



Centennial Charger Indoor Invite

Saturday, March 8th, 2024 - University of Illinois Armory

Hosted by Centennial H.S.

On behalf of the Centennial High School Athletic Department and the Centennial Track and Field coaching staff, welcome to the 2025 First to the Finish Girls' Charger Indoor Invite. We are very happy to have First to the Finish and Trophies by George as our meet sponsors this year.

Date: Saturday, March 8th, 2024

Time: Field Events - 4:00 PM Running Events - 4:00 PM

Rules: IHSA rules will govern the meet.

Admission: \$5 gate opens ASAP after the boys meet **Entry Fee:** \$300

Team Entrance: Girls teams will NOT be allowed to enter the facility until the boys meet has finished at approximately 3:00 PM. After the boy's meet has finished, girls teams will have the opportunity to enter the facility to set up camp and warmup.

Parking: Team vehicles and buses should drop athletes off on the north side of the facility on Armory Ave. The Armory address is 505 E. Armory Ave, Champaign. Additional parking information is on an included document. Additional parking information is attached.

Entries/Results: Entries will be submitted on athletic.net. **We will allow 3 entries per individual event, 1 JV relay* and 1 Varsity relay.** Please be sure to submit your entries by **Wednesday, February 28th at 5pm.** Final heat and flight assignments will be shared on Friday. *A minimum of 3 JV Relay teams will be required to conduct the JV competition. Competitors in JV Relays may be any grade level but not ready to compete on your varsity relay. We will have a live link for results.

Awards: Medals will be awarded to the top 3 individuals in each event and the top 3 relay teams in both divisions. No team scores will be kept. Awards will be handed out in a packet to each team at the end of the meet.

Coaches' Meeting: There will be a coaches meeting in the northwest corner at 3:15pm.

Scratches: All scratches should be made at the coaches' meeting. **Substitutions after the Thursday 5pm deadline will only be allowed in accordance with IHSA rules,** that state: "No substitutions shall be permitted in the individual events after the meet has been seeded, except in cases of a substitution made because of school disciplinary reasons, or a disabling illness or injury to an entered contestant that must be certified to by either the high school principal or a certified athletic trainer."



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Team camps: All team camps should be in the east bleachers.

Uniforms: All uniforms must be legal according to IHSA rules.

Hip Numbers, Staging of Athletes: Athletes must pick up hip and chest numbers before checking in with the clerk. The pick up table will be located under the record boards at the northwest end of the track. The clerk will be in the vicinity and visible.

Relay Cards: Relay cards will be available at the coaches meeting. A relay team member must turn in a relay card when the entire relay checks in with the clerk. Extra relay cards will be available at the hip number table.

Spikes: 1/4 inch pyramid spikes **OR** smaller are acceptable.

Starting Blocks will be provided NO team blocks allowed.

Marks for Athletes: Athletic tape and personal markers including tennis balls or beanbags may be used on the runways. **ABSOLUTELY NO CHALK MARKS!**

Warm-up: Allowed on the corners and backstretch. North straightaway is restricted. The 3rd floor is also available for warm-ups. **NO ONE SHOULD PASS THROUGH THE FINISH AREA ONCE COMPETITION HAS BEGUN** as it will interfere with the timing system.

Electronic devices (Athletes): **NO** electronic devices will be allowed anywhere on the track or infield during warm-ups and competition.

Trainer: A certified trainer from Carle Clinic will be onsite. The trainer will be located along the southwest wall. Please provide your own tape and other supplies.

Restrooms: Men's restrooms are located in the NE & NW corners of the 1st floor. Women's restrooms are located in the SE & SW corners of the 1st floor. Men's & women's restrooms are also located in the north hallway of the 1st floor. Additional restrooms are located throughout the 2nd, 3rd, & 4th floors of the building.

Restricted Areas: Only coaches, meet personnel, and athletes actively participating in field events are allowed on the infield. The finish area and the entire north straightaway are restricted throughout the duration of the running events except for athletes actively competing in track events.

Concessions: Will be located in the north hall and will be run by Oakview Group per their contract with the University. Teams may bring their own food and drink. Please



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bring trash bags and keep your camp area clean.

Hospitality: There will be a hospitality room for coaches and workers in room 134.

Vendors: Meet shirts and other running items will be available from First to the Finish. Their booth will be in the north hall.

Games Committee: There will not be a Games Committee. The meet referee will have the final say in all matters regarding the interpretation of the rules. Judgment calls by officials may not be protested.

Work Assignments: To ensure professional administration of this meet, we may need **an experienced adult** from your school to conduct the field events.

Teams:

Danville, Central, Thornridge, Thornton, Rantoul, Morton, Dulap, Marian Catholic, Cahokia, Thornwood, Edwardsville. Cerro Goredon, Urbana, Centennial

Schedule:

Field Events (4:00)

- 4:00 - Long Jump East Pit, raised runway, 4 jumps in flights
- 4:00 - Triple Jump West Pit, flat runway, 4 jumps in flights
- 4:00 - Pole Vault (Starting height is 7') raised runway
- 4:00 - High Jump (Starting height TBD)
- 4:00 - Shot Put 4 throws in flights

Running Events (4:00) ROLLING SCHEDULE, TIMES are estimates

- 4:00 - JV 4X800m Relay
- 4:20 - V 4x800m Relay
- 4:40 - 3200m Run (entrants must be capable of sub 15:00)
- 5:00 - 60m Hurdle Heats against time, no prelims
- 5:15 - 60m Dash Heats against time, no prelims
- 5:30 - 800m Run
- 5:45 - JV 4X200 Relay
- 5:55 - V 4x200m Relay
- 6:05 - 400m Dash
- 6:25 - 1600m Run
- 6:45 - 200m Dash
- 7:05 - JV 4X400m Relay
- 7:15 - V 4x400m Relay



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