

2015 SIJHSAA Class L Boys & Girls State Track & Field Meet

Hosted by Cartersville Junior High School

Hello and welcome to the SIJHSAA Class L State Track & Field Meet. We are excited about the opportunity to host this year's competition. On the following pages, you will find information about the meet itself, a timeline of events, and information about our facility. We hope that you find the information helpful, but should you possess any further questions, please do not hesitate to call Cartersville High School (618.985.2940), Cartersville Junior High School (618.985.6411), or Coach Jake Wakey (618.967.0261). You can also email me at jwakey@cartersvillelions.com.

Admission *(as per SIJHSAA guidelines)*

- Adults: \$5
- Students: \$2

Timeline of Events

Monday, May 4th – Deadline for State Meet Entries ~ 12:00 (noon) from Regional Hosts

- *Please send qualifier information by 12:00 (noon) the day following your Regional meet. If regional is held on a Saturday, entries are due by 12:00 (noon) the following Monday. Fax # 618.985.2741*

Saturday, May 9th

- **9:00** – Weigh-in of implements/competitors begins on east side of press box
- **9:15** - Coaches meeting (Scratch meeting only – no replacements)
- **9:30** – Girls High Jump Competition Begins
 - *We are hopeful that beginning the high jump competition prior to other field events will alleviate issues with athletes competing in running events and high jump competition concurrently*
- **10:08** – National Anthem
- **10:15** – Field Events Begin
 - *On the following page, you will find information specific to field event competition*
- **12:00** – Finals Begin
 - *As per new SIJHSAA guidelines, no preliminary races will be run at the state meet; finals will follow the traditional order of events*

Busses will be parking on the west side of Tri-C Elementary and on the north side of the building as well. In order to better direct bus drivers, there will be temporary signs and a parking attendant in place on the day of the meet to facilitate a smooth transition of athletes from bus to the field of competition.

We have an all-weather track surface; runways are all-weather surface as well. Please ensure that all of your athletes are using spikes that are 1/4"-inch or less in length. Please ask your athletes not to wear spikes in the bleachers. Restrooms are located on the east side of the press box and in the field house.

The meet scoring for all events will be as follows: 10, 8, 6, 5, 4, 3, 2, 1

Miscellaneous Information

Directions:

- Lions Field and the Track & Field Complex is located at Tri-C Elementary on Lion Drive. The eight-lane track encircles the football field.
 - If you are arriving from the **South** or **West**, you should turn *left* off of Illinois Route 13 onto Cambria Road. Then turn *right* onto Grand Avenue. After travelling east, you will arrive at a three-way stop. Turn *right* onto Lion Drive.
 - If you are arriving from the **South** or **East**, you should turn *right* off of Illinois Route 13 onto Greenbriar Road. When you reach a four-way stop, you will turn *left* onto Grand Avenue. Go to the three-way stop, and turn *left* onto Lion Drive.
 - If you are arriving from the **North**, (via 148 and Herrin/Colp Road) at the second four-way stop on Division, turn *right* onto Grand Avenue. Proceed through the next four-way stop (at the Greenbriar intersection), and turn *left* at the three-way stop onto Lion Drive.

Field Event Information:

- Competition in the shot put, discus, and long jump will be run simultaneously. We can adjust flights of the shot put and discus to ensure that competitors are not competing in multiple events at the same time.
 - 10:15 – Shot Put ~ Boys
 - 10:15 – Discus ~ Girls
 - 10:15 – Boys Long Jump (east pit/runway)
 - 10:15 – Girls Long Jump (west pit/runway)
 - 9:45 – Girls High Jump (starting height: 4' as per SIJHSAA by-laws)
 - TBD – Boys High Jump (starting height: 4' 10" as per SIJHSAA by-laws)
 - 10:15 – Boys Pole Vault (starting height: 8' 6" as per SIJHSAA by-laws)

Timing of Running Events

- The timing of running events will be conducted using our Eagle Eye F.A.T. timing system. Final results of running events will be posted outside of the press box as well as publicized via the public address system.

Scratch Meeting

- On the day of the meet, the scratch meeting for coaches will be held at 9:15 in the field house located at the south end of the track (nearest the high jump). *Remember that no replacements or other amendments can be made at this time – scratches only!*

Starter

- The starter for the boys' portion of the meet will be Paul Stallman. Randy Jenkins will serve as the starter for all girls' events.

Staging Area

- The staging area for all track events will be located on the asphalt area north of the starting line. Athletes are asked to report in a timely manner so as to keep the meet running smoothly. There will be benches located at the staging area, and water will be provided for athletes in this area as well. Athletes will then enter the track and proceed to the appropriate starting line. Kevin Helfrich (junior high track coach at Carbondale) will serve as the Clerk of the Course for the state meet.

Competitor/Implement Weigh-In

- The location of weigh-ins for competitors in the pole vault and for shots/discs to be used in competition will be located on the back (east) side of the press box. The weigh-in will open at 9:00 and run until 10:00. Athletes in the pole vault will be provided a card, which will be presented to the event judge prior to competition. The judge will use that card to ensure use of a legal pole. Shots/Discs will be marked indicating that they have been weighed and meet SIJHSAA specifications. Any athlete using a non-approved implement will be immediately disqualified.

Athletes and Spectators

- In order to avoid athletes/spectators interfering with field events and running events, only competing athletes will be permitted inside the exterior fence. This policy will be monitored closely as it is in accordance with competition at the IHSA State Track & Field meet. Please inform your athletes of these guidelines.

Warm-Up Area

- Athletes are welcome to use any of the surfaced or grass areas around the track in order to warm up prior to their race. However, they will not be permitted to use the track or football field once preliminary races begin. Prior to preliminaries, athletes, who will be competing in the meet, are welcome to use the track and football field for warm-ups and exchange zones to practice handoffs.

Blocks

- Starting blocks for the meet will be provided. We have a block cart that will be brought to the starting line for each race.

T-Shirts

- State meet t-shirts will be available for purchase by competitors and fans on the day of the meet. Shirts will be for sale on the concourse near the main concession area.

Concessions

- There will be a concession stand selling beverages and food for athletes and spectators throughout the course of the competition.

Hospitality Room

- In lieu of a designated hospitality room, coaches will receive a ticket during the scratch meeting that can be redeemed at the concession stand window.