



Quincy Senior High Blue Devils

Bill Sanders
Director of Athletics

March 23, 2013

Dear Coaches:

The 30th Annual Freshman-Sophomore Track Invitational (boys and girls) will be held at Quincy Senior High School's Flinn Memorial Stadium on Tuesday, April 9, 2013. High schools from Missouri and Illinois have been invited of which we expect approximately ten schools to accept. The meet is sanctioned by the Illinois High School Association.

Enclosed you will find a time schedule, meet information and instructions to coaches. All entries must sign in upon arrival. If you encounter any problems or have questions, please call Kerry Anders at (217) 224-3770 or (217) 224-2342. Substitutions and additions can be made the day of the meet. An entry fee of \$100 per team (\$100 for girls and \$100 for boys) should be made payable and returned to Quincy Senior High School.

Yours in Running,

Kerry Anders
Head Track Coach

Enclosures

Athletic Department

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MEET INFORMATION

In order to run a track meet that is sharp, it must move along on a definite time schedule. The following items should be read over to your team so we can have complete cooperation among everyone and the meet can be run as smoothly as possible.

1. Entries should be submitted online by going to www.sydexsports.com and clicking on "Track Online Meet Entries" to complete the process. The deadline for entries is Thursday, April 4, 2013, at 10 p.m.
2. All team members and coaches should enter through the main gate and be sure to get hands stamped.
3. Upon arrival, coaches should report to the Press Box and pick up relay cards. Your first runner of each relay team must present the proper card, filled out with the names of the runners on the team when reporting to the clerk for the first time in the event. **Also, make your scratches.**
4. Quincy Senior High will furnish all starting blocks. Each school will furnish its own towels, batons, shot puts and discs.
5. Coaches and contestants should station themselves in the bleachers and stay there! Do not stand at the Finish Line or along the track.
6. Each contestant entered in both a track/field event should notify the field official so that he/she will not be scratched from his/her event.
7. The shot and disc rings are concrete and flats must be worn.
8. The meet will be run on Chevron Fastrack 400. The long jump and pole vault runways are also all-weather. Contestants should wear flats or 1/4" spikes only. Flats only on the high jump pad.
9. No preliminaries--All races will be run as finals. Last fast heat--please be accurate with times.
10. Height of the bar in pole vault will start at 9'6". The high jump for boys will start at 5'2" and for girls will start at 4'6".
11. Lanes for the final: best times in lanes 3 and 4, next best times in lanes 2 and 5 and slower times in lanes 1 and 6.
12. FALSE START RULE WILL BE FOLLOWED.

13. First and second place trophies will be awarded to the top two teams. Medals will be awarded for the first, second and third places.
14. All events will be scored TBA.
15. Contestants shall not compete in more than four (4) events (track and field), in accordance with the Illinois High School Association.
16. Each school is allowed two (2) entries in individual events and one relay team in relay events.
17. No events will be held up if a contestant is not ready.
18. Coaches and contestants are not allowed around the Finish Line or on the Football field. You will be disqualified.
19. Results will be provided to all teams following the meet.
20. Admission prices will be \$3.00 for adults and \$2.00 for students.
21. A concession stand will be open.
22. Tennis ball halves will be provided for all relay markers. Please do not use chalk or tape for relay markers.
23. The meet management reserves the right to make any necessary changes to improve the administration of the meet.

Quincy Senior High Freshman-Sophomore Relays Time Schedule

3:30 Coaches Meeting.....To make scratches in press box

SHOT AND DISCUS 4 THROWS NO FINALS

4:00Boys Discus

4:00Girls Shot

5:30Boys Shot

5:30Girls Discus

LONG AND TRIPLE JUMPS 4 JUMPS NO FINALS

4:00Boys Long Jump Runway #1 CAFETERIA STYLE (1.5 HOURS)

4:00Girls Long Jump Runway #2 CAFETERIA STYLE (1.5 HOURS)

5:30Boys Triple Jump Runway #1 CAFETERIA STYLE (1.5 HOURS)

5:30Girls Triple Jump Runway #2 CAFETERIA STYLE (1.5 HOURS)

4:00Boys High Jump (3 ALIVE) Starting height _____

6:00Girls High Jump (3 ALIVE) Starting height _____

4:00Pole Vault (5 ALIVE) Starting height _____

FINAL VS. TIME 4:30

Girls 3200 Meter Relay
Boys 3200 Meter Relay
Girls 400 Meter Relay
Boys 400 Meter Relay
Girls 3200 Meter Run
Boys 3200 Meter Run
Girls 100 Meter High Hurdles
Boys 110 Meter High Hurdles
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls 800 Meter Run
Boys 800 Meter Run
Girls 800 Meter Relay
Boys 800 Meter Relay
Girls 400 Meter Dash
Boys 400 Meter Dash
Girls 300 Meter Low Hurdles
Boys 300 Meter Int. Hurdles
Girls 1600 Meter Run
Boys 1600 Meter Run
Girls 200 Meter Dash
Boys 200 Meter Dash
Girls 1600 Meter Relay
Boys 1600 Meter Relay