

**2024 Mid-Illini Conference
Girls Varsity & F-S Track Meet
EastSide Center
Wednesday, May 1, 2024 4:00 PM**

- Seed Meeting: Seed meeting will take place at 7:00 pm on Monday May April 29th via Google Meets.
- Meet Guidelines & Entries: Refer to the conference girls track by-laws (attached) and T & C from the IHSA, available on-line. **ALL entries should be received by Sunday April 28, 2024 at 7:00 PM.**
- Meet Schedule: Final Instructions- Coaches Meeting at 3:30 PM at the starting line
FIELD EVENTS begin at 4:00 PM
RUNNING FINALS begin at 6:00 PM
- Meet Staging: Athletes will be staged in the high jump area at the end of track by discus (nearest the scoreboard).
- Weigh-In: Implements and pole vault weigh-ins will be held from 2:45-3:30 PM in the locker room.
- Team Camps: No team camps will be allowed on the inside of the track. We ask that only those athletes checking in or warming up be on the infield. Teams should set their camps up on the concourse or behind the bleachers.
- Rain Date: Thursday May 2, 2023
- Admission: Adults: \$5.00, Students \$3.00 **Please inform your fans of the admission charge.**

Bus Parking: Buses can park towards the back of the parking lot.

Hospitality: Sandwiches, chips, drinks and cookies will be provided for all coaches, officials and workers.

Concessions: Candy, drinks, popcorn & more will be available for purchase

Trainer: Jen Kindred from Midwest Orthopedics

Meet Officials Starter- Chuck Nagel
Head Referee: Steve Gonwa

Locker Rooms: No locker rooms are available at EastSide Centre. Only restrooms are available. Participants should arrive dressed and ready to compete.

Turf Access: No food or drinks (besides water) are allowed on the turf. Additionally, Only athletes warming up should be on the turf prior to their event.

Awards: Individual awards & the traveling trophy will be available at the press box At the conclusion of the meet.

Results: Running results will be available through the meet at athletic.live

Contracts: Athletic Director: Brian Clausen, bclausen@limestone310.org
Head Girls' Coach: Ryan Cinotte, rcinotte@limestone310.org