



**Cole Huber, Athletic Director**  
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## 2024 REDSKIN INVITATIONAL TRACK MEET

- Date:** Tuesday, April 30th, 2024
- Time:** Scratch Meeting: 3:45 p.m. Field Events: 4:00 p.m. (Athletes should report at 3:45)  
Girls 3200 meter run 4:45 p.m. Running: 5:15 p.m. Finals only, no preliminaries.
- Teams:** Sullivan, Arcola, Central A&M, Cumberland, Meridian, Nokomis, Shelbyville, St. Teresa Boys, Warrensburg-Latham
- Entry Fee:** Please send the fee of \$75.00 per team (Boys \$75.00 & Girls \$75.00) by April 30th to Cole Huber, Sullivan High School, 725 N Main St. Sullivan, IL 61951
- Limit:** Two individuals and one relay team per event.
- Admission:** **Adults \$4; Students/Senior Citizens \$3**
- Entries:** All entries will be made online through the athletic.net website. Remember to print a hard copy of your entries. **KEEP THE HARD COPY, JUST IN CASE OF A PROBLEM.** There is a link to instructions on the athletic.net website.
- Entry Deadline:** All online entries must be received by 6 p.m. on SUNDAY, APRIL 28th.
- Scratches/Changes:** **NO CHANGES CAN BE TAKEN AFTER 6 p.m. ON Sunday, April 28th. NO SUBSTITUTIONS OR CHANGES WILL BE ACCEPTED THE DAY OF THE MEET, JUST SCRATCHES.**
- Surface:** Track, runways, and approaches are latex rubber. Only ¼" or shorter spikes are allowed. **NO NEEDLE NOSE SPIKES.** Shot & Discus pads are concrete.
- Order:** State order of events will be followed, except Girls 3200 meter run.
- Staging:** Staging area for running events is at the north end of the track.
- Heats:** **FAT Timing will be used throughout the meet.** All running events will be run in sections against time. No preliminaries.
- Finals:** Long Jump, Triple Jump, Shot Put, & Discus – 4 attempts, NO FINALS
- Awards:** First and Second place Medals for each event. First, Second and Third team awards. **Coaches are to pick up medals and trophies in the press box at the end of the meet.** Please check for correct awards.
- Control:** Coaches please make every effort to keep participants and spectators away from the finish line. Only necessary personnel and/or participants should be on the infield and/or football field. All camps are to be located outside of the track.
- Concessions:** Will be available.      **Scoring:** 10-8-6-4-2-1      **Trainer:** Available at finish line
- Hospitality Room:** There will be a hospitality room in the press box for all coaches and meet volunteers

**Coaches:**

1. Ensure all athletes report on time to the staging area (north end of track).
2. Games Committee: Tuscola Girls  
Shelbyville Boys  
Arcola Girls
3. Exchange Judges: Wave white flag when ready  
Wave red flag when infraction occurs  
Pick up tennis balls after race

**Exchange & Break Assignments**

4 X 800-meter Relay	Breakline	1. Tuscola Girls 2. Meridian Boys
4 X 100-meter Relay	1 <sup>st</sup> exchange – yellow to yellow	1. Sullivan Girls 2. Arthur Boys
	2 <sup>nd</sup> exchange – yellow to yellow	1. Central A&M Girls 2. Sullivan Boys
	3 <sup>rd</sup> exchange – yellow to yellow	1. Warrensburg-Latham Girls 2. St. Teresa Boys
100-meter Hurdles Finals (G)		
110-meter Hurdles Finals (B)		
100-meter Dash Finals		
800-meter Run	Breakline	1. St. Teresa Girls 2. Meridian Boys
4 X 200-meter Relay	1 <sup>st</sup> exchange – red to red	1. Cumberland Girls 2. Tuscola Boys
	2 <sup>nd</sup> exchange – red to red	1. Warrensburg-Latham Girls 2. Arthur Boys
	3 <sup>rd</sup> exchange – yellow to yellow	1. Meridian Girls 2. Tuscola Boys
400-meter Dash		
300-meter Hurdles		
4 X 400-meter Relay	Breakline	1. Meridian Girls 2. Central A&M Boys

**MEET STARTERS:**

**Ben Guyot and Kelley Lucas**

**ORDER OF EVENTS:**

Field Events (4:00 p.m. start)

**(Report at 3:45)**

Pole vault	(Boys, Girls)	Heights B – 2.80m, G – 2.25m
High Jump	(Girls, Boys)	Heights G - 1.30m, B - 1.60m
Long Jump	(Girls & Boys together)	
Triple Jump	(Girls & Boys together - after LJ)	
Shot Put	(Girls, Boys)	
Discus	(Boys, Girls)	

3200-meter Run (G) (4:45 p.m. start)

*(Girls followed by Boys)*

4 X 800-meter Relay (5:15 p.m. start)

4 X 100-meter Relay

3200-meter Run (B)

100-meter Hurdles Finals

110-meter Hurdles Finals

100-meter Dash Finals

800-meter Run

4 X 200-meter Relay

400-meter Dash

300-meter Hurdles

1600-meter Run

200-meter Dash

4 X 400-meter Relay