

## CLINTON MAROONS LAST CHANCE INDOOR MEET

Hosted by Clinton Community High School  
Monday, March 18th 2024 starting at 4:00pm

**Time:** Coaches meeting at **3:30pm** at the finish line, Field events start at **4pm** with all running concurrently (athletes must report by 3:45 to respective field events), 3 attempts, top 9 to finals. Running events will also begin at **4:30pm** on a rolling schedule

**Entry fee:** \$250/team; \$50 if only bringing one individual athlete

**Admission fee:** \$5 for all, no passes  
(children 5 & under free)

**Timing:** FAT by AdkinsTrak Timing ([www.adkinstrak.com](http://www.adkinstrak.com))

**Entries:** Direct Athletics \*meet will be available on DA soon, you will not be "invited" you will need to use the "search" function to find the meet\*

Deadline is **Saturday, March 16th, 8pm**. Limit of **two** entries in all track and field events, *with the exception of the 400m dash and 200m dash (limit 1 entrant) and shot put which will allow 4 entries. One team in each of the relay events.*

\*\*Of note, due to the demand/growth of this meet and our desire to allow opportunities for athletes "on the bubble" to qualify, we have limited entries to ensure the efficiency of the meet. However, the host team reserves the option to enter more athletes than stated limits to allow athletes a chance to compete.

### **Contact information:**

Co-Head Coaches: Rachel Lyons (309-830-4125) & Leann Sosamon (217-620-8708)  
email [clintongirlstrackandfield@gmail.com](mailto:clintongirlstrackandfield@gmail.com)

**Awards:** No team scores will be kept. 1<sup>st</sup>-6<sup>th</sup> place medals will be presented in all events.

**COACHES: ONCE FINAL RESULTS ARE ANNOUNCED, ATHLETES ARE RESPONSIBLE FOR PICKING UP THEIR MEDALS!**

**Facility:** Illinois Wesleyan University Shirk Center **Spikes:** ¼" spikes are the maximum allowed

**Trainer:** A trainer will be on-site

**Team Camps:** Camp may **not** be set up on the inside of the track. Adequate space is provided along the outer building walls for the team camps. Please keep the facility clean by limiting food & beverages in the field house and alert your athletes and coaches to specific areas marked for field event competition.

**Teams:** At this time, Amboy, Bloomington, Central A&M, Champaign Centennial, Champaign Central, Charleston, Cornerstone Christian, Delavan, El Paso-Gridley, Lincoln, Lowpoint-Washburn, Macarthur, Mattoon, Meridian, Metamora, Monticello, Morton, Mt Zion, New Berlin, Normal U-High, Normal West, North Mac, Okaw Valley, PBL, Pekin, Pontiac, Prairie Central, Sacred Heart Griffin, Seneca, Shelbyville, St. Teresa, Taylorville, Tri-Point, Tri-Valley, Unity, Warrensburg-Latham, Washington, and Williamsville.

## Clinton Maroons Last Chance Meet

### RUNNING EVENTS

*Running Events will begin at 4:30pm (rolling schedule, times are just estimates!)*

Rolling Schedule:

(4:30pm) 60M Hurdles Prelims  
(4:45pm) 60M Dash Prelims  
(5pm) 4x800m Relay (2 heats)  
(5:35pm) 60M Hurdles Finals – 2 heats of 8  
(5:40pm) 60M Dash – Finals - 2 Heats of 8  
(5:45pm) 800M Run  
(6:10pm) 4 x 200M Relay  
(6:30pm) 400M Dash (1 entrant)  
(7:00pm) 1600M Run  
(7:40pm) 200M Dash (1 entrant)  
(7:55pm) 4 x 400M Relay

### FIELD EVENTS \*must report to field event by 3:45pm

*Field Events will begin at 4pm...ALL will run concurrently*

**Long Jump** – South Runway - best flight last  
3 Attempts; FLIGHTED; Top 9 to finals (3 additional attempts)

**Triple Jump** – North Runway - best flight first  
3 Attempts; FLIGHTED; Top 9 to finals (3 additional attempts)

**Shot Put:** 3 Attempts, there will be flights of 13-14, Top 9 to finals (3 additional attempts)

**High Jump** - starting height 1.32m (4'4") (not flighted)  
progression 0.05m (2")

**Pole Vault** – will be flighted, starting height 1.83m (6') - progression - 0.15m (6")  
Top Flight will be Flight 1

**For flight one: warm-ups will begin at 3:30 and competition will begin promptly at 4 PM;** due to time constraints the second flight will be completed regardless when the 4x4 has finished