

CHARLESTON HIGH SCHOOL INDOOR TRACK & FIELD MEET
Eastern Illinois University – Lantz Fieldhouse
Friday, March 1st (Girls) and Saturday, March 2nd (Boys)

DATE/TIME/FORMAT

Friday, March 1st (Girls); see schedule for specifics

Saturday, March 2nd (Boys); see schedule for specifics

Only IHSA high school teams are permitted to enter the meet

ENTRIES

All teams and individual athletes must request entry into this meet by emailing Erin Howarth at elhowarth@eiu.edu.

ENTRY LIMITATIONS

Due to space and time consideration, there will be entry limitations in all events. Please see the meet schedule for event entry limitations listed next to each event.

ENTRY FEES

There is a \$175 cap per gender for teams. All teams with less than 10 competitors are \$20 per athlete. You will be charged for the number of entries, not for who competed. NO REFUNDS. **Please mail payment by February 16, 2024.** Make checks payable to EIU Track and Field and mail to:

James Gildon
Director of Track & Field/Cross Country
600 Lincoln Avenue
1201 Lantz Arena
Charleston, IL 61920

ENTRY DEADLINE

NEW All entries must be submitted online at [Milesplit](#) by **10pm on Tuesday, February 27, 2024.** Online substitutions or additions **will not be permitted** after the deadline. **ALL ENTRIES ARE FINAL.** Please refer to the following link for guidance/support for entering your team/athletes [Milesplit Support](#).

TEAM PACKETS

There will be no packet pickup. All meet information will be emailed to the head coaches prior to the meet.

DIRECTIONS TO LANTZ FIELDHOUSE

From Route 16 (Lincoln Avenue), turn south on 4th Street. Drive ¼ mile to a stop sign. Continue south on 4th Street and turn right at the second possible entrance.

BUS PARKING AND FIELDHOUSE ENTRANCE

Participant drop-off is at the double doors to your right. Bus parking is available directly west of O'Brien Stadium.

ATHLETIC TRAINER

Eastern Illinois University will provide an athletic trainer. He will be set up by the hip number table. The trainer will not treat pre-existing injuries, such as taping, etc. Should an emergency arise, first aid, ice, and other necessary supplies will be available.

FOOD/DRINK

Due to the nature of the track surface, food or drinks are not allowed in the fieldhouse. Country Catering will be providing concessions at Lantz Arena, adjacent to Lantz Fieldhouse. There are also several eating establishments within walking distance of Lantz Fieldhouse.

TEAM CAMPS

Teams should make camps in the Student Recreation Center &/or bleachers of Lantz Arena. Participants are to warm-up in the hallways just east of the fieldhouse or outside (weather permitting), not in the fieldhouse. *Spectators and non-participating athletes will NOT be allowed on the infield or any of the competition areas after the start of the meet.* Violators are subject to a disqualification of the participant(s) in that particular event or disqualification of the participant's or coach's team. Please emphasize to all participants that they are guests of Eastern Illinois University and to please keep camp areas clean. VANDALISM WILL NOT BE TOLERATED.

SPECTATOR FEE

There will be a \$5 fee for all spectators over the age of 10. All spectators must remain in the stands. Only student-athletes, coaches and athletic trainers may be at track level.

RELAY CARDS

There will be no relay cards to fill out. All four relay members are to check in at the hip number at least 60 minutes prior to the relay.

ATHLETE CHECK-IN

Athletes in running events should check in at the hip number table approximately 60 minutes prior to their event. The hip number table is located in the northeast corner of the facility. If you do not check in, you will be considered scratched. Athletes in field events should check in/report directly to the field event 60 minutes prior to start time.

STAGING AREA

After warming up, running athletes should report to the start line of their event 10min prior to the start of their race. 60m dash and 60 hurdle competitors will report to the 60m start 10minutes before start of race. All other running competitors should report to the designated staging area at the start/finish line. They must remain in the staging area until official/clerks tell them it's time to go onto track. It is important the student-athletes know that they need to listen to the clerks and officials when in staging and before the start of the race. The meet schedule will try to stay on time. *We will NOT roll the schedule.*

BLOCKS

Blocks may be used for sprint races. But competitors should be prepared to set their blocks and stand in to race. There will not be practice block starts. Teams can use their own blocks on the outdoor track for practice or warmup but cannot bring their own blocks into the indoor track. EIU blocks will be provided for competition.

4x200

Please note the exchange zone and communicate that with your student-athletes... 1st runner will stay in lanes and hand off in exchange zone, second runner will stay in lane until break at top of curve near 60m start, other runners perform exchange like 4x400m relay (California style). Please feel free before running events begin to bring your student-athletes in the track to look at the exchange zone and communicate with them.

DAMAGE TO PROPERTY

Each school should assume responsibility for the actions of their participants and their representatives. In the event of careless or malicious damage of any property, by a participant or representative of a participating school, such school shall be held responsible for costs of repair or replacement of damaged property. In addition, Eastern Illinois University will not be responsible for a team's valuables. Please advise your team to come dressed in meet uniforms.

EVENT NOTIFICATIONS

· 3200 Run –If you submit an athlete with No Time, or with a time slower than 13:00 minutes for girls and 11:40 for boys, they will not be added to the program. Please do not use this as a practice race for less experienced runners. We expect this race to be competitive.

· The long and triple jumps will be run “smorgasbord” style. THERE WILL ONLY BE 4 JUMPS PER COMPETITOR; THERE ARE NO PRELIMS. Long jumpers MUST be able to reach 12’ (3.65m) because of board placement. Long Jumps less than 13’ (3.96m) will NOT be measured. The triple jump boards for girls will be set at 7.5m and 10m. The triple jump boards for boys will be set at 10m and 12m.

· The shot put will be run in flights. THERE WILL ONLY BE 4 THROWS PER COMPETITOR; THERE ARE NO PRELIMS. Throws under 25’ (7.62m) will NOT be measured. Shot puts will be provided by meet management as the only official implements. You may bring your own shot for warm-up. Shot putters may not wear spikes.

· The high jump and pole vault will not stop for any participant. The high jump will be run as “Five Alive”. If a participant does not initiate a pole vault attempt within 1 minute after her name is called, competition will continue. The high jump and pole vault bars will not be lowered during competition (except as provided in tie-breaking rules). “No shows” will be given a pass. Plan your athletes’ event participation accordingly.

Starting Heights for High Jump & Pole Vault

Boys High Jump: 5’2” (1.58m). Raise 2”

Girls High Jump: 4’5” (1.35m). Raise 2”

Boys Pole Vault: 9’0” (2.75m). Raise 6”

Girls Pole Vault: 7’6” (2.28m). Raise 6”

**GIRLS' TENTATIVE TIME SCHEDULE/ORDER OF EVENTS
FRIDAY, MARCH 1**

Event entry limitations are in parentheses. ()

Field Events:

2:00pm Report to Field Events: Long Jump(1), High Jump(1), Pole Vault(1) & Shot Put(1)

2:30pm Long Jump, High Jump, Pole Vault, Shot Put (if ready, can begin sooner)

5:00pm Report to Triple Jump(1) (Begin when ready)

Running Events:

2:00pm 3200 Run Finals (1) **Must be able to run under 13:00 minutes

2:25pm 4 X 200 Relay Finals (1)

2:55pm 4 X 800 Relay Finals (1)

3:40pm 60 HH Finals (2)

4:30pm 60 Finals (2)

5:30pm 800 Finals (2)

6:10pm 200 Finals (1)

6:45pm 400 Finals (1)

7:25pm 1600 Finals (2)

8:15pm 4 X 400 Finals (1)

NOTE: This time schedule is approximate; as soon as entries are finalized, we will have a more definitive schedule that will be sent out to coaches in the final meet information.

**BOYS' TENTATIVE TIME SCHEDULE/ORDER OF EVENTS
SATURDAY, MARCH 2**

Event entry limitations are in parentheses. ()

Field Events:

9:00am Report to Field Events: Long Jump(1), High Jump(1), Pole Vault(1) & Shot Put(1)

9:30am Long Jump, High Jump, Pole Vault, Shot Put (if ready, can begin sooner)

12:00pm Report to Triple Jump(1) (Begin when ready)

Running Events:

10:00am 3200 Run Finals (1) **Must be able to run under 11:40 minutes

10:25am 4 X 200 Relay Finals (1)

10:55am 4 X 800 Relay Finals (1)

11:40am 60 HH Finals (2)

12:30pm 60 Finals (2)

1:30pm 800 Finals (2)

2:10pm 200 Finals (1)

2:45pm 400 Finals (1)

3:25pm 1600 Finals (2)

4:15pm 4 X 400 Finals (1)

NOTE: This time schedule is approximate; as soon as entries are finalized, we will have a more definitive schedule that will be sent out to coaches in the final meet information.