

**Wednesday, May 22, 2019**

**Practice Schedule: 4:00 p.m.—7:00 p.m.** Schools may use the track and field facilities at O'Brien Field 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!)

**Packet Pick-Up: Wednesday**—All Classes may pick up their team packets between 4:00 p.m. and 7:00 p.m. at the south ticket window on the west side of O'Brien Field (parking & vendor lot).

**Thursday, May 23, 2019**  
(Semifinals in Class 1A Only)

**Coach/Athlete Responsibility:** Times are approximate and competitors are responsible to report prior to an event. Regardless of the time an event is scheduled, events will follow one another in the order indicated and the meet will be kept moving along. It is the responsibility of the coaches and their athletes to monitor the progress of the meet and to report for competition appropriately. Do not rely solely on calls from the PA announcer. Section VII-G-1,2,3 (Reporting To The Clerk of The Course) of the Terms and Conditions will be strictly enforced.

**Practice Schedule:** The track at O'Brien Field will be open for 1A practice between the hours of 8:00 a.m. to 10:00 a.m.

**Warm-up times in the field events:** Pole Vault 30 minutes per flight; Discus 20 minutes per flight; Shot Put 15 minutes per flight; Long Jump 15 minutes per flight; High Jump 15 minutes per flight; Triple Jump 15 minutes per flight.

**Pole Vault Weigh-in: Semis**—Contestants by flight order in the Hospitality Tent at the southeast corner of O'Brien Field beginning with all 1A Flights weighing in from 10:00 a.m. until 11:00 a.m. Competitors will be weighed in flight order. Once a flight has been weighed, those in the next flight will be weighed. If there is a break in the weigh-in, competitors may check their weight with the permission of the judges.

**Packet Pick-Up: Thursday**—All Classes may pick up their team packets between 8:00 a.m. and 7:00 p.m. at the south ticket window on the west side of O'Brien Field (parking & vending lot).

**CLASS 1A FIELD EVENTS**

**Shot Inspection:** Shots will be weighed and measured at the tent south of O'Brien Field in the throws area. **Discus Inspection:** Discus will be weighed and measured at the tent south of O'Brien Field in the throws area.

10:00 a.m.	Pole Vault	Weigh-in: Contestants by flight in order beginning with Flight No. 1 at tent outside southeast corner of O'Brien Field
10:00 a.m.	Long Jump Long Jump	Flights 1 & 2 (Warm-up at 9:40 a.m.) Flight 3 Follows flights 1 & 2 on first available runway (15 minute warm-up)
	Triple Jump	The first flight of the triple jump will immediately follow the long jump on the first available runway (following a 15 minute warm-up). The subsequent flights of the triple jump will follow on the first available runway following a 15 minute warm-up.
10:00 a.m.	High Jump F	light 1 followed by Flight 2 (Flight No. 1 warm-up at 9:45 a.m., other flights have 15-minute warm-up)
10:50 a.m.	National Anthem/Referee's Instructions	

11:00 a.m.	ALL RUNNING EVENTS BEGIN AT 11:00 a.m.
11:00 a.m.	Shot Put Flights 1 & 2 followed by flight 3 (Flight 1 in East Ring, Flight 2 in West Ring, Flight 3 in first available ring) Flights 1 & 2 warm-up at 10:45 a.m. Flight 3 will have a 15 minute warm-up Weigh-in and inspection will take place for all flights between 10:00 a.m. and 10:45 a.m.
11:00 a.m.	Pole Vault Flight 1 - South Runway (Warm-up 10:30 a.m.)
11:00 a.m.	Pole Vault Flight 2 - North Runway (Warm-up 10:30 a.m.)
1:10 p.m.	Discus Flights 1 & 2 followed by flight 3 (Flight 1 in North Ring, Flight 2 in South Ring, Flight 3 in first available ring. Discus Flight 3 will have a 20 minute warm-up)
	Discus Flights 1 & 2 - (Warm-up 12:50 p.m.) Weigh-in and inspection will take place for all flights between 12:05 p.m. and 12:45 p.m.

**CLASS 1A TRACK EVENTS**

**Running Event Qualifying To Finals:** In all running events with semifinals, each heat winner advances to the finals. The remainder of the field in each respective running event final will be filled on the basis of time in the semifinals.

**All Times Approximate**

10:50 a.m.	National Anthem/Referee's Instructions
11:00 a.m.	4 x 800-Meter Relay (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
11:39 a.m.	4 x 100-Meter Relay (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
(Ten Minute Warm Up On Hurdles)	
12:05 p.m.	110-Meter High Hurdles (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
12:21 p.m.	100-Meter Dash (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
12:37 p.m.	800-Meter Run (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
12:55 p.m.	4 x 200-Meter Relay (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
1:11 p.m.	400-Meter Dash (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
1:27 p.m.	300-Meter Intermediate Hurdles (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
1:43 p.m.	1600-Meter Run (Semifinals: 2 heat winners plus next 10 best prelim times qualify for Finals)
2:01 p.m.	200-Meter Dash (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
2:17 p.m.	4 x 400-Meter Relay (Semifinals: 5 heat winners plus next 4 best prelim times qualify for Finals)
2:52 p.m.	Finish

**Practice Schedule: Following the 1A meet—7:00 p.m.** Schools may use the track and field facilities at O'Brien Field 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!).

**Friday, May 24, 2019**  
(Semifinals in 2A and 3A)

**Coach/Athlete Responsibility:** Times are approximate and competitors are responsible to report prior to an event. Regardless of the time an event is scheduled, events will follow one another in the order indicated and the meet will be kept moving along. It is the responsibility of the coaches and their athletes to monitor the progress of the meet and to report for competition appropriately. Do not rely solely on calls from the PA announcer. Section VII-G-1,2,3 (Reporting To The Clerk of The Course) of the Terms and Conditions will be strictly enforced.

**Warm-up times in the field events are:** Pole Vault 30 minutes per flight; Discus 20 minutes per flight; Shot Put 15 minutes per flight; Long Jump 15 minutes per flight; High Jump 15 minutes per flight; Triple Jump 15 minutes per flight.

**Pole Vault Weigh-in: Prelims**—Contestants by flight order in the Hospitality Tent at the southeast corner of O'Brien Field beginning with morning session Flight No. 1 at 7:45 a.m. (until 8:45) and afternoon session Flight No. 1 at 11:15 a.m. (until 1:00 p.m.) Competitors will be weighed in flight order. Once a flight has been weighed, those in the next flight will be weighed. If there is a break in the weigh-in, competitors may check their weight with the permission of the judges.

**Practice Schedule:** The track at O'Brien Field will be open for 2A and 3A practice between the hours of 6:30 a.m. to 7:45 a.m.

**Packet Pick-Up: Friday—All Classes**—7:00 a.m.–1:00 p.m. at the south ticket window on the west side of O'Brien Field. After 1:00 p.m. any unclaimed packets will be available at the north ticket window on the west side of O'Brien Field (parking & vending lot).

**CLASS 2A FIELD EVENTS**

**Shot Inspection:** Shots will be weighed and measured at the tent south of O'Brien Field in the throws area. **Discus Inspection:** Discus will be weighed and measured at the tent south of O'Brien Field in the throws area.

8:00 a.m.	Long Jump Triple Jump	Flights 1 & 2 (Warm-up at 7:45 a.m.) The first flight of the triple jump will immediately follow the long jump on the first available runway (following a 15 minute warm-up). The subsequent flights of the triple jump will follow on the first available runway following a 15 minute warm-up.
8:00 a.m.	High Jump	Flight 1 followed by Flight 2 (Flight No. 1 warm-up at 7:45 a.m., other flights have 15 minute warm-up)
8:50 a.m.	National Anthem/Referee's Instructions	
9:00 a.m.	All Running Events Begin at 9:00 a.m.	
9:00 a.m.	Shot Put	Flight 1 & 2 (Flight 1 in West Ring, Flight 2 in East Ring) Flights 1 & 2 warm-up 8:45 a.m. Weigh-in and inspection will take place for all flights between 8:00 a.m. and 8:40 a.m.
9:00 a.m.	Pole Vault	Flight 1 - South Runway (Warm-up 8:30 a.m.)
9:00 a.m.	Pole Vault	Flight 2 - North Runway (Warm-up 8:30 a.m.)
10:55 a.m.	Discus	Flights 1 & 2 (Flight 1 in South Ring, Flight 2 in North Ring) Flights 1 & 2 warm-up 10:35 a.m. Weigh-in and inspection will take place for all flights between 9:50 a.m. and 10:30 a.m.

**CLASS 2A TRACK EVENTS**

**Running Event Qualifying To Finals:** In all running events with semifinals, each heat winner advances to the finals. The remainder of the field in each respective running event final will be filled on the basis of time in the semifinals.

**All Times Approximate**

8:50 a.m.	National Anthem/Referee's Instructions
9:00 a.m.	4 x 800-Meter Relay (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
9:39 a.m.	4 x 100-Meter Relay (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
(Ten Minute Warm Up On Hurdles)	
10:01 a.m.	110-Meter High Hurdles (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
10:13 a.m.	100-Meter Dash (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
10:25 a.m.	800-Meter Run (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
10:43 a.m.	4 x 200-Meter Relay (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
10:59 a.m.	400-Meter Dash (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
11:11 a.m.	300-Meter Intermediate Hurdles (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
11:23 a.m.	1600-Meter Run (Semifinals: 2 heat winners plus next 10 best prelim times qualify for Finals)
11:41 a.m.	200-Meter Dash (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
11:57 a.m.	4 x 400-Meter Relay (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
12:18 p.m.	Finish

**CLASS 3A FIELD EVENTS**

**Shot Inspection:** Shots will be weighed and measured at the tent south of O'Brien Field in the throws area.

**Discus Inspection:** Discus will be weighed and measured at the tent south of O'Brien Field in the throws area.

12:00 p.m.	Long Jump Long Jump Triple Jump	Flights 1 & 2 (Warm-up at 11:45 a.m.) Flight 3 Follow flights 1 & 2 on first available runway ( 15 minute warm-up) The first flight of the triple jump will immediately follow the long jump on the first available runway (following a 15 minute warm-up). The subsequent flights of the triple jump will follow on the first available runway following a 15 minute warm-up.
12:00 p.m.	High Jump	Flight 1 followed by Flight 2 (Flight No. 1 warm-up at 11:45 a.m., other flights have 15 minute warm-up)
12:30 p.m.	Pole Vault	Flight 1 – 1st Available Runway (Warm-up 12:00 p.m.)
12:30 p.m.	Pole Vault	Flight 2 – 1st Available Runway (Warm-up 12:00 p.m.)
1:05 p.m.	Shot Put	Flight 1 & 2 (Flight 1 in East Ring, Flight 2 in West Ring) Flights 1 & 2 warm-up 12:50 p.m. Weigh-in and inspection will take place for all flights between 11:50 a.m. and 12:30 p.m.
2:45 p.m.	Discus	Flights 1 & 2 (Flight 1 in North Ring, Flight 2 in South Ring) Flights 1 & 2 warm-up 2:25 p.m. Weigh-in and inspection will take place for all flights between 1:45 p.m. and 2:20 p.m.

**CLASS 3A TRACK EVENTS**

**Running Event Qualifying To Finals:** In all running events with semifinals, each heat winner advances to the finals. The remainder of the field in each respective running event final will be filled on the basis of time in the semifinals.

**All Times Approximate**

- 1:00 p.m. 4 x 800-Meter Relay (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
- 1:39 p.m. 4 x 100-Meter Relay (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)  
(Ten Minute Warm Up On Hurdles)
- 2:05 p.m. 110-Meter High Hurdles (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
- 2:17 p.m. 100-Meter Dash (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
- 2:33 p.m. 800-Meter Run (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
- 2:51 p.m. 4 x 200-Meter Relay (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
- 3:07 p.m. 400-Meter Dash (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
- 3:23 p.m. 300-Meter Intermediate Hurdles (Semifinals: 3 heat winners plus next 6 best prelim

- times qualify for Finals)
- 3:35 p.m. 1600-Meter Run (Semifinals: 2 heat winners plus next 10 best prelim times qualify for Finals)
- 3:53 p.m. 200-Meter Dash (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
- 4:09 p.m. 4 x 400-Meter Relay (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
- 4:30 p.m. Finish

**Practice Schedule: Following the 2A/3A meet—6:45 p.m.** Schools may use the track and field facilities at O'Brien Field for practice and warm-up. These practice sessions are not the responsibility of the IHSA nor 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 rains, go indoors!).

6:45 p.m. E.I.U. CONDUCTS THE "RACE UNDER THE LIGHTS"

→ → → **coming soon!!!** ← ← ←

**SATURDAY, JUNE 1, 2019**

**ROAD RACE**

3rd Annual  Normal, Illinois

For more information visit [www.ihsa.org](http://www.ihsa.org)

**Saturday, May 25, 2019**

(Finals in All Events - All Classes-1A-2A-3A and Wheelchair Division )

- 7:00—8:45 a.m. Track is open to all finalists
- 8:45—9:15 a.m. Parade of Competitors assembled at southeast entrance to O'Brien Field
- 9:15—9:30 a.m. Parade of Competitors
- 9:00-10:00 a.m. Pole Vault Pole Inspection (no weigh inrequired) (1A & 2A), 10:00-10:30 a.m. (3A) in the tent
- 9:30—10:00 a.m. Opening Ceremonies

**FIELD EVENTS**

**Shot Inspection:** Shots will be weighed and measured at the tent south of O'Brien Field in the throws area. Weigh-in and inspection will take place for Wheelchair Division, Class 1A and 2A between 9:00 a.m. and 9:40 a.m. Class 3A will have implements inspected between 9:40 a.m. and 10:00 a.m.

**Discus Inspection:** Discus will be weighed and measured at the tent south of O'Brien Field in the throws area. Weigh-in and inspection will take place for the Wheelchair Division, Class 1A and 2A between 11:30 a.m. and 12:10 p.m. Class 3A will have implements inspected between 12:10 p.m. and 12:30 p.m.

- 10:00 a.m. Long Jump 1A and 2A. 3A to follow on first available runway following 15 minute warm-up.
- Triple Jump Immediately following the Long Jump , on the first available runway, a 15 minute warm-up period will begin for the 1A flight of the Triple Jump. The 1A flight of the Triple Jump will start their competition immediately following their 15 minute warm-up period. Subsequent classes of the Triple Jump will warm-up for 15 minutes and then compete on the runway where they have warmed-up as a runway becomes available.
- 10:00 a.m. Shot Put 1A (West Ring ) (Warm-up 9:45 a.m.)  
2A (East Ring) (Warm-up 9:45 a.m.)  
3A to follow on first available ring (following a 15 minute warm-up)  
Weigh-in and inspection will take place for Athletes with Disabilities, Class 1A and 2A between 9:00 a.m. and 9:40 a.m. Class 3A will have implements inspected between 9:40 a.m. and 10:00 a.m.
- 10:00 a.m. Pole Vault 1A and 2A. 3A to follow on first available runway (following a 30 minute warm-up)
- 10:00 a.m. High Jump 1A followed by 2A, followed 3A (each class will have a 15 minute warm-up)
- 12:30 p.m. Discus 1A (North Ring ) (Warm-up 12:10 p.m.)  
2A to follow on first available ring (following a 20 minute warm-up)  
3A to follow on first available ring (following a 20 minute warm-up)  
Weigh-in and inspection will take place for Class 1A and 2A between 11:30 a.m. and 12:05 p.m. Class 3A will have implements inspected between 12:05 p.m. and 12:30 p.m.

**ALL CLASSES—TRACK EVENTS**

- 10:00 a.m. Class 1A 3200-Meter Run (Section No. 1)  
Class 2A 3200-Meter Run (Section No. 1)  
Class 3A 3200-Meter Run (Section No. 1)
- 10:00 a.m. Class 1A and 2A Long Jump (followed by 3A)
- 10:00 a.m. Class 1A and 2A Pole Vault (followed by 3A)
- 10:00 a.m. Class 1A and 2A Shot Put (followed by 3A)
- 10:00 a.m. Class 1A High Jump (followed by 2A, followed by 3A)
- 11:00 a.m. Class 1A 4 x 800-Meter Relay  
Class 2A 4 x 800-Meter Relay  
Class 3A 4 x 800-Meter Relay
- 11:40 a.m. Class 1A 4 x 100-Meter Relay  
Class 2A 4 x 100-Meter Relay  
Class 3A 4 X 100-Meter Relay
- 12:10 p.m. Class 1A 3200-Meter Run (Section No. 2)  
Class 2A 3200-Meter Run (Section No. 2)  
Class 3A 3200-Meter Run (Section No. 2)
- 1:10 p.m. Class 1A 110-Meter High Hurdles  
Class 2A 110-Meter High Hurdles  
Class 3A 110-Meter High Hurdles
- 1:35 p.m. Wheelchair Division 100 Meter  
Class 1A 100-Meter Dash  
Class 2A 100-Meter Dash  
Class 3A 100-Meter Dash
- 1:55 p.m. Wheelchair Division 800 Meter  
Class 1A 800-Meter Run  
Class 2A 800-Meter Run  
Class 3A 800-Meter Run
- 2:25 p.m. Class 1A 4 x 200-Meter Relay  
Class 2A 4 x 200-Meter Relay  
Class 3A 4 x 200-Meter Relay
- 2:55 p.m. Wheelchair Division 400 Meter  
Class 1A 400-Meter Dash  
Class 2A 400-Meter Dash  
Class 3A 400-Meter Dash
- 3:15 p.m. Class 1A 300-Meter Intermediate Hurdles  
Class 2A 300-Meter Intermediate Hurdles  
Class 3A 300-Meter Intermediate Hurdles
- 3:35 p.m. Class 1A 1600-Meter Run  
Class 2A 1600-Meter Run  
Class 3A 1600-Meter Run
- 4:05 p.m. Wheelchair Division 200 Meter  
Class 1A 200-Meter Dash  
Class 2A 200-Meter Dash  
Class 3A 200-Meter Dash
- 4:20 p.m. Class 1A 4 x 400-Meter Relay  
Class 2A 4 x 400-Meter Relay  
Class 3A 4 x 400-Meter Relay
- 5:00 p.m. Team Awards