

Southern Illinois University High School Indoor Track & Field Invitational

Friday, March 7, 2014 (Girls) – 3:00 pm
Saturday, March 8, 2014 (Boys) – 10:00 am



Subject: 24th Annual SIU High School Indoor Track & Field Invitational
Co-Sponsored by Carbondale High School

Entries:

1. All entries and declarations must be completed on-line at www.directathletics.com
Please enter athlete's best mark from the 2013 outdoor season or 2014 indoor season.

Entry/Declarations deadline is Wednesday, March 5 at 1:00 pm.

You may make changes to your entries up until the deadline time.

2. Three individual entries and one relay from each team will be allowed per event
*NEW – We are limiting field sizes in the 3200m run. Enter standards of 11:00 minutes for boys and 13:00 minutes for girls.
If you have a freshman or an athlete who has improved significantly during the fall/winter please e-mail meet administration for approval (msparks@siu.edu).
3. No unattached or club athletes allowed.
4. **Please enter athletes only in events they plan on competing.** This keeps our costs down and therefore keeping your entry fees down.
5. **There will be NO meet day additions or changes** – however, substitutions may be made, but no name changes will occur. Times/Marks will be given under the original name of entry for event.
*Please click on the option to have your entries e-mailed to you – you may change them until 1:00 pm on March 5.

Location:

Southern Illinois University – Carbondale, Student Recreation Center

Scoring:

This will be a non-scoring meet

Packet Pick-up:

Packets can be picked up at the check-in table in the Rec. Center the day of the competition.

Entry Fee (*you pay by the number of individuals entered, not how many you bring to compete*):

\$150/Boy's Team (9-20 entered athletes)	\$150/Girl's Team (9-20 entered athletes)
\$175/Boy's Team (over 20 entered athletes)	\$175/Girl's Team (over 20 entered athletes)
\$20/Individual for teams of 8 or less individuals entered (more than 8 = full team = \$150)	
Make checks payable to Southern Illinois University (cash acceptable)	

Please bring your method of payment with you to the meet – Do not mail checks

Heat Sheets/Results:

Detailed time schedules with specific event times will be available on our website Thursday, March 6.

Heat sheets will be in packets

Results will be posted on the wall of the Rec. Center at the conclusion of the each event.

Results will be available to coaches as soon as possible at the conclusion of the meet. They will also be available at www.siusalukis.com

Awards:

T-shirts for winners of each event. 2nd-6th place will also receive awards

Timing:

All races will be electronically timed

Equipment:

We will provide starting blocks for the 60m, 60m hurdles, 200m, and 400m. No personal blocks allowed.

Teams are responsible for providing throwing implements

Admissions:

Adults \$5.00; Students \$3.00

Merchandise Sale:

T-shirts will be for sale

Concession Sale:

A concession stand will be open

Track Facility:

The Student Recreation Center's indoor track is a 200 meter mondo surface with 6 lanes.

Parking:

Available in the North lot behind the Student Recreation Center (SRC).

Athletic Trainers:

Trainers will be available for emergency situations only.

Other Notes:

1. A final time schedule based on number of entries will be available Thursday, March 6 (in the afternoon). Please check www.siusalukis.com (link to men's track or women's track)
2. Due to large numbers in the events and resulting time constraints we will be giving long jumpers, triple jumpers, and shot putters four attempts and we will award place finishers based upon those marks. No prelims/finals.
3. Estimated finish times: Friday between 9:00-10:00 pm; Saturday between 5:00-6:00 pm.
4. Athletes and coaches should enter the Rec. Center through the main doors on North side or South side of building. Doors will open at 1:30 pm on Friday, March 7 and at 8:30 am on Saturday, March 8.
5. **Please instruct your athletes to stay off of the wooden basketball court.**

Questions:

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