



**Cole Huber, Athletic Director**  
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## 2024 TRI-COUNTY TRACK MEET

- Date:** Tuesday April 16th, 2024
- Time:** Scratch Meeting: 3:45 p.m. Field Events: 4:00 p.m. (Athletes should report by **3:45**)  
Girls 3200m run: 4:45 p.m. Running: 5:15 p.m. Finals only, no preliminaries.
- Admission:** **Adults \$4; Students/Senior Citizens \$3**
- Entry Fee:** Please send the fee of \$75.00 per team (Boys \$75.00 & Girls \$75.00) by April 16th to Cole Huber, Sullivan High School, 725 N Main St. Sullivan, IL 61951
- Teams:** Sullivan, Arcola, ALAH, Central A&M, Cowden-Herrick, Neoga, Okaw Valley, Pana, Shelbyville, Stewardson-Strasburg/Windsor, Villa Grove
- 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.
- Limit:** Three individuals and one relay team per event.
- Entry Deadline:** All online entries must be received by Monday April 15<sup>th</sup> 2024 by 5:00 PM.
- Scratches/Changes:** **NO CHANGES CAN BE TAKEN AFTER 5 PM ON Monday, April 15th. NO ADDITIONS OR CHANGES WILL BE ACCEPTED AT THE COACHES' MEETING ON TUESDAY, 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:** IHSA order of events will be followed. Girls 3200 meter run will take place at 4:45 p.m.
- Staging:** Staging area for running events is at the north end of the track.
- Heats:** **FAT Timing will be used throughout the meet.** All races will be finals only; no preliminaries.
- Finals:** Long Jump, Triple Jump, Shot Put & Discus – 3 attempts, NO FINALS.  
\*Finals: Long Jump, Triple Jump, Shot Put, & Discus - Because of 3 entries per school, only 3 attempts will be allowed with NO FINALS
- Awards:** First place medals for each event. First and second team awards. **Coaches are to pick up awards 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
- 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:       Shelbyville Girls  
                                  Neoga Boys  
                                  Cowden-Herrick Girls
3. Exchange Judges:       Wave white flag when ready  
                                  Wave red flag when infraction occurs  
                                  Pick up tennis balls/cones after race

**Exchange & Break Assignments**

|                              |  |  |
|------------------------------|--|--|
| 4 X 800-Meter Relay          | Breakline  | 1. Arcola Girls<br>2. Neoga Boys           |
| 4 X 100-Meter Relay          | 1 <sup>st</sup> exchange – yellow to yellow  | 1. Arthur Girls<br>2. Cowden Boys          |
|                              | 2 <sup>nd</sup> exchange – yellow to yellow  | 1. Neoga Girls<br>2. Pana Boys             |
|                              | 3 <sup>rd</sup> exchange – yellow to yellow  | 1. Shelbyville Girls<br>2. Arcola Boys     |
| 100-Meter Hurdles Finals (G) |  |  |
| 110-Meter Hurdles Finals (B) |  |  |
| 100-Meter Dash Finals        |  |  |
| 800-Meter Run                | Breakline  | 1. Cowden Girls<br>2. Central A&M Boys     |
| 4 X 200-Meter Relay          | 1 <sup>st</sup> exchange – red to red<br>3 <sup>rd</sup> exchange – yellow to yellow | 1. Sullivan Boys<br>2. Cowden Boys         |
|                              | 2 <sup>nd</sup> exchange – red to red  | 1. Pana Girls<br>2. Neoga Boys             |
| 400-Meter Dash               |  |  |
| 300-Meter Hurdles            |  |  |
| 200-Meter Dash               |  |  |
| 4 X 400-Meter Relay          | Breakline  | 1. Shelbyville Girls<br>2. Stew-Stras Boys |

**MEET STARTERS:**

**Ben Guyot and Kelley Lucas**

**ORDER OF EVENTS:**

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

|             |               |                               |
|-------------|---------------|-------------------------------|
| Pole vault  | (Girls, Boys) | Heights G – 1.80m , B – 2.40m |
| High Jump   | (Girls, Boys) | Heights G – 1.25m , B – 1.55m |
| Long Jump   | (Girls, Boys) | (East/West Runway)            |
| Triple Jump | (Boys, Girls) | (East/West Runway)            |
| Shot Put    | (Girls, Boys) |                               |
| Discus      | (Boys, Girls) |                               |

*(Girls followed by Boys)*

3200 Meter Run (G) (4:45 p.m. Start)  
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