



SOUTHERN ILLINOIS UNIVERSITY

Saluki Fast Start

Saturday, December 2, 2023

- Site:** Southern Illinois University-Carbondale Student Recreation Center
300 East Grave Ave; Carbondale, IL 62901
- Divisions:** This meet is open to invited teams and individuals only. **For approved entry to the meet, please contact Meet Director Stephani Perkins at stephani.perkins@siu.edu**
- Entries:** Entries are due no later than Wednesday 11/29/23 at 12 noon – [Direct Athletics](#)
- Scratches/Changes:** Final scratches and changes are due by Thursday 11/30/23 at 12 noon - [Direct Athletics](#)
- Performance List:** [Performance List](#)
- DA Entries Help:** If you do not already have a Direct Athletics account, please visit these links.
Individual athletes account https://www.directathletics.com/new_athlete_front.html
Team accounts - https://www.directathletics.com/new_coach_validate.html
- Entry Fees:** **Teams** - \$350.00 per gender or \$700 per school (men's & women's combined). **Cash or checks only** at packet pickup.
Unattached - \$25.00 per person/max of 2 events. **Entry fee must be made online.**
- Time Schedule:** [Time Schedule](#)
- Heat Sheets:** [Heat Sheets](#)
- Live Results:** [Live Results](#)
- Parking:** Parking for cars/van will be in Lot 94 and bus parking will be in Lot 106. (See attached map)
- Team Camps:** Team camps have been designated on bleachers. A sign with your school name designates your area. Space is tight, so please share accordingly. A trash bag will be provided to you in your packet for help in keeping our facility clean. Please pick up trash in your team camp area. It is much appreciated!
- Team drop off:** Athletes maybe dropped off at the back entrance of the Student Rec Center located on the North side of the building off of Marion Street. Athletes must enter through the main doors of the student Rec Center.

Event Check-in: Check-in for the running events at the hip number table approximately 30 minutes before the scheduled start of the event. Athletes MUST bring spikes to check-in table.

Check-in for field events at the event site 30 minutes before the scheduled start of the event. *Implement Weigh-in will take place next to the throwing area 60 minutes before the start of the event. Weigh-in will remain open, but you cannot weigh-in once your event has begun. Spikes will be checked at field event site prior to start of competition.*

3,000m Athletes must declare their intention to compete prior to the start of the women's 800m.

200m Athletes must declare their intent to compete before the men's 400m. Before the start of the men's 200m, DECLARED athletes must return to the check-in table to get race assignments.

4x400m relay teams must declare their intention to compete prior to completion of the Men's 3,000m run (Relays cards MUST be turned in at this time) *Before the completion of the Men's 3,000m run, DECLARED teams must return to the athlete check-in table to get race assignments.*

Athletes not checked in by the designated time will be scratched, please alert your athletes.

Rules: NCAA Rules will apply. This includes hurdle height and throwing implements. Field events will contest a 3 attempt preliminary with top 9 collegiates advancing to a 3 attempt final.

Facility: MONDO Super X 720 / 200m 6 lane oval and 60m 6 lane straight / Throw rings are wood. ¼" Pyramids ONLY – No other spikes will be permitted – Spikes will be checked! Participation will not be permitted if the correct spikes are not in competitive shoes.

Warm-up: Athletes may warm-up on the upstairs track or outside. NO general warm ups on the lower track once meet has started.

Infield/Courts: This area will be designated for coaching boxes, NO student-athletes allowed on the basketball courts.

Prelims/Finals: Prelims will be contested in the 60m dash and the 60m hurdles. We will advance 12 to the finals for a 2 section final

Long jump, triple jump, shot put, and weight throw: Top 9 collegians + qualifying unattached individuals advance to finals. Unattached finalist will not displace the top 9 collegiate from the finals

Team Scoring: The meet will be a non-scored meet.

Packets: Packets will be available for pick-up at the check-in table at the following times:
Friday, December 1st, 2023 from 2:30pm to 5:00pm
Saturday, December 2nd at 9:00 -11am

Training Room: SIU trainers will *not* be on site. Space will be provided for other institution trainers.

Meet Questions: Stephani Perkins – stephani.perkins@siu.edu – 618-525-1555

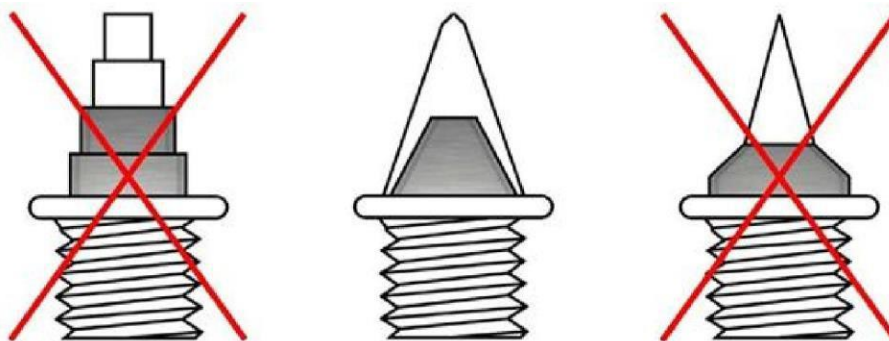
Entry Questions: Rich Schilling - rich@trxctiming.com – 314-522-6176

FACILITY REGULATIONS

SPIKES

All spikes must be presented and will be checked at the spike check table. Athletes will not be allowed to compete without having their spikes tagged at the spike check table. Any athletes competing with non-tagged spikes will be disqualified.

- Acceptable spikes: only 1/4” pyramids



TAPE

Tape for any marking on the track (relay exchange zones, jumpers'/throwers' markings) must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk you will be disqualified

HYDRATION

Water and Gatorade are the only permitted drinks allowed on the track facility.

ELECTRONICS

Headphones and cell phones are not allowed in the competition or warm-up area of the track and field complex

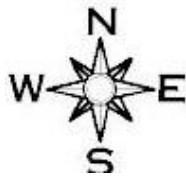
Reference this web page for Campus Parking -

<http://rec.siu.edu/facilities/parking/index.php>

Do Not Park in this Lot - It is not University Property

LOT 94- Parking for Cars/Nans

Student Recreation Center



LOT 106-Bus Parking

