

2025 SIJHSAA CLASS S BOYS AND GIRLS STATE TRACK AND FIELD MEET

At Doc Bencini Field at Murphysboro High School

Saturday, May 10, 2025

Welcome to the SIJHSAA Class S State Track and Field Meet. We are excited to be hosting 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. If you have any questions feel free to contact Murphysboro High School at (618) 687-3532 ext. 1609, Murphysboro High School Athletic Director, Derek Beard. You can also email me at dbeard@mhs.org

Admission (as per SIJHSAA guidelines):

- Adults: \$5.00 / 9th grade and older
- Students: \$2.00 / 8th grade and younger

Online tickets may be purchased at the following link - <https://gofan.co/event/3589973?schoolId=IL21309>

Fans are not allowed to bring coolers into the facility.

Timeline of Events:

Monday, May 5th – Regional meet manager/director deadline for entering qualifiers through athletic.net.

All Regional Hosts: also please send a copy by email of your regional results following your regional meet.

All entries MUST be entered by the regional meet manager as soon as possible after the regional meet has ended.

Saturday May 11th

- 9:00 – weigh-in of implements; red building near field event area
- 9:15 – Coaches meeting (Scratch only – no replacements) – MHS Auditorium
- 9:30 – Girls High Jump begins

*We are hopeful that starting the high jump competition prior to other field events will alleviate issues with athletes competing in running events and high jump competition concurrently.

- 9:55 – National Anthem
- 10:00 – Field Events Begin
- Upon completion of field events (approx.. 12:30) – 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.

Miscellaneous Information:

- We have an all-weather track; runways are also all-weather surfaces as well. Please ensure that all of your athletes are using spikes that are $\frac{1}{4}$ " or less in length. Please ask your athletes not to wear spikes in the bleachers.
- Restrooms are located under the main bleachers.
- Buses will park in the main parking lot east of the football/track complex
- The physical address for Murphysboro High School is – 50 Blackburn Dr., Murphysboro, IL 62966
- The teams will enter through the Gate between the high school and track.
- **No one can set up camp in the bleachers. NO TENTS in BLEACHERS, Camp areas will be marked.**

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

Field Event Information:

- Competition for the shot put, discus and long jump will be run simultaneously. We can adjust flights for the shot put and discus to ensure that competitors are not competing in multiple events at one time.
- 9:30 – Girls high jump (starting height is 4'00" as per SIJHSAA by laws)
- TBD – Boys high jump (starting height is 4'10" as per SIJHSAA by-laws)
- 10:00 – shot put – boys
- 10:00 – discus – girls
- 10:00 – Boys first/girls second long jump (south pit)

Scratch Meeting:

- On the day of the meet, the scratch meeting will be at 9:15 in the Auditorium of the high school. The auditorium is on the east end of the high school. Enter through the main office doors at MHS. The directions to the auditorium will be marked.
- Remember no replacements, scratches only.

Timing of Running Events:

- The timing of the running events will be conducted using our FinishLynx F.A.T. Timing System. Final results will be posted online at live.athletic.net as well as announced on the public address system.
- Live results - [List link here](#)

Starters-Meet referee:

- The starters will be – Mark North, David Willmore and Art Ashbrook.

Staging Area:

- The staging area for all running events will be located in the South end of the track by the scoreboard. Athletes are asked to report in a timely manner to keep the meet running smoothly. There will be benches located in the staging area. Athletes will then be taken to the appropriate starting line.

Competitor/Implement Weigh-in:

- The location for the weigh-ins for competitors for shots/discs to be used in competition will be located in the pavillion at the Northeast end of the track. The weigh-in will open at 9:00 and run until 10:00. Shots/discs will be marked indicating they have been weighed and meet SIJHSAA specifications. Any athlete using a non-approved implement will be disqualified.

Athletes and Spectators:

- **In order to avoid interfering with field and running events, only competing athletes will be permitted inside the interior fence and marked areas. Please inform your athletes and their parents of these guidelines.**

UPDATED - Warm-up Area:

- Athletes ONLY are welcome to use football field and track in order to warm up prior to running events. However, they will not be permitted to use the track or football field once races begin.
- ONCE EVENTS BEGIN – ATHLETES MAY USE THE GRASS AREA BETWEEN THE FOOTBALL FIELD AND THE JV BASEBALL FIELD.
- COACHES MUST STAY OFF THE INFIELD ONCE ALL EVENTS BEGIN.

PARKING

- Team buses can drop off at MHS and park at Carruthers School. The address is 80 Candy Ln, Murphysboro, IL 62966. It is located 0.4 miles away from MHS



Blocks:

- Starting blocks will be provided for the meet.

T-shirts:

* State Track T-Shirts will be sold online only. The link for online sales is listed below and also on the SIJHSAA

Website Homepage. (www.sijhsaa.com)

<https://statetrack2025.itemorder.com>

They can be picked up at the state track meet or mailed directly to your home. Mailing to your home is an additional mailing fee. A link for purchasing t-shirts will be provided as soon as it is created.

Concessions:

- There will be a concession stand available.

***Good luck to everyone involved in the Class S State track and Field meet. If you have any questions or concerns feel free to contact us. We hope everything goes well on May 10th.

Derek Beard

Athletic Director

Murphysboro High School

2025 SIJHSAA Boys & Girls State Track & Field

Class S -Murphysboro

Field Events

Long Jump

High Jump

Shot Put

Discus

Order of Running Events

Boys Events

100m Hurdles

4 X 200m 7th grade Relay

400m Dash

1600m Run

4 X 200m Varsity Relay

7th Grade 100m Dash

8th Grade 100m Dash

800m Run

200m Dash

4 X 400m Relay

Girls Events

100m Hurdles

4 X 100m Relay

400m Dash

1600m Run

4 X 200m Varsity Relay

7th Grade 100m Dash

8th Grade 100m Dash

800m Run

200m Dash

4 X 400m Relay

Boys State Track Qualifying Marks				
Event	Class S Manual	Class S F.A.T.	Class L Manual	Class L F.A.T
Pole Vault	N/A	N/A	8'6"	8'6"
High Jump	5'2"	5'2"	5'3"	5'3"
Long Jump	16'6"	16'6"	17'9"	17'9"
Shot Put	38'	38'	41'	41'
Discus	110'	110'	112'	112'
100m Hurdles	16.5	16.74	15.4	15.64
4X200m 7th Grade Relay	1:56	1:56.24	1:48	1:48.24
4X100m Relay	N/A	N/A	49.0	49.24
400m Dash	59.0	59.24	56.5	56.79
1600m Run	5:20	5:20.24	5:08	5:08.24
4X200m Varsity Relay	1:49	1:49.24	1:42.5	1:42.74
7 th Grade 100m Dash	13.0	13.24	12.3	12.54
8 th Grade 100m Dash	12.8	13.04	11.8	12.04
800m Run	2:25	2:25.24	2:18	2:18.24
200m Dash	26.0	26.24	25.0	25.24
4X400m Relay	4:15	4:15.24	4:00	4:00.24

Girls State Track Qualifying Marks				
Event	Class S Manual	Class S F.A.T.	Class L Manual	Class F.A.T.
Pole Vault	N/A	N/A	6'9"	6'9"
High Jump	4'6"	4'6"	4'7"	4'7"
Long Jump	14'6"	14'6"	14'9"	14'9"
Shot Put	28'	28'	29'	29'
Discus	75'	75'	79'	79'
100m Hurdles	18.5	18.74	17.5	17.74
4X200m 7 th Grade Relay	NA	NA	2:00.0	2:00.24
4X100m Relay	57.0	57.24	54.0	54.24
400m Dash	1:06.5	1:06.74	1:04.5	1:04.74
1600m Run	6:03	6:03.24	5:56	5:56.24
4X200m Varsity Relay	1:59	1:59.24	1:56	1:56.24
7th Grade 100m Dash	14.0	14.24	13.5	13.74
8th Grade 100m Dash	14.0	14.24	13.3	13.54
800m Run	2:42	2:42.24	2:37	2:37.24
200m Dash	28.5	28.74	28.0	28.24
4X400m Relay	4:48	4:48.24	4:37	4:37.24