

2nd Annual St. Teresa Boys Track & Field Invite

When: Friday May 10th, 2024

Start Time: 4:30 PM

Participating Schools

ALAH, BHRA, Central Catholic, Cerro Gordo-Bement, Clinton, Delavan, Greenviwe, Heyworth, Illini West, Judah Christian, Liberty, Maroa-Forsyth, Monticello, Newton, PBL, Ridgeview, St. Joe-Ogden, St. Teresa, Salt Fork, Sullivan, Tolono Unity, Tuscola, and Uni High

Coaches Meeting - 3:45 PM near the start/finish line

ORDER OF EVENTS

Field Events - 4:30 PM Discus, Shot Put, Long Jump, Pole Vault, High Jump

Shot, Discus, TJ & LJ - 4 attempts, No Finals

Triple Jump Depending on the weather, we may be able to run the LJ and TJ simultaneously

Starting heights for **HJ** and **PV** will be determined at coaches meeting.

Shot Put will run Best to Worst Flights, **Discus** will run Worst to Best. Some throwers might be moved to make sure they are not competing in both at the same time.

Running Finals - 6:00 PM (All race will be finals only - same as the Sectional Schedule, *start time could be pushed back some depending on where the field events in terms of completion*)

4x800 Relay

4x100 Relay

3200 Run (a slow heat will run at 5:30 if needed)

110 Hurdles

100 Dash

800 Run

4x200 Relay

400 Dash

300 Hurdles

1600 Run

200 Dash

4x400 Relay

Awards: Individual and Relay Races 1st place Medal and T-Shirt.
2nd-6th place ribbons

Scoring: We will not be team scoring this meet.

Entry Fee: \$100.00 team or \$15 per individual - payable to St. Teresa High School Track and Field, Please mail before the meet if at all possible, and send to:
St. Teresa High School, Attn: Todd Vohland, 2710 N. Water St., Decatur, IL. 62526

Timing: River City Race Management will provide timing service, you will be getting an email invite to register on Athletic.net. Entries will be due by Noon on Thursday May 9th.

Help at the Meet

Games Committee:

- St. Joseph-Ogden
- Liberty
- Salt Fork

Exchange Zone Judges

4x1

- 1st Exchange: Monticello and Greenview
- 2nd Exchange: Uni High and Tuscola
- 3rd Exchange: Clinton and Maroa-Forsyth

4x2

- 1st and 3rd Exchange: Delavan and Heyworth
- 2nd Exchange: Officials and PBL

Breakline:

- **3200:** ALAH
- **800:** Central Catholic
- **1600:** St. Teresa
- **4x400:** Unity

General Information

1. ¼ inch pyramid spikes on track and runways. No needle spikes!
2. Maximum of 2 athletes per school per event & 1 relay team per event
3. Please make team camps in the area just behind our bleachers/press box.
4. There will be a coach's hospitality room serving brisket and pulled pork from Rork's Pork out of Moweaqua
5. Awards can be picked up in the hospitality room after the meet.
6. Starting blocks will be provided.
7. Live Results will be available on the athletic.net website.
8. We have a public address system, so athletes should listen for their event.
9. Field Event competitors should report to their respective events for sign-up.
10. Restrooms will be available, but no dressing facilities.
11. Admission: \$5.00 for everyone.
12. A concession stand will be available
13. Only coaches and competing athletes will be allowed on the infield. Staging for all running events will be in the northwest corner of the track.
14. Coaches- if you have any questions, please feel free to call or email Todd Vohnad at 217-855-9530, or email vohlandt@stteresa.org