

## **2025 SIJHSAA Girls and Boys Track Activity Update**

### **Class S State Track Meet Site Change:**

The 2025 SIJHSAA Class S State Track and Field Meet will be hosted by Murphysboro High School for 2025. Derek Beard, Athletic Director at Murphysboro High School will serve as the Meet Manager.

### **Athletic.net Requirement:**

All schools entered in girls or boys track must have a school Athletic.net account. This is an account in the name of the school (not the coach), thus it can be passed from year to year in case there is a coaching change.

### **High Jump and Pole Vault Starting Heights:**

The SIJHSAA By Laws have suggested starting heights for the regional and state meets listed. These are only suggested, the final decision of starting heights will be determined by the Games Committee of the respective meets.

### **Regional Meet Entry Timetable: (Recommended)**

- A. Entry Submission Deadline: Minimum of 9 am the day before the meet or earlier
- B. Heat Sheets released: Emailed to coaches the evening before the meet or earlier.
- C. Scratches and Substitutions: May be made at the Coaches Meeting on the day of the meet.

### **State Meet Scratches and Substitutions:**

Scratches only may be made at the Coaches Meeting unless it is a Relay Substitution. A Relay Substitution may be made with anyone on your eligibility sheet not entered in 4 events.