

2023 SIJHSAA CLASS S BOYS AND GIRLS STATE TRACK AND FIELD MEET

At VanMetre Field at Du Quoin

Saturday, May 13, 2023

Welcome to the SIJHSAA Class S State Track and Field Meet. We are excited to be hosting this year's competition. On the following pages you will find information about the meet itself, a timeline of events and information about our facility. If you have any questions feel free to contact Du Quoin Middle School at (618) 542-2646 ext. 1151, DMS Athletic Director, Jeremy Cornett. You can also email me at jcornett@duquoinschools.org

Admission (as per SIJHSAA guidelines):

- Adults: \$5.00 / 9th grade and older
- Students: \$2.00 / 8th grade and younger

Timeline of Events:

Monday, May 8th – Regional meet manager/director deadline for entering qualifiers.

All Regional Hosts: also please send a copy by email of your regional results following your regional meet.

All entries MUST be entered as soon as possible after the regional meet has ended.

Saturday May 13th

- 9:00 – weigh-in of implements; red building near field event area
- 9:15 – Coaches meeting (Scratch only – no replacements) – Band Room
- 9:30 – Girls High Jump begins
- *We are hopeful that starting the high jump competition prior to other field events will alleviate issues with athletes competing in running events.
- 9:55 – National Anthem
- 10:00 – Field Events Begin
- Approximately Noon Running Events will begin after all field events have concluded.

*As per new SIJHSAA guidelines, no preliminary races will be run at the state meet.

Finals will follow the traditional order of events.

Miscellaneous Information:

- We have an all-weather track; runways are also all-weather surfaces as well. Please ensure that all of your athletes are using spikes that are $\frac{1}{4}$ " or less in length. Please ask your athletes not to wear spikes in the bleachers.
- Restrooms are located under the main bleachers and port-o-potties located around the complex.
- Buses will park in the main parking lot north of track or at Theobald Gym located 1 block northeast of the track.
- The physical address for Du Quoin High School is – 500 E South St, Du Quoin, IL 62832

- The teams will enter through the Gate between the high school and track.
- **No one can set up camp in the bleachers. Camp areas will be marked.**
- The meet scoring for all events will be as follows: 10, 8, 6, 5, 4, 3, 2, 1.
- Team scores will be announced multiple times throughout the meet and posted as well.

Field Event Information:

- Competition for the shot put, discus and long jump will be run simultaneously. We can adjust flights for the shot put and discus to ensure that competitors are not competing in multiple events at one time.
- 9:30 – Girls high jump (starting height is 4'0" as per SIJHSAA by laws)
- TBD – Boys high jump (starting height is 4'10" as per SIJHSAA by-laws)
- 10:00 – shot put – boys
- 10:00 – discus – girls
- 10:00 - Boys long jump (south pit)
- 10:00 – Girls long jump (north pit)

Scratch Meeting:

- On the day of the meet, the scratch meeting will be at 9:15 in the band room of the high school. The band room is on the west end of the high school. The door faces to track and football field. The door to the band room will be marked.
- Remember no replacements, scratches only.

Timing of Running Events:

- The timing of the running events will be conducted using our FinishLynx F.A.T. Timing System. Final results will be posted online at live.athletic.net as well as announced on the public address system.

Starters-Meet referee:

- The starters will be – Mark North, David Willmore and Bill Watts.

Staging Area:

- The staging area for all running events will be located in the Northeast end of the track. Athletes are asked to report in a timely manner as to keep the meet running smoothly. There will be benches located in the staging area. Athletes will then be taken to the appropriate starting line.

Competitor/Implement Weigh-in:

- The location for the weigh-ins for competitors for shots/discs to be used in competition will be located in the red building at the Southeast end of the track. The weigh-in will open at 9:00 and run until 10:00. Shots/discs will be marked indicating they have been weighed and meet SIJHSAA specifications. Any athlete using a non-approved implement will be disqualified.

Athletes and Spectators:

- In order to avoid interfering with field and running events, only competing athletes

will be permitted inside the interior fence and marked areas. Please inform your athletes and their parents of these guidelines.

Warm-up Area:

- Athletes ONLY are welcome to use football field and track in order to warm up prior to their race. However, they will not be permitted to use the track or football field once races begin.

Blocks:

- Starting blocks will be provided for the meet.

T-shirts:

* State Track T-Shirts will be sold online only. They can be picked up at the state track meet or mailed directly to your home. Mailing to your home is an additional mailing fee. A link for purchasing t-shirts is listed below

<https://statetrack2023.itemorder.com>

Concessions:

- There will be a concession stands and food truck available

***Good luck to everyone involved in the Class S State track and Field meet. If you have any questions or concerns feel free to contact us. We hope everything goes well on May 13th and

Jeremy Cornett

Athletic Director

Du Quoin Middle School