

TUSCOLA OPEN BOYS TRACK RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>TIME/DIST.</u>	<u>YEAR</u>
100 Dash	J. POKALSEY	CENTRAL A&M	10.8	2014
200 Dash	D. WILLIAMSON	NEOGA	22.3	2013
400 Dash	B. LANE	SULLIVAN	50.33	1998
800 Run	T. SUTHERLAND	CUMBERLAND	1:58.57	2014
1600 Run	B. SCAMIHORN	MARSHALL	4:26.65	2014
3200 Run	J. LEHMAN	CENTRAL A & M	9:41.5	1997
110 H.H.	C. CARVER	CASEY-WESTFIELD	14.6	2012
300 L.H.	C. CARVER	CASEY-WESTFIELD	38.3	2012
400 Relay		SALT FORK	43.99	2019
800 Relay		SALT FORK	1:31.81	2023
1600 Relay		SULLIVAN	3:31.9	2002
3200 Relay		ARTHUR	8:23.71	1993
High Jump	K. WELLS	A-L-A-H	6' 06"	2018
	D. PERRY	NEOGA	1.98m	2022
Long Jump	A. HEDGES	MACON	22' 04"	1989
Triple Jump	C. KERSEY	NEOGA	45' 0"	2014
Shot Put	H. WOODARD	TUSCOLA	63' 0"	2018
Discus	G. TAYLOR	SALT FORK	58.30m	2023
Pole Vault	R. SMITH	CASEY-WESTFIELD	16' 03"	2015

TUSCOLA OPEN GIRLS TRACK RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>TIME/DIST.</u>	<u>YEAR</u>
100 Dash	A. WILLIAMS	TUSCOLA	12.33	2022
200 Dash	K. NETTLES	A-L-A-H	25.58	2019
400 Dash	A. MC CLAIN	SULLIVAN	58.79	2014
800 Run	A.S. KELLER	ST. ANTHONY	2:19.47	2016
1600 Run	A.S. KELLER	ST. ANTHONY	5:00.56	2015
3200 Run	A.S. KELLER	ST. ANTHONY	10:36.25	2015
100 H.H.	J. KIMBRO	SALT FORK	14.50	2015
300 L.H.	J. KIMBRO	SALT FORK	43.46	2016
400 Relay		CENTRAL A&M	51.3	2013
800 Relay		SULLIVAN	1:47.59	2014
1600 Relay		CENTRAL A&M	4:12.65	2015
3200 Relay		CUMBERLAND	10:17.1	2006
High Jump	K. NETTLES	A-L-A-H	5' 07"	2017
Long Jump	J. ROY	NEOGA	18'05.50"	2009
Triple Jump	J. ROY	NEOGA	36'10.50"	2009
Shot Put	A. NICHOLSON	SALT FORK	42' 0"	2016
Discus	TINGLEY	CHRISMAN	137' 03"	1989
Pole Vault	B. KEERAN	SALT FORK	3.66 m	2022

38th ANNUAL TUSCOLA OPEN

- DATE:** Friday, April 19, 2024
- TIME:** Coaches Meeting 3:30 at the finish line.
Field Events begin at 4:00
Girls 3200 at 5:00
Running events at 5:45.
- ON-LINE ENTRIES:** Must be done on Athletic.net by Wednesday, April 17 at Noon.
- LIMIT:** Two individuals and one relay team per event.
- CHANGES:** **ALL CHANGES MUST BE MADE ON ATHLETIC.NET BEFORE Noon, Wednesday April 17. Nothing will be accepted or changed after that time. ABSOLUTELY NO CHANGES OR SUBSTITUTIONS ON MEET DAY!**
- SURFACE:** Track, runways, and approaches are latex rubber. Only 1/4" or shorter spikes allowed. **NO NEEDLE NOSE SPIKES.** Shot and discus pads are concrete.
- HEATS:** Some races may be re-heated at starting line on meet day following scratches. Girls' races will be run first.
- FINALS:** Long Jump, Triple Jump - 3 attempts. NO FINALS
Shot and Discus - 4 attempts. NO FINALS.
- AWARDS:** Medals will be awarded for first in each event.
Ribbons for places 2 through 6.
Plaques for top two teams in each division.
Coaches should pick up awards at base of press box when leaving.
PLEASE CHECK FOR CORRECT AWARDS.
- SCORING:** 10-8-6-4-2-1 in all events.
- CONTROL:** Please make every effort to keep coaches, participants and spectators away from the finish line and the gate on the south side of the track. All camps are to be located outside the track. **Please police your area and stay off the football field.**
- CONCESSIONS:** Will be available at the east end of the track.
- FIELD EVENTS:** Make scratches at the event if necessary...
High Jump-boys first
Discus-girls first
Shot Put-boys first
Long Jump followed by Triple Jump-girls on west runway, boys on east runway
Pole Vault-girls first

TUSCOLA OPEN TRACK & FIELD MEET

COACHES (Please Note):

1. Running Events – Participants, report on time to the staging area at the WEST end of the track.
2. Please check your awards **before** you leave. **Please do not take someone else's awards.**
3. GAMES COMMITTEE:
 1. Sullivan Girls Coach
 2. Salt Fork Girls Coach
 3. Arcola Boys Coach
 4. Cumberland Boys Coach
 5. Meet Manager- Ryan Hornaday

4. EXCHANGE JUDGES:

- A. Please wave white flag when your zone is ready, starter is waiting on you.
- B. Wave yellow flag immediately if an infraction occurs and report to starter.
- C. Please remove tennis balls from the track after the race. NO TAPE.

RACE	ZONES	SCHOOL JUDGING
<u>4 X 100 Relay</u>	1 st exchange yellow to yellow	CG-Bement Fisher
	2 nd exchange yellow to yellow	A-L-A-H Neoga
	3 rd exchange yellow to yellow	Central A & M Casey
<u>4 x 200 Relay</u>	1 st & 3 rd exchange red to red	Tri-County Deland-Weldon
<u>4 x 800 Relay</u>	Runners will cut at break line	LSA/AO
<u>800 Run</u>	Runners will cut at break line	Marshall
<u>4 x 400 Relay</u>	Runners will cut at break line	Villa Grove