



**51st Annual  
ALAH Track & Field Invitational  
Coach's Packet**



## Welcome to the 2024 ALAH HS Invitational

<b>Date and Time:</b>	<b>Saturday April 6, 2024</b>	<b>10:00 a.m.</b>
	<b>Scratch Meeting</b>	<b>9:30 a.m.</b>
<b>Schools:</b>	Arcola, ALAH, Casey-Westfield, Central A&M, CGB, CHBC, Chicago (Intrinsic School), Cumberland, Marshall, Meridian, Neoga, Okaw Valley, Sangamon Valley, St.Teresa, Sullivan, Tri-County, Tuscola, Villa Grove, Warrensburg-Latham	
<b>Official:</b>	Bruce Weiman	
<b>Facilities:</b>	ALAH has an eight-lane all-weather track. Runways and approaches for the long jump and high jump are all-weather. The discus and shot put pads are concrete. <b>Only 1/4" or shorter pyramid spikes will be allowed.</b>	
<b>Camps:</b>	Please do not put your team camp in the bleachers. We would like to keep the bleachers open for spectators. All team camps must be located on the north and west sides of the track. <b>No one will be allowed on the infield. All camp areas must be clean before awards are handed out.</b>	
<b>Bus Parking:</b>	Buses can park NW of the track in the swimming pool lot. Buses can also park in the high school main parking lot on the west side of school.	
<b>Staging area:</b>	The staging area will be located on the west end of the track (west of the 100m start). All athletes will enter the track at the west end and exit at the east end of the track. <b>No athletes will be allowed to jump the fence.</b>	
<b>Starting Blocks:</b>	Blocks for all races will be furnished by ALAH. Schools are allowed to use their own blocks.	
<b>Concessions:</b>	A concession stand will be open during the meet. Please throw all trash in the garbage cans provided on the grounds.	

**Admission:** \$5 - Adults, \$3 seniors/students

**T-Shirts:** Meet shirts will be sold near the concession stand.

**Entry Fee:** **One team: \$125; Boys and Girls \$200**

Please mail **entry fee** to

ALAH High School

Attn: Nathan Seal

301 E. Columbia

Arthur, IL 61911

**Entries:** **2 athletes per individual event, 1 relay team per relay event.**  
**Please enter all entries into athletic.net. All on-line entries are due by 10:00 p.m. Thursday, April 4 (ALAH Invitational).**

**Scratches:** We will hold a **final** scratch meeting at 9:30 a.m. in the press box.  
**NO REPLACEMENTS, NO ADDITIONS!**

**Schedule** 10:00am **Field Events** There will be four attempts and **NO** finals for all field events. The high jump will start at the following heights: Girls - 4'0" Boys - 5'0"

11:30am Recognition of ALAH Senior Track Athletes

11:45pm (approx.) **Track Events (Girls; Boys)**

Order of Events: (There will be no prelims. All races will be using FAT)

1. 4x800 M Relay
2. 4x100 M Relay
3. 3200 M Run
4. 100 M Hurdles / 110 M Hurdles
5. 100 M Dash
6. 800 M Dash
7. 4x200 M Relay
8. 400 M Dash
9. 300 M Hurdles
10. 1600 M Run
11. 200 M Dash
12. 4x400 M Relay

**Entries: 2 athletes per individual event, 1 relay team per relay event.**

**Scoring/Awards:** 6 places will score in all events (10-8-6-4-2-1). Trophies will be awarded to the first and second place teams. Medals will be awarded for individuals and relay teams finishing first through third. Ribbons will be awarded to the individuals and relay teams finishing fourth through sixth place. All medals, ribbons, and team awards may be picked up in the press box at the conclusion of the meet.

**Questions:** If you have any questions please contact:  
Nathan Seal: [sealn@cusd305.org](mailto:sealn@cusd305.org)  
Coach Jefferson: [jeffersonr@cusd305.org](mailto:jeffersonr@cusd305.org)  
Coach Thomas: [thomasm@cusd305.org](mailto:thomasm@cusd305.org)  
Coach Wilson: [wilsonm@cusd305.org](mailto:wilsonm@cusd305.org)

*Thank you for your participation in the 2024 ACAA Track and Field Invitational. This year marks the 51st year for this meet and we are hopeful we will be able to host your school at this meet in the future. Thank you again and best of luck the rest of the season!*

*Nathan Seal - Athletic Director*



## ALAH Invitational Meet Records - Girls

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
100m Dash	Reece	Arcola	12.60	2012
110m Hurdles	Nettles	ALAH	14.80	2019
200m Dash	Nettles	ALAH	26.09	2019
300m Hurdles	Patterson	Tuscola	45.92	2022
400m Dash	McClain	Sullivan	57.94	2014
800m Run	Gingerich	Arthur-Lovington	2:25.90	2005
1600m Run	Farrell	Marshall	5:10.97	2023
3200m Run	Farrell	Marshall	11:06.69	2023
400m Relay		Tuscola	53.32	2023
800m Relay		Sullivan	1:32.71	2012
800m Med. Relay		Villa Grove	1:56.76	1998
1600m Relay		Sullivan	4:15.30	2012
3200m Relay		Neoga	10:29.10	2009
Shot Put	Patient	Meridian	12.57m (41' 3")	2007
Discus	Wienke	Tuscola	42.27m (138" 8")	2006
Long Jump	Abraham	Argenta-Oreana	5.52m (18"-1.5")	2003
High Jump	Block	Argenta-Oreana	1.8m (5'11")	2017
Triple Jump	Meyer	Argenta-Oreana	10.98m (36' 25")	2017



## ALAH Invitational Meet Records - Boys

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
100m Dash	Smith	Tuscola	10.73	2014
110m HH	Robertson	CHBC	14.90	2022
200m Dash	Kemp	Tuscola	22.64	2011
300m Hurdles	Robertson	CHBC	40.14	2022
400m Dash	Unzicker	Fisher	50.60	2010
800m Run	Sutherland	Cumberland	1:56.95	2014
1600m Run	Hall	ALAH	4:21.26	2017
3200m Run	Hortin	Tuscola	9:24.14	2023
400m Relay		St. Teresa	44.08	2023
800m Relay		Tuscola	1:32.71	2012
1600m Relay		Tuscola	3:33.70	2007
3200m Relay		Oakland	8:31.30	1981
Shot Put	Lucas	CHBC	18.36m (60'3")	2022
Discus	South	Meridian	52.52m (171-05.00)	1999
Long Jump	Nusbaum	Villa Grove	6.71m (22' 2")	2006
High Jump	Bradenberg	Cerro Gordo	6'6"	2008
	Robertson	CHBC	1.98m	2022