

Illinois College

True Blue Invite

Friday, April 7th, 2023

- Meet Director:** Dirk Doehring
Mobile: 217-620-7515
Office: 217-245-3645
dirk.doehring@ic.edu
- Site:** Ware Family Track, 1121 Edgehill Rd., Jacksonville, IL 62650
- Entries:** Unlimited individual and relay entries. Unattached athletes allowed.
Entries can be completed at www.directathletics.com.
Entries due no later than Wednesday, April 5th at 7 pm – [Direct Athletics](#)
- Scratches/Changes:** Coaches can make their final scratches and changes by Thursday, April 6th at 12:00 pm Noon – [Scratches/Changes](#)
- Entry Fee:** \$250 each Men and Women’s teams.
\$30 for unattached athletes (unlimited entries)
Please make checks payable to “Illinois College Track and Field”
- Performance List:** [Performance List](#)
- Heat/Flight Sheets:** [Heat/Flight Sheets](#)
- Timing:** FAT provided by TRXC Timing.
- Venue Info:** 8-lane 400m BSS 1000 Track
- Access:** Only athletes, coaches and staff are allowed on the track and infield. Spectators please stay outside the competition areas.
- Spikes:** 1/4 inch pyramid spikes are permitted on the track and runways.
- Throws:** Poured concrete circles. Javelin runway is track surface.
- Meet Conduct:** Starting heights and conduct in the throws and horizontal jumps will be determined after we receive entry information.
Women will run first in all running events
- Scoring:** Scored in accordance with NCAA Handbook.
- Weigh-in:** Implement certification will take place 9:30-10:30am and will take place at the site of competition.
- Event Check In:** Athletes should check in for running events at the clerk’s table located on the south end of England Stadium under the bleachers at least 30 minutes before their race.
Competitors in the field events can check in at the event site.

- Scratches:** All scratches for track events should be made with the clerk. Field event scratches may be made at the event location prior to competition.
- Results:** Meet results will be posted on the IC athletic website and will be submitted to TFRRS.
- Liveresults:** <https://liveresults.trxctiming.com>
- Lockers:** Locker rooms and showers will be available in the lower level of Bruner Fitness Center.
- Team Camps:** Camps can be made anywhere outside the fence surrounding the track. In the event of inclement weather team camps can be made in the fieldhouse.
- Parking:** Bus parking will be available in the lot across from the outdoor track, on the corner of Park and Edgehill.
- Athletic Trainers:** Certified athletic trainers will be available on site throughout the event. Heat and ice will be provided, but no electric stim. Please provide your own supplies.

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Schedule of Events

Field Events

- 11:00am Hammer Throw (W, M)
Javelin Throw (M, W)
Discus Throw (W, M) After completion of Hammer & Jav:
Shot Put (M, W)
Long Jump (W—South Pit, M—North Pit), Triple Jump to follow
Pole Vault (W, M)
High Jump (M, W)

Running Events (rolling time schedule after Steeplechase, fast to slow, women then men)

- 12:30pm 3,000m Steeplechase
4x100m Relay
1,500m Run
100/110m Hurdles
100m Dash
400m Dash
800m Run
IC SENIOR RECOGNITION
400m Hurdles
200m Dash
5,000m Run
4x400m Relay