

2025 SIJHSAA Class L Boys & Girls State Track & Field Meet

Hosted by Carterville Junior High / High School

Hello and welcome to the SIJHSAA Class L State Track & Field Meet. We are excited about the opportunity to host 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. We hope that you find the information helpful, but should you possess any further questions, please do not hesitate to call Carterville High School (618.985.2940) or Brett Diel, Athletic Director Carterville JH/HS (618.559-8381). You can also email me at bdiel@cartervilleschools.org

Admission *(as per SIJHSAA guidelines)*

Adults: \$5 (9th grade and older)

Students: \$2 (8th grade and younger)

Timeline of Events

Monday, May 5th Deadline for State Meet Entries ~ 12:00 (noon) from Regional Hosts

State Meet Qualifiers from Regional Hosts will be submitted electronically. All Regional Hosts have been provided information regarding electronic submission by Jerry Travelstead / Fast Cat Timing. If you are responsible for submitting State Meet Entries and have not received the information necessary to submit those entries electronically, please contact Jerry Travelstead / Fast Cat Timing 618-927-7509 / jtravelsted@ccsd204.org immediately so that information can be provided to you.

Saturday, May 10th

9:00 – Weigh-in of implements/competitors begins on east side of press box

9:15 - Coaches meeting (Scratch meeting only – no replacements/exceptions of relays)

9:30 – Girls High Jump and Boys Pole Vault Competition Begins

We are hopeful that beginning the high jump and pole vault competition prior to other field events will alleviate issues with athletes competing in running events and high jump competition concurrently

10:05 – National Anthem

10:15 – Field Events Begin

On the following page, you will find information specific to field event competition

12:00 – Finals Begin

As per SIJHSAA guidelines, no preliminary races will be run at the state meet; finals will follow the traditional order of events

General Facility Information

Busses will be parking on the far east side of the large, asphalt parking lot located east of the track and field complex. In order to better direct bus drivers, there will be temporary signs and a parking attendant in place on the day of the meet to facilitate a smooth transition of athletes from bus to the field of competition.

We have an all-weather track surface; runways are all-weather surface as well. Please ensure that all of your athletes are using spikes that are 1/4"-inch or less in length. Please ask your athletes not to wear spikes in the bleachers. Restrooms are located on the east side of the press box and in the field house.

The meet scoring for all events will be as follows: 10, 8, 6, 5, 4, 3, 2, 1

Miscellaneous Information

Directions

Lions Field and the Track & Field Complex is located at Tri-C Elementary on Lion Drive. The eight-lane track encircles the football field.

*If you are arriving from the **South** or **West**, you should turn *left* off of Illinois Route 13 onto Cambria Road. Then turn *right* onto Grand Avenue. After travelling east, you will arrive at a three-way stop. Turn *right* onto Lion Drive.

*If you are arriving from the **South** or **East**, you should turn *right* off of Illinois Route 13 onto Greenbriar Road. When you reach a four-way stop, you will turn *left* onto Grand Avenue. Go to the three-way stop, and turn *left* onto Lion Drive.

*If you are arriving from the **North**, (via 148 and Herrin/Colp Road) at the second four-way stop on Division, turn *right* onto Grand Avenue. Proceed through the next four-way stop (at the Greenbriar intersection), and turn *left* at the three-way stop onto Lion Drive.

Field Event Information

Competition in the shot put, discus, and long jump will be run simultaneously. We can adjust flights of the shot put and discus to ensure that competitors are not competing in multiple events at the same time.

10:15 – Shot Put ~ Boys

10:15 – Discus ~ Girls

10:15 – Boys Long Jump (east pit/runway)

10:15 – Girls Long Jump (west pit/runway)

9:30 – Girls High Jump (starting height: 4' as per SIJHSAA by-laws)

TBD – Boys High Jump (starting height: 4'10" as per SIJHSAA by-laws)

9:30 – Boys Pole Vault (starting height: TBD)

TBD – Girls Pole Vault (starting height: TBD)

Timing of Running Events

The timing of running events will be conducted by Fast Cat Timing / Jerry Travelstead. Final results will be posted online at live.athletic.net as well as announced on the public address system.

Scratch Meeting

On the day of the meet, the scratch meeting for coaches will be held at 9:15 in the field house located at the south end of the track (nearest the high jump). *Remember that the only replacements that be made are in relays with anyone on your eligibility sheet not yet entered in 4 events. Other amendments can be made at this time – scratches only!*

Starter

The starter for the boys' portion of the meet will be Bill Fisher. Randy Jenkins will serve as the starter for all girls' events.

Staging Area

The staging area for all track events will be located on the asphalt area north of the starting line. Athletes are asked to report in a timely manner so as to keep the meet running smoothly. There will be benches located at the staging area, and water will be provided for athletes in this area as well. Athletes will then enter the track and proceed to the appropriate starting line. Kevin Helfrich (junior high track coach at Carbondale) will serve as the Clerk of the Course for the state meet.

T-Shirt Sales

T-Shirts will be sold online only through Rhouse Sports. You can order and pick them up at the state meet or orders can be mailed to you for a mailing fee. The link is listed below and is on the home page of the SIJHSAA Website. (www.sijhsaa.com)

<https://statetrack2025.itemorder.com>