Entry Deadline: Thursday, May 7th, 2015 @ 3:00PM

CLINTON CARNIVAL TRACK MEET CLINTON HIGH SCHOOL – SPRAGUE FIELD CLINTON, ILLINOIS

- 1. The Clinton Carnival track meet will be held on Friday, May 8th, beginning at 4:30 PM for the field events. Prelims will begin at 5:15 for the 100m and 110HH. Coaches meeting will take place at 4:00 under the bleachers.
- 2. Scoring will be 10-8-6-4-2-1 for all events and relays.
- 3. This year will include the Sprint Medley (200-200-400-800m) and Fresh/Soph sections of the 4x100m, 4x200m, and 4x400m relays. There will also be a Throwers only 4x100m relay that will be ran with a football instead of a baton (footballs will be provided). All events will be scored.
- 4. T-shirts will be awarded to the winner of each event, and medals will be given to $1^{st} 3^{rd}$, ribbons to $4^{th} 6^{th}$. A trophy is awarded to the first place team.
- 5. Entries are due NO LATER THAN Thursday, May 7th, 3:00PM, your entries must be entered online at Direct Athletics. Search for Clinton Carnival. NO ENTRIES WILL BE ACCEPTED AFTER THIS DEADLINE.
- 6. Meet entry fees are \$125 per team. Please make checks out to CHS.
- 7. Entry limits of 2 per individual event and one relay per school.
- 8. TIME SCHEDULE: Field Events 4:30pm 3 jumps/throws, no Finals. Prelims (100m, 110mHH) – 5:15pm

 Heat winners and next best times to Finals.
 Finals – Begin 20 minutes after conclusion of Prelims.
- 9. The long jump, triple jump, discus throw, and shot put will be given 3 attempts, no finals.
- 10. Order of Running Events (Finals): Sprint Medley (200-200-400-800m), 4x800m, Throwers 4x100m, F/S 4x100m, 4x100m, 3200m run, 110mHH, 100m, 800m, F/S 4x200m, 4x200m, 400m, 300mIH, 1600m, 200m, F/S 4x400m, 4x400m
- 11. This year, during the 4x400m relays we will "rock the 4x4". Rock music will be played over speakers during the races to encourage the athletes.
- <u>All substitutions</u> must be made prior to the entry deadline of 3:00pm, May 7th, 2015. Scratches ONLY on meet day, no substitutions. <u>NO ADDITIONS</u> may be added to events where no one was originally entered.

- 13. NO TAPE ON THE RUNWAYS! Chalk will be provided.
- 14. Track Surface All weather, athletes may wear shoes with ¹/₄" spikes or less.
- 15. TEAM CAMPS must be outside of the fenced competition area.
- 16. At the conclusion of the field events, ONLY COACHES will be allowed inside the fence area. <u>PLEASE STAY CLEAR OF THE FINISH LINE AREA</u> and keep your athletes off the infield area during the running competition. The staging area is on the South side of the track by the 100m start. Athletes will be walked down to the starting line.
- 17. Any Questions, email Joshua McClurg (<u>jmcclurg@cusd15.org</u>) 309.838.6382 (Cell) or email Athletic Director Barry Gurvey (<u>bgurvey@cusd15.org</u>) 217.935.8337 (School)

