

**2024 Mt. Zion Boys Indoor Invitational**  
**Hosted by Mt. Zion High School**  
**Wednesday, March 6th**

The Mt. Zion Boys Track & Field Program invites you to the **Mt. Zion High School Boys Indoor Invitational**. The meet will be held at the **Mt. Zion Field House** at **Mt. Zion High School**.

**Field events at 4:00pm and Running events at 4:45pm (4:30 if slow heat is needed in 3200)**

**TEAMS:** ALAH, Clinton, Eisenhower, Lanphier, MacArthur, Meridian, Mt. Zion, Okaw Valley, SHG, Sangamon Valley, Shelbyville, St. Teresa, Sullivan, Taylorville, Warrensburg, Salt Fork, Maroa-Forsyth, and Cerro Gordo

Each school needs to provide a parent (or coach if necessary) at one of the field events. Mt. Zion will cover pole vault. Please sign up using the link below. We will designate teams to open positions if they've not been filled. <https://www.signupgenius.com/go/60B0C4BABAC2FA0FB6-46995454-2024>

**Entry Fee:** \$150 per team or \$25 per athlete if entering less than 5 guys. **Make checks payable to:** Mt. Zion HS. Send checks to: Kelly Fox, Mt. Zion HS, 315 S. Henderson, Mt. Zion, 62549

**Admission:** \$5 Adults / \$2 Students admission fee

**Meeting:** Coaches will meet at the finish line at 3:45 p.m. for a brief coaches meeting

**Timing:** Fully Automatic Timing

**Entries:** **4 entries** in the 60m dash, 800, 1600, and 3200; **3 entries** in the following: 60m hurdles **2 entries** field events, 200, 400 and relays. All entries due **Monday, March 4<sup>th</sup> by Noon**.

**Scoring:** No team scores will be kept.

**Camps:** Lobby area or Sides of Courts 3 & 4 (pole vault runs down the middle)

**Parking:** All parking should be on the West Side of the Field House.

**Finals:** Trials in the 60M Dash and High Hurdles. 16 to FINALS in the 60 and 8 in the HH. We will run TWO heats of 8 in the 60M.

**\*\*Spike Shoes WITHOUT SPIKES WILL BE ALLOWED! Coaches please emphasize this stipulation to your athletes. If an athlete is discovered to have spikes in his shoes he will be disqualified from the meet.**

Joe Fritzsche— Head Boys Track and Field Coach

Cell phone: 217-521-7592

Email: [fritzschej@mtzschoools.org](mailto:fritzschej@mtzschoools.org)

Meet manager- Amanda Renshaw

Email: [renshawa@mtzschoools.org](mailto:renshawa@mtzschoools.org)

**New this year: DOC Athletic Performance in MTZ is providing athleticlive results**

## MT. ZION BOYS INDOOR INVITATIONAL TRACK SCHEDULE

### Field Events: (4:00pm)- 2 entries

Pole Vault

High Jump

Long Jump (cafeteria 3 jumps, no finals)

Triple Jump (cafeteria 3 jumps, no finals)

### Field Events: (5:00pm)- 2 entries

Shot Put (3 throws, no finals) **WILL BE HELD ACROSS THE STREET AT OUR INTERMEDIATE SCHOOL IN THE ALL-PURPOSE ROOM**

### Running Events: (4:45pm)

**Slow Heat of 3200 run at 4:30 PM if needed**

**First 2 Heats of 1600 run at 4:45 PM**

**5:00 PM - Fast Heat** 3200 M Run (4 entries)

**5:20 PM** - 60M dash prelims (4 entries)

**5:35 PM** - 60HH prelims (3 entries)

**5:45 PM** - 4x800 M Relay (A/B)

**6:00 PM** - 60M Finals (16 to finals, 2 heats)

**6:05 PM** - 60HH Finals (8 to finals, 1 heats)

**6:10 PM** - 800 M Run (4 entries)

**6:30 PM** - 4x200 M Relay (A/B)

**6:45 PM** - 400 M Dash (2 entries)

**6:55 PM - Fast Heat** 1600 M Run (4 entries)

**7:05 PM** - 200 M Dash (2 entries)

**7:30 PM** - 4x400 M Relay (A/B)