



Argenta-Oreana

**Bomber Athletics**

500 N. Main Street  
(217) 795-4822 fax: (217) 795-4550  
<http://il.8to18.com/a-o>

## LPC Track Meet Information

May 3, 2024

Meet begins at 2:00 pm Running events will start at approximately 3:30  
Coach's meeting will be at 1:30 pm near the finish line.

### *Assignments for each school:*

Pole Vault -	Cumberland	-All Report Practice opens for all 1:30
High Jump -	Blue Ridge	- Boys Practice Begins at 1:30
Long Jump -	ALAH	- Girls Practice Begins at 1:30
Triple Jump	Villa Grove	
Shot Put -	Cerro Gordo-Bement	- Boys Practice Begins at 1:30
Discus -	Shiloh	- Girls Practice Begins at 1:30
Exchange Zones	Arcola - Argenta -OKAW Valley	

**-Warmups during transition events will be fifteen (15) minutes**

Team camps may be set up in the areas outside of the track.

*We ask you keep spikes off the turf field.*

*No tape will be allowed, chalk will be provided.*

### Entry Information:

- Hurdles, 100M, 200M, 400M & 800M, 1600M, & 3200M      2 entries/school
- All Relays:      1 entry/school
- Field Events:      2 entries/school

**Entries will be due at 10:00 PM on May 1 on Athletic.net. Please Search "Lincoln Prairie Conference Track Meet".**

Scratches will be allowed at the coaches meeting.

FAT will be provided by River City Racing.

We will have a Concession Stand open at all meets.

Bathrooms are located in the building at the entrance to the track.

It is important to keep the infield as clear as possible.

Any questions may be sent to Mike Williams at: [mwilliams@argenta-oreana.org](mailto:mwilliams@argenta-oreana.org)