



Metamora Co-Ed Invitational



Saturday, April 6th, 2024

Field Events: 10:00 AM Running Events: 11:00 AM

- Entries:** Entries must be submitted through Athletic.net by 9:00pm, Thursday, April 4th. All events are finals. Two entries per individual varsity event. One Varsity relay team. One JV relay team (any 9th-11th grader not on the varsity relay team).
- Teams:** Canton (Boys), Bloomington Central Catholic (Boys), Champaign Central, East Peoria (Boys), Eureka, Illinois Valley Central, Metamora, Morton, Normal Community, Normal U-High (Boys), Olympia, Pekin, Peoria Christian
- FAT:** Timing will be FAT with Flash Timing & meet will be administered with Athletic.net.
- Entry Fee:** \$175 per male team; \$175 per female team. Please mail if you haven't already.
- MTHS Contacts:** Sheridan Ray (Boys): 309-573-3449 Kyle Weyeneth (Girls): 309-360-0857
- Scratches:** Packets will be handed out at the coaches meeting in the halftime room north of the scoreboard at 9:15am and scratches may be made at this time.
- Starting Height:** HJ and PV will be determined by the host school.
- Individual Awards:** Medals for 1st place. Ribbons for 2nd-6th.
- Team Awards:** Plaques: 1st Place Boy's Team, 1st Place Girl's Team, 1st Place Combined
- Concessions:** There will be concessions at the meet.
- Admission:** Adults \$5, Students \$3, Seniors \$3
- General Info:**
- Coaches meeting will be in the halftime room north of the scoreboard at 3:30pm.
 - There will be a certified athletic trainer on site.
 - All team camps should be set up outside of the fenced in track area.
 - No Food, Gum or Sunflower Seeds on the turf infield.**
 - Running/Warming up is allowed on the turf infield.
 - However, repetitive striking or stationary drills are not allowed on the turf.
 - Once running events begin, the track should remain clear, even the backstretch.
 - Handoff practice should be done before the running events begin.
 - An athlete cannot run in the same relay at both levels, Varsity and JV.
 - No tape is allowed on the track or runways. Bring or use chalk provided.
 - Runners must use ¼" spikes.
 - All events will be scored equally: 10-8-6-4-2-1.
 - Girls running events will be first except the straight hurdle race.
 - Shot Put and Discus will be allowed 4 throws, no finals.
 - Long & Triple Jumps will be allowed 4 jumps, no finals, see next page for details.

Order of Field Events (10:00 am)

HJ: Girls - Boys

***PV:** Girls & Boys Combined (2 flights, see below)

LJ: Girls & Boys (4 Attempts, Cafeteria style, 90 minutes, on separate runways, opposite directions)

TJ: Girls & Boys (4 Attempts, Cafeteria style, 90 minutes, on separate runways, opposite directions)

SP: Girls - Boys

Disc: Boys - Girls

***PV:** Pole Vault will be run in two flights, determined by heights, NOT gender. The flight break will be determined by entries. Example: Anyone who has cleared 10' will be in flight 1. All others, flight 2.

Order of Running Events (11:00 am)

G 3200 M Relay JV

B 3200 M Relay JV

G 3200 M Relay Varsity

B 3200 M Relay Varsity

G 400 M Relay JV

B 400 M Relay JV

G 400 M Relay Varsity

B 400 M Relay Varsity

G 3200 M Run

B 3200 M Run

B 110 M Hurdles

G 100 M Hurdles

G 100 M Dash

B 100 M Dash

G 800 M Run

B 800 M Run

G 800 M Relay JV

B 800 M Relay JV

G 800 M Relay Varsity

B 800 M Relay Varsity

G 400 M Dash

B 400 M Dash

G 300 M Hurdles

B 300 M Hurdles

G 1600 M Run

B 1600 M Run

G 200 M Dash

B 200 M Dash

G 1600 M Relay JV

B 1600 M Relay JV

G 1600 M Relay Varsity

B 1600 M Relay Varsity