

# 2023 Keith Hall Invitational

***Saturday April 15th, 2023***

Entry Fee: \$250 for boys and girls team, \$125 for one (boys or girls)  
OR \$15 per athlete

Entries: All entries due by **Friday April 14th at 9 AM.**  
Entries must be made at: **athletic.net**

Entry Procedure: We understand that outdoor participation may be limited due to weather and the number of meets at this point in the season. You know your team best. We are asking for everyone to **reasonable** and **fair** when entering seed times. We will make adjustments to unreasonable seed times if we feel necessary. Our goal is to provide great competition and FAT seed times that can be used for future meets.

\* No substitutions the day of the meet (only scratches). We are following IHSA Sectional rules regarding injury and illness. You will need a letter from the Principal or AD to replace an athlete.

Teams: Breese Central, Breese Mater Dei, Columbia, Greenville, Lebanon, Madison, Murphysboro, Okawville, Pope County, Vandalia, and Wesclin

Timing: Timing will be provided by ***TRXC Timing***

Heat/Flight: [Click Here](#) to see heat and flight sheets

Awards: Medals will be given for places 1-3. A giant cookie will be given out for the winners of the throwers 4 x 100.

Meeting: Coaches meeting will be held at 9:45 AM at the shed in the SE corner of the stadium.

Work Assignments: We will give assignments on the day of the meet for field events relay exchanges, and cut lines. If you have a preference please contact me.

Trainer: Our trainer Taylor Rosecrans will be on site.

Hospitality: We will have meal tickets for coaches

#### Other Information

1. No spikes longer than  $\frac{1}{4}$  inch
2. Blocks will be provided, but you may use your own
3. No prelims. Heats will be run fast to slow. Girls first, followed by boys
4. HJ and PV heights will be determined after entries have been received. We will let you know at the meeting. Girls HJ first, followed by boys. Boys PV first, followed by girls.
5. Long and Triple will be boys first, followed by girls. 4 jumps - no finals.
6. Shot and Disc will be 4 throws - no finals. Girls to throw disc first, followed by boys. Boys will throw shot first.

If you have any questions or concerns, please contact me.

Brian Arentsen  
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Wesclin High School  
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## Time Schedule

### **10:00 AM - Field Events:**

High Jump  
Shot Put  
Disc  
Pole Vault  
Long Jump  
Triple Jump

### **11:30 AM - Running Events (rolling schedule):**

4x800 relay  
4x100 relay  
3200m run  
110/100 hurdles  
100m dash  
800m run

**\*Swedish Relay**(100-200-300-400) For seeding purposes enter 4x200 time (see set-up below)

Throwers 4x100 (non scored). Comprised of 2 girls and 2 boys throwers  
400m dash  
300m hurdles  
1600m run  
200m dash  
4x400m relay

### **Swedish Relay Set Up:**

1. The 100m runner starts at the 200m start line & hands off the the 200m runner at the final exchange of the 4x100m runner.
2. The 200m runner may cut in after clearing the the exchange zone...DO NOT IMPEDE OTHER RUNNERS.
3. The 300m runner receives the baton at the break line, this is like a 4x4 exchange.
4. The final runner runs 400m in the traditional manner of a 4x400.