



Quincy Senior High
Blue Devils

Bill Sanders
Director of Athletics

March 27, 2013

Dear Coaches:

The 64th Annual Quincy Senior High School Invitational will be held at Quincy Senior High School (Flinn Stadium) on Wednesday, April 24, 2013. High schools from Iowa, 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. 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 Monday, April 22, 2013, at 8:00 a.m. 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 \$100.00 per team (\$100 for girls and \$100 for boys) should be made payable and sent to Quincy Senior High School.

Coaches will make their scratches in the press box after 3:30 p.m. on the day of the meet.

Yours in Running,

Kerry Anders
Head Track Coach

KA:dm

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 off as smoothly as possible.

1. All teams and coaches should enter through the main gate and be sure to get your hands stamped.
2. Coaches: Upon arrival, please 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 time in that event. *Also, make your scratches.*
3. Quincy Senior High School will furnish all starting blocks. Each school will furnish its own towels, batons, shot puts and disc.
4. Dressing room facilities are under the bleachers. Do not leave money or watches in your clothing. Encourage your team to come dressed or to bring locks. There are lockers and showers available.
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, in order that he will not be scratched from his 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 *1/8" spikes only. Flats only on the High Jump Pad.*
9. All events will be held on a last heat-fast heat basis. Please be accurate with your times.
10. Lanes for the final: best times in lanes 3 and 4, next best time in lanes 2 and 5 and slowest times in lanes 1 and 6.
11. FALSE START RULE WILL BE FOLLOWED.
12. First and Second place trophies will be awarded to the top two teams. Medals will be awarded for all first, second and third places.

13. All events will be scored 10-8-6-4-2-1.
14. Contestants shall not compete in more than four (4) events (track and/or field), in accordance with the Illinois High School Association.
15. Each school is allowed two (2) entries in an individual event and one relay team in relay events.
16. No event will be held up if a contestant is not ready.
17. All entries must be in by 12:00 noon on Monday, April 23, 2012.
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. (Give us 10 minutes.)
20. Please inform your athletes to stay off the football field.
21. Admission prices will be \$3.00 for adults and \$2.00 for students.
22. A concession stand will be open.
23. Tennis ball halves will be provided for all relay markers. Please do not use *chalk* or *tape* for relay markers.
24. The meet management reserves the right to make any change needed to improve the administration of the meet.

Quincy Invitational 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

Dale Hendren Open Mile
 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