

CHECKLIST & INFORMATION

**33rd ANNUAL GIRLS' CHARLESTON HIGH SCHOOL
INDOOR INVITATIONAL TRACK & FIELD MEET**
Eastern Illinois University - Lantz Fieldhouse
Saturday, March 12, 2016



School's Checklist

This checklist is provided as a courtesy to help your school register efficiently and to help us organize a quality meet. Thank you in advance for mailing your entry fee as outlined below.

REGISTER ONLINE: Go to <http://www.steepleweb.com/meet/9975> to register your school's participants and event entries by midnight **Tuesday, March 8, 2016**.

**Entry limits are in parenthesis on the Order of Events sheet attached.*

- ☐ **ENTRY FEES:** Please mail payment by **Tuesday, March 8, 2016**.
 - The entry fee is **\$5.00 per athlete on your registered roster, plus \$5.00 per relay entered**. Calculate your fees based upon the number of athletes on your roster as of the deadline (**Tuesday, March 8, 2016**).
 - There is a minimum entry fee of **\$20.00** per school.
 - Make checks and money orders payable to Charleston High School, 1615 Lincoln Ave., Charleston, IL 61920. Personal checks will not be accepted. There will be no refunds.
- ☐ **ADDITIONS/SUBSTITUTIONS:** Online substitutions will not be permitted after the deadline. Do not call the school for additions or substitutions. **The only method of making substitutions after the deadline is as follows:** On meet day, substitutions may **only** be made by hand-delivering a letter (from a school administrator or a physician approving of the substitution because of illness or ineligibility) to the clerk at the scorer's table. **Substitutes must be on your school's registered roster as of the deadline above.** Please make scratches of running event participants at the scorer's table during packet pick-up. Field event scratches may be made at the event area.
- ☐ **MEET WORKER:** We ask that each team designate one person to help with field events (raking, measuring, etc...). Please send the name and event they would prefer to work with your payment on or by March 8, 2016.

Additional Information

Directions to Lantz Fieldhouse: From Route 16 (Lincoln Avenue), turn south on 4th Street. Drive ¼ mile to a stop sign. Continue south on 4th Street and turn right at the second possible entrance.

Bus Parking and Fieldhouse Entrance: Participant drop-off is at the double doors to your right. Bus parking is available directly west of O'Brien Stadium. Please disregard the parking lot signs. With EIU students being gone during Spring Break, the University Police will not enforce these permit lot signs. The police will, however, enforce laws pertaining to handicapped parking spaces, fire lanes, and other areas marked as "no parking."

TRACK DESCRIPTION

Eastern Illinois University's indoor track is a 200-meter MONDO SUPER X PERFORMANCE running surface.

Track - Six 42" lanes.

Straight away – Eight lanes (west side)

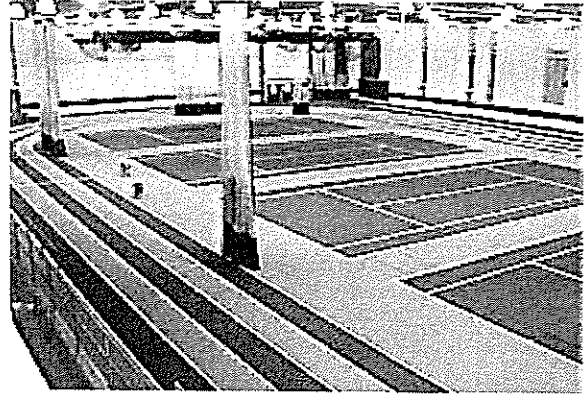
High Jump – Mondo approach

Pole Vault, Long/Triple Jump - 140' x 42" runway

Shot Put - Wood surface (no spikes)

Spikes – 1/4" or 1/8" only

Starting Blocks - provided



Athletic Trainer/First aid: *Sarah Bush Lincoln Sports Medicine* will provide an athletic trainer. Please bring your own supplies for routine taping. Should an emergency arise, first aid, ice, and other necessary supplies will be available.

Food/Drink: Due to the nature of the track surface, food or drinks are not allowed in the fieldhouse. Country Catering will be providing concessions at Lantz Arena, adjacent to Lantz Fieldhouse. There are also several eating establishments within walking distance of Lantz Fieldhouse.

Team Packet Pick-up: Coaches may obtain team packets at the scorer's table in Lantz Fieldhouse on the Saturday of the meet beginning at **7:45 a.m. for Class A** and **1:00 p.m. for Class AA**.

Camps/Competition Areas: Teams should make camps outside of the south or north turns and under the east bleachers. Participants are to warm-up in the hallway near the Ready Area or outside (weather permitting), not in the fieldhouse. Coaches, spectators, and non-participating athletes will NOT be allowed on the infield or any of the competition areas after the start of the meet. Violators are subject to a disqualification of the participant(s) in that particular event or disqualification of the participant's or coach's team. **Please emphasize to all participants that we are guests of Eastern Illinois University and to please keep camp areas clean. VANDALISM WILL NOT BE TOLERATED.**

Participant Numbers: All participant numbers are to be worn on the **FRONT** of the participant's uniform top.

Relay Cards: Teams must complete relay cards. When the relay team reports to the Ready Area, a member of the relay team should give the card to the Ready Area Clerk.

Athlete Check-in: Athletes in running events should report to the READY AREA approximately 15 minutes prior to their event. Listen for the announcer's call. The ready area is located in the rifle range, which is down the stairs on the east side of the track (the first door on the left). **ATHLETES MUST REMOVE SPIKES BEFORE GOING DOWNSTAIRS.** Athletes in field events should report to their respective event area.

Field Events:

- The long and triple jumps will be run "smorgasbord" style. Each Class (A & AA) will be allowed **1 hour** for all the competitors to complete their FOUR (4) jumps. **THERE WILL ONLY BE 4 JUMPS PER COMPETITOR; THERE ARE NO PRELIMS.** Long jumpers **MUST** be able to reach 12' because of board placement. *Long Jumps less than 13' will NOT be measured. Triple Jumps less than 28' will NOT be measured.*
- The shot put will be conducted in flights. Throws under 25' will NOT be measured. There will be three trials in the preliminaries. Nine athletes will qualify for the finals for three additional throws. Shot put contestants will use either of two shots provided by meet management as the **only** official implements. You may bring your own shot for warm-up. Shot putters may not wear spikes.
- The high jump and pole vault will not stop for any participant. The high jump will be run as "Five Alive". If a participant does not initiate a pole vault attempt within 1 1/2 minutes after her name is called, competition will continue. The high jump and pole vault bars will not be lowered during competition (except as provided in tie-breaking rules). "No shows" will be given a pass. Plan your athletes' event participation accordingly. **Starting height for the High Jump: Class A – 4'6", Class AA - 4'8". Raise 2" until 2 competitors are left, then raise 1" thereafter. Starting height for the Pole Vault: 7' 6". Raise 6" until 9', then raise 3" thereafter.** (Raising methods subject to change, depending upon competitors' progress.)

Awards/Scoring: Medals will be awarded to the first 8 places in the individual events and relays. Scoring will be as follows: 10,8,6,5,4,3,2,1. A team's medals should be available for pick-up at the scorer's table approximately 20 minutes after that team's final event for the meet. A plaque will be given to the winning team of each class.

Results: Coaches may obtain results approximately 10 minutes after the last event at the scorer's table. Results will also be available approximately 1 hour after the conclusion of the afternoon meet on SteepleWeb.com.

Valuables/Equipment: Charleston High School will not be responsible for a team's valuables. Please advise your team to come dressed in meet uniforms.

Rules of Conduct: The Charleston Indoor Invitational will be operated in accordance with IHSA and NFSHS regulations, unless otherwise noted in the packet of information provided by meet management.

Damage to Property: Each school should assume responsibility for the actions of their participants and their representatives. In the event of careless or malicious damage of any property, by a participant or representative of a participating school, such school shall be held responsible for costs of repair or replacement of damaged property. Special attention should be called to the track surface. Coaches should warn their participants against bringing food and drink to the track level.

Vendors: A local vendor will also provide meet t-shirts and track merchandise for purchase on meet day.

EMERGENCY TELEPHONES:	(217) 581-5000	EIU SWITCHBOARD
	(217) 581-3212	UNIVERSITY SECURITY (POLICE)
	(217) 345-0060	CHARLESTON POLICE DEPARTMENT.

ADDITIONAL QUESTIONS? Please contact the CHS Athletic Dept. at (217) 639-5006.

Have a safe and enjoyable meet!

March 12, 2016

GIRLS' TENTATIVE TIME SCHEDULE/ORDER OF EVENTS

Event entry limitations are in parenthesis. ()

CLASS A

8:15 am	Coaches Meeting
8:30 am	Report to Field Events: Long Jump(1), High Jump(1), Pole Vault(1) & Shot Put(2)
10:30 am	Report to Triple Jump(1)
8:45 am	4 X 200 Relay Finals (1)
9:15 am	4 X 800 Relay Finals (1)
9:45 am	60 HH-Top 8 Times to Finals (2)
10:05 am	60 -Top 8 Times to Finals (2)
10:35 am	800 Finals (2)
10:55 am	200 Finals (1)
11:25 am	60 HH Finals
11:30 am	60 Finals
11:35 am	400 Finals (1)
11:55 am	1600 Finals (2)
12:25 pm	4 X 400 Finals (1)

CLASS AA

1:15 pm	Coaches Meeting
1:30 pm	Report to Field Events: Long Jump(1), High Jump(1), Pole Vault(1) & Shot Put(2)
3:00 pm	Report to Triple Jump(1)
1:45 pm	4 X 200 Relay Finals (1)
2:05 pm	4 X 800 Relay Finals (1)
2:35 pm	60 HH-Top 8 Times to Finals (2)
2:55 pm	60 -Top 8 Times to Finals (2)
3:20 pm	800 Finals (2)
3:40 pm	200 Finals (1)
4:00 pm	60 HH Finals
4:05 pm	60 Finals
4:10 pm	400 Finals (1)
4:30 pm	1600 Finals (2)
4:55 pm	4 X 400 Finals (1)

NOTE: This time schedule is approximate; as soon as one event is finished, the next event will begin. Remind your athletes to listen to the P.A. system for event calls.