

# 3<sup>rd</sup> ANNUAL GALESBURG ABC INVITATIONAL

Friday, April 13, 2012

At VanDyke Field

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**MEET DIRECTORS:** Ralph Henning (GHS AD) 309-343-9830  
Craig Hillier (GHS boys coach) 309-335-3988

**FACILITY:** VanDyke Field at Galesburg High School

**TIME:** 4:00 PM – Coaches Meeting in Pressbox  
4:30 PM – Field events begin  
5:00 PM – Track events begin

**SCORING:** A Relays = 12-10-8-6-4      A Events = 10-8-6-4-2  
B Relays = 10-8-6-4-2      B Events = 8-6-4-2-1  
C Events = 6-4-3-2-1

**TEAMS:** Galesburg, East Moline (UTHS), Geneseo, Limestone, Morton, Canton

**AWARDS:** Medals 1<sup>st</sup>-3<sup>rd</sup> place in all events; Team plaque for the 1<sup>st</sup> place team

**ENTRIES:** 1 entry per division. 1 relay per division. Enter your best athlete in the A division, 2<sup>nd</sup> best in the B division, and 3<sup>rd</sup> best in C division. There are A and B relays and same rules apply **Coaches can determine whether or not an athlete would be better served being in the B or C division if the athlete is truly not at the "A" level and should enter them at their appropriate level.** Each division will compete separately in the following order C-B-A. Shot put, discus, long jump, and triple jump will have FOUR attempts. No finals will be conducted.

**MEET ENTRIES:** Entries must be submitted online at [Online Entry Form](#) by 5:00 p.m. on Wednesday, April 11, 2012. Questions, regarding online entries can be directed to Rich Schilling 314-522-6176 [rich@trxtiming.com](mailto:rich@trxtiming.com)

**CHANGES/SCRATCHES:** Coaches can manage their entries until Friday, April 13 at 9:00 am at [Scratches/Changes](#)

**PERFORMANCE LIST:** [Performance List](#)

**CAMPS:** No tents on the infield area.

**MEET CONDUCT:** Meet Rules—IHSA Track & Field rules will be followed. Blocks will be provided. Please bring your own batons. Implements will be weighed in underneath the pressbox.

POLE VAULT

C – Starting Ht. at 7'6"  
B – Starting Ht. at 8'0"  
A – Starting Ht. at 8'6"

HIGH JUMP

C – Starting Ht. at 5'0"  
B – Starting Ht. at 5'2"  
A – Starting Ht. at 5'4"

**SPIKE POLICY:** ¼ or less PYRAMID spikes only. Shot and discus rings are concrete.

**TRAINER:** Trainer will be available during the track meet for injury or illness.

**FOOD AND BEVERAGES:** Concessions will be available.

# Galesburg ABC Invite Meet Schedule

Friday, April 13, 2012

## **Field Events – 4:30 P.M.**

Shot Put = B-C-A (4 attempts, no finals)

Discus = A-B-C (4 attempts, no finals)

**\*\*If an athlete has a conflict, we will allow him to take his throws with another group.**

High Jump = A-B-C order

Long Jump = C-B-A order (4 attempts, no finals)

**\*\*NOTE – 10 minute warm-up before each flight. Athletes may need to get their marks down early!  
Once a flight has started, there will be no more run-throughs!**

Triple Jump = A-B-C order (Will follow LJ) (4 attempts, no finals)

Pole Vault = C-B together, then A boys

## **Running Events – 5:00 P.M.**

3200m Run C Division

3200m Run B Division

4x800 Relay B-A

4x100 Relay B-A

3200m Run A Division

110 HH C-B-A

100m Dash C-B-A

800m Run C-B-A

4x200 Relay B-A

400m Dash C-B-A

300IH C-B-A

1600m Run C-B-A

200m Dash C-B-A

4x400 Relay B-A

## **EXCHANGE ZONES**

***4x100 Relay***

**Ex. Zone #1**

Galesburg

Geneseo

**Ex. Zone #2**

UTHS

Morton

**Ex. Zone #3**

Canton

Limestone

***4x200 Relay***

**Ex. Zone #1 & 3**

UTHS

Geneseo