



Cogdal Invite
Friday, March 21st (Girls)
Saturday, March 22nd (Boys)

Meet Entry

Entries will open Monday, March 10th, 2025 at 8:00 a.m, entries are due Tuesday, March 18th, 2025 at 8:00pm. www.directathletics.com. **No mailed or faxed entries will be accepted.**

Meet Format

Each team can enter 2 individuals per event, and one team per relay. 4 attempts in Shot Put, Long Jump and Triple Jump. No finals.

Entry Fees

Entry Fees are due at Packet Pickup. Teams **WILL NOT** be able to compete if the entry fee is unpaid. Entry fees are based on the number of athletes **ENTERED** in the meet at the time entries are due, **NOT** those competing. Entry Fees are per gender as follows: \$25 per athlete entered not exceeding \$300 per team per gender. ***DO NOT MAIL IN YOUR ENTRY FEES. Online Payment may be used.***

Conduct of the Meet

There will be no jury of appeals and the decision of the meet referee is final in all cases where he shall be called upon rule. IHSA rules apply.

Coaches' Meeting

All coaches meet on the infield at 3:30 pm on Friday and 9:30 am on Saturday to go over meet details.

Timing System

Fully Automatic Timing via ShazamTiming.

Scoring

This meet will not be scored.

Heat Sheets

Heat Sheets will be posted by 7:00pm on Thursday, March 20th, 2025

Packet Pick-up

Packet Pick-up begins at 2:00 p.m. Friday, March 21st and 8:00 a.m. Saturday, March 22nd, in the east concourse of Horton Field House at the check In area. Please bring checks or cash at that time. If we do not have payment, then there is an ATM at the concourse for you to access.

Coaches Wrist Bands

Only coaches and participating athletes will be allowed on the track. Coaches **MUST** have a wrist band to gain entry to the surface. Wrist bands will be included in the team packet: 3 wristbands per gender.

Running Event Check-in

Athletes **MUST** report to the check-in table at the East concourse at least 30 minutes prior to the start of their event. Athletes **MUST** report to the staging area at least 10 minutes before start of a race.



Relay Cards

Relay Cards are due 10 minutes prior to the start of relays at the staging area with all 4 relay team members present.

Starting Blocks

Starting Blocks will be provided for all heats of the 60m. In order to keep the meet moving at an appropriate speed, blocks will only be provided for the two fastest sections of the 200m. No other blocks will be permitted. No blocks for the 400m, 4x200m, and 4x400m.

Spikes

¼ pyramid spikes ONLY.

Field Event Check-in

All field event competitors MUST report directly to the head judge of the event at the event area, at least 30 minutes prior to the start of the event.

Pole Vault

Please bring pole vault weigh in cards. They must be presented to the head judge for athletes to participate.

Opening Heights/ Minimum Marks

Opening Heights and Minimum Marks (if necessary) will be decided after entries are received.

Implement Certification

ALL throwing implements will be weighed and measured at the competition site. You must weight in implements 30 minutes prior to the start time for your event.

Team Camps

Team Camps will be on the East side of track. Spectators will be on the West side.

Warm up Area

The east concourse, north gym and outdoor track will be used for warm-ups. NO SPIKES IN THE NORTH GYM.

Dressing Facilities

Athletes should plan to arrive dressed to compete.

Medical Facilities

Athletic trainers will be on site.

Parking

Parking will be limited; Please use the UHigh Parking Lot for Buses. Fan Parking in the Ropp Lot, and UHigh Parking Lot.

Spectators

Spectators will enter Horton Field House at Gate 2. Cost for entry: Adults - \$5.00, Students - \$3.00, 10 & under - Free



Concessions

Food will be available for purchase.

Results

Complete results will be available on ShazamTiming and Athletic.Net



Cogdal Invite Friday Schedule of Events

Field Events

4:00 pm	Long Jump
Follows Long Jump	Triple Jump
4:00 pm	High Jump
4:00 pm	Shot Put
4:00 pm	Pole Vault

***Weigh-ins for the shot put will begin at 3:00 pm near the throws area on the infield.**

****4 attempts in Shot Put, Triple and Long Jump. No Finals**

Running Events:

4:00 pm	60m Dash - Prelim
	60m Hurdles – Prelim
	4 x 800m Relay
	60m Dash – Final
	400m Dash
	60m Hurdles – Final
	800m Run
	4 x 200m Relay
	1600m Run
	200m Dash
	4 x 400m Relay

******We will operate on a rolling schedule, making 1st, 2nd and Final calls for each event. If an athlete intends to scratch out of an event, please report that scratch to the check-in table as early as possible to avoid empty lanes in races.**

Any other questions please contact Steve Luke at 217-799-2548 or at sfluke@ilstu.edu

<http://www.goredbirds.com/>



Cogdal Invite Saturday Schedule of Events

Field Events

10:00am	Long Jump
Follows Long Jump	Triple Jump
10:00 am	High Jump
10:00 am	Shot Put
10:00 am	Pole Vault

***Weigh-ins for the shot put will begin at 8:00am near the throws area on the infield.**

***4 attempts in Shot Put, Triple and Long Jump. No Finals**

Running Events:

10:00 am	60m Dash - Prelim
	60m Hurdles – Prelim
	4 x 800m Relay
	60m Dash – Final 400m Dash
	60m Hurdles – Final
	800m Run
	4 x 200m Relay
	1600m Run
	200m Dash
	4 x 400m Relay

******We will operate on a rolling schedule, making 1st, 2nd and Final calls for each event. If an athlete intends to scratch out of an event, please report that scratch to the check-in table as early as possible to avoid empty lanes in races.**

Any other questions please contact Steve Luke at 217-799-2548 or sfluke@ilstu.edu

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