



Metamora Mach Speed and Flight Night

Friday, April 26th, 2024

Field Events: 4:00 PM Running Events: 5:30 PM



Entries: Entries must be submitted through [Athletic.net](https://athletic.net) by 8:00pm, Thursday, April 25th. All events are finals. Four entries per event. Two relays, fastest relay "A" and second relay "B".

Teams: Bloomington Central Catholic, Clinton, Limestone, Lincoln, Maroa-Forsyth, Metamora, Monmouth, Morton, Mt. Zion, Normal Community, Richwoods, Rochester

FAT: Timing will be FAT with Flash Timing & meet will be administered with Athletic.net.

Entry Fee: Full team fee: \$175.00 (15 or more athletes). Individual fee is \$10 per athlete (up to 14).

MTHS Contacts: Sheridan Ray (Boys): 309-573-3449, Kyle Weyeneth (Girls): 309-360-0857

Scratches: Meet program will be emailed out Friday morning. Scratch and replace can be done by emailing kweyeneth@mths.us until 1:00 PM on Friday. Updated programs will be handed out at the coaches meeting in the halftime room north of the scoreboard at 3:00 PM. Only scratches will be made at this time.

Starting Height: HJ and PV will be determined by the host school.

Individual Awards: Medals: 1st place individual in each event and each 1st place relay. Ribbons for 2nd-6th.

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 3:00 PM.
- 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.
- 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.
- Max number of entries per athlete is four.
- No tape is allowed on the track or runways. Bring or use chalk provided.
- Runners must use ¼" spikes.
- Girls running events will be first except the straight hurdle race & mixed 4x100.
- Shot Put and Discus will be allowed 4 throws, no finals.
- Long & Triple Jumps will be allowed 4 jumps, no finals.

We are very excited to host this meet in partnership with the Morton Distance Gala. Now in year 3, our hope is to continue to grow this meet into a unique and awesome sprint and field experience for all athletes. Given the unique nature of the meet, please see the next page for the meet schedule.

Order Of Events

Field Events will start promptly at 4:00 PM

East Runway Boys LJ followed by TJ jumping south

West Runway Girls LJ followed by TJ jumping north

Shot put Girls followed by Boys

Discus Boys followed by Girls

High Jump Girls followed by Boys

Pole Vault Boys followed by Girls

Running Events Begin at 5:30 PM

100 Meter Dash

400 Meter Dash

4x200 Meter Relay

110 Meter Hurdles

100 Meter Hurdles

Mixed (Co-Ed) 4x100 Meter Relay

(Girl-Girl-Boy-Boy)

200 Meter Dash

Sprint Medley Relay (100-100-200-400)

300 Meter Hurdles

4x100 Meter Relay

4x400 Meter Relay

Coaches 4x100 Meter Relay

