors must wear track shoes with spikes **no longer than 1/4 inch**. Competitors will not be permitted to wear spikes in the hallways of Lantz building. Spikes may be worn only in the fieldhouse track area.
- ◆ **Discus Throw and Shot Put** will be from concrete surfaced rings. Competitors should wear rubber-soled shoes. The High Jump areas and the runways for the Long Jump, Triple Jump and Pole Vault are surfaced with Royal Blue Track; Martin Surfacing Full-Pour Polyurethane surface. Competitors **may wear spikes no longer than 1/4 inch** or rubber-soled shoes. (In case field events must be held inside, competitors may wear rubber-soled shoes or shoes with spikes no longer than 1/4 inch.)

o. Protection of Property: Competitors and schools are responsible for their own property and valuables at all times during the state final meet. Competitors are encouraged to dress in their rooms before coming to the stadium whenever possible since no locker rooms are provided.

p. IHSAA Pole Vault Weigh Verification Card: Each pole vault competitor must submit an IHSAA Pole Vault Weight Verification Card to the Head Pole Vault Event Judge. **The Head Event Judge will have cards to be completed.** The weigh-in will be conducted in the official's tent in the southeast corner of O'Brien Stadium.

q. Storage of Pole Vault Poles: Vaulting poles can be stored in the hospitality tent located in the south east corner of O'Brien Stadium. This area is not secure. Competitors who leave their poles in the tent do so at their own risk.

r. Wireless Communication Devices (cell phones, etc.) are Prohibited: Persons who have a media pass are restricted from using a wireless communication device in the infield and/or competition area. Competitors are prohibited from having and/or using wireless communication devices (like cell phones, audio players, etc.) in the restricted competition areas. Any athlete using a wireless communication device in the restricted area will be disqualified. Only designated officials may use wireless communication devices in the infield or competition area.

s. High Jump and Pole Vault:

- ◆ For the High Jump and Pole Vault, the starting height and the bar moves will be announced by the Games Committee. The **Qualifying Height** for the Class 1A/2A/3A Finals in the High Jump and Pole Vault will be approved by the Games Committee and



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

- will be based on the performances in the first flight in each Class. The Games Committee will approve the starting height and the bar moves for the Finals on Thursday and Friday after the preliminaries are concluded.
- ◆ The Games Committee has authorized the Head Judge of each field event to set the time limit for competitors excused to compete in another event. The Head Judge will record on the field event card the event for which the competitor is being excused with the time leaving and the time the competitor must return.
 - ◆ **High Jump Marks:** Marks on the High Jump runway are to be made with chalk only. A maximum of two marks per competitor will be permitted on the High Jump runway and neither mark is permitted to be closer than 2 meters to the bar.
 - ◆ **Triple Jump:** The "A" (short) designation is for the runway of 107' or less; the "B" (long) designation is for the runway of more than 107'. **The wind direction will determine the layout of the long and short runways. The middle landing pit will always be the long runway.**
- t. **The Games Committee** has determined that athletes may not remove any portion of the team uniform inside the fence surrounding the track and at the site of the discus. (Rule: 3-2-2)
- u. **Unrestricted Areas:** As permitted, in the current National Federation rules, unrestricted areas may be defined inside the stadium for meet officials only. All other areas inside the stadium fences are restricted areas. All areas outside the stadium fences are unrestricted areas except as determined by the Games Committee in the discus areas. Seating areas on both the east and west sides are unrestricted areas.
- v. **Warning:** The synthetic turf inside the track will retain heat. Be sure to protect your athletes' feet by requiring them to wear shoes when on the infield.
- w. **Jury of Appeals/Protests:** A Jury of Appeals will be designated by the IHSA and will be utilized as described in National Federation Rule 3-5. All Appeals of officials' decisions must be submitted in writing to the Jury of Appeals by the head coach within 30 minutes of the posting of the results for an event. In ruling on appeals, the Jury of Appeals shall not set aside or waive the provisions of any NFHS Track and Field rule or Term and Condition for the series. The decision of the Jury of Appeals in ruling on any such final appeals shall be final.
- x. **Prelim Results:** Complete State Final results will be available immediately after the meet on the IHSA Web Site at: www.ihsa.org. Results will be posted on the Bulletin Boards on the north and west main stands at O'Brien Stadium. They are not to be removed.
- y. **Food or beverage:** No food or beverage is permitted in any area of the Lantz Building Complex or Lantz Fieldhouse indoor track facility. **No Containers, Cans, Bottles or Ice Chests Permitted:** No containers, cans, bottles or ice chests will be permitted in the stadium seating area at O'Brien Field or Lantz Fieldhouse. Schools are asked to please inform their fans that they will not be permitted to bring these items into the stadium.
- z. **Viewing Videos:** A competitor is prohibited from viewing a videotape until the competition for track and field events is finished for the day in the competitor's respective Class 1A/2A/3A events.



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

Running Event Information

Lane Information: No marks are to be put on the track for relays -- markers will be available at the zones, on a limited basis, from Inspectors. A reminder: the marker may be used only in the competitor's own lane including the outside lane line to the **right** of the competitor.

Starting Blocks: Competitors may use their own starting blocks **provided** they are adaptable to the track surface without causing damage to the track.

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: Wind direction may cause the hurdles and the 100 meter dash to be run in the opposite direction.

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 4x800 Meter Relay: These races are run in alleys with a one-curve stagger starting on solid white staggered water falls and breaking at the end of the first curve. In the 4x800 Meter Relay, the exchanges are made within the blue common exchange zone at the start/finish line.

4x100 Meter Relay: This race is run with a two-curve stagger starting on yellow staggered lines. Run in lanes all the way; exchange zones are yellow to yellow.

4x400 Meter Relay: This race is run with a three-curve stagger starting on blue staggered lines. The first runner in lanes exchanging within blue staggered triangles. The second runner remaining in their assigned lane and breaking at the end of the first curve. The second and third exchanges are made within the blue common exchange zone at the start/finish line.

4x200 Meter Relay: This race is run with a four-curve stagger starting on red staggered lines. Run in lanes all the way; the first two exchanges are red to red and the third exchange is yellow to yellow.



The IHSAA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

Shot & Discus Information

Girls

Shot Inspection : Shots will be weighed and measured at the tent in the northeast corner of the stadium.

Discus Inspection: Discus will be weighed and measured at the tent located at the discus rings south of the stadium.

Weigh-in and inspection for the **girl's shot put** will occur as follows:

Girls 1A

Thursday 10:00 a.m. – 10:45 a.m.

Saturday 9:00 a.m. – 9:45 a.m.

Girls 2A

Friday 8:00 a.m. – 8:45 a.m.

Saturday 9:45 a.m. – 10:30 a.m.

Girls 3A

Friday 9:45 a.m. – 10:30 a.m.

Saturday 10:30 a.m. – 11:15 a.m.

Weigh-in and inspection for the **girl's discus will occur** as follows:

Girls 1A

Thursday 12:30 p.m. – 1:15 p.m.

Saturday 11:00 a.m. – 11:45 a.m.

Girls 2A

Friday 9:30 a.m. – 10:15 a.m.

Saturday 11:50 a.m. – 12:35 p.m.

Girls 3A

Friday 12:00 p.m. – 12:45 p.m.

Saturday 12:40 p.m. – 1:25 p.m.

Boys

Shot Inspection : Shots will be weighed and measured at the tent in the northeast corner of the stadium.

Discus Inspection: Discus will be weighed and measured at the Hospitality Tent located at the southeast corner of O'Brien Stadium.

Weigh-in and inspection for the **boy's shot put** will occur as follows:

Boys 1A

Thursday 10:00 a.m. – 10:45 a.m.

Saturday 9:00 a.m. – 9:45 a.m.

Boys 2A

Friday 8:00 a.m. – 8:45 a.m.

Saturday 9:00 a.m. – 9:45 a.m.



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

Boys 3A

Friday 11:30 a.m. – 12:15 p.m.
Saturday 10:30 a.m. – 11:15 a.m.

Weigh-in and inspection for the **boy's discus** will occur as follows

Boys 1A

Thursday 11:45 a.m. – 12:30 p.m.
Saturday 12:00 p.m. – 12:45 p.m.

Boys 2A

Friday 10:00 a.m. – 10:45 a.m.
Saturday 12:50 p.m. – 1:35 p.m.

Boys 3A

Friday 1:20 p.m. – 2:05 p.m.
Saturday 1:40 p.m. – 2:20 p.m.

Impounded Shots and Discuses: Legal implements will be provided at the competition areas to be used by competitor(s) whose shot or discus is impounded (or for competitor(s) that fail to meet the inspection deadline). **Impounded implements may be picked up after competition at the site of the competition in each event.**

Adhesive Sprays in Shot Put and Discus: Adhesive sprays are permitted in the Shot Put and Discus when the competitor is using their own implement. If a competitor is using an implement provided by Meet Management because their implement has been impounded, no adhesive spray may be used since the implement is provided for the "common use" of competitors.

Towels for Implements: In case of rain, competitors will be responsible for furnishing their own towels for drying off their shots and discuses.

34.92 Throwing Sector: The throwing sector for both the shot and discus will be 34.92 degrees

Saturday Finals Information

- **Programs for Saturday Finals:** The head coach from each school may pick up one copy of the Saturday Finals Program at the **Will Call** window of the ticket booth at the west main stands of O'Brien Stadium. The programs will be available at 10:00 a.m.
- **Saturday Parade of Competitors:** (8:45 - 9:15 a.m.): Officials and contestants should be assembled at southeast entrance to O'Brien Stadium. Except for the meet officials being at the front, there is no special line-up. Coaches and contestants will line up on a first come-first serve basis behind the State Final Officials. All competitors and coaches who qualified for the State Final Meet are invited to participate in the Parade of Competitors. We will march promptly at 9:15 a.m.
- **Awards Presentations on Saturday:** If an athlete in track & field events or relay team from your school places in the Finals on Saturday, please instruct your competitors to **report to the press interview area adjacent to the Awards Stand in the infield of O'Brien Field immediately** after their event is finished to be awarded their medallions. Marshals will assist athletes and media in this regard.



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

RACE AT STATE!

Open Track Races

Under the lights at O'Brien Stadium on the campus of Eastern Illinois University,
site of the IHSA State Track and Field Championships

Friday May 18, 2012 & Friday May 25, 2012

After the completion of Friday Preliminaries of the
IHSA State Track and Field Championships

Start Time: 7:00 p.m.

LISTEN FOR ANNOUNCEMENTS

In Order, we will contest:

300 hurdles

1600m

100m

400m

800m

3200m

Great Opportunity to race on the state meet track!

All races will be timed with the same timing Fully Automatic Timing (F.A.T.) system used for the state track and field meet! Lots of fun, and maybe a last chance to get that PR!

ENTRIES / Registration –

Register on-site at O'Brien Stadium. The registration table will be set up under O'Brien stadium, near the south concession stand. Registration will begin at approximately 3:00 p.m.

and continue until approximately 6:45 p.m. Listen for announcements!

Cost is \$5.00 per athlete – cash or check (made out to Eastern Illinois University)

Races are open to all competitors!

(youth, masters, coaches, junior high, high school, parents – everyone is welcome!)
Some races may be combined (men and women competing together) depending on the number of entries. **RESULTS** will be announced and posted at O'Brien Stadium and available on-line at www.eiurunning.com