

15th ANNUAL SAILER INVITATIONAL

Alleman High School ♦ Girls Track & Field

TO: Head Girls' Track Coach & Athletic Director

EVENT DATE: Tuesday, April 28, 2020

5:30 p.m. Field Events

6:15 p.m. Track Events

LOCATION: Knowlton Outdoor Athletics Complex, Augustana College 639 38th St, Rock Island IL 61201. Directions found on Alleman website at www.allemanathletics.org under "Directions". Bus Parking: where available near Carver P.E. building (69), Spectator Parking: suggested lots D, E, G, P

ENTRY FEE: \$130.00/Team Payable to Alleman High School, 1103 40th St, Rock Island IL 61201

PARTICIPATING TEAMS: A-W Coop (Annawan-Wethersfield), Erie-Prophetstown Coop, Newman Central Catholic, Ridgewood Coop (Cambridge-AlWood), Riverdale, Fulton, Sherrard, United Township and Alleman.

TICKET/CONCESSIONS: Admission: Adults \$3 and Students \$2 (Grades 5-12); Concessions available.

ENTRY PROCEDURE: We will use Prime Time Timing as our entry system. You will log into www.pttiming.com, choose "Sailer Invitational" and click "registration" to input your entries. If you do not already have an account, you will have to create a new account. Information for how to do this will appear when you click on "Register for this meet". If you have difficulty completing this online registration, you may call **Jason Nunn at 309-781-1555 or email, jason.nunn@rimsd41.org** for assistance. Please have your roster and entries posted by **noon on Sunday, April 26th**. Scratches and changes may be made meet day; we will not reseed.

ENTRIES: Three entries for all field events and all individual running events; 1 relay per school; Athletes may enter a maximum of 4 events total.

FIELD EVENTS:

- Shot Put and Discus Flighted, 4 attempts, no finals {located west of Carver P.E. Center}
- Long Jump Flighted, 4 attempts, no finals
- Triple Jump Flighted, 4 attempts, no finals
- High Jump Starting height – 4ft. 2in.; bar raised in 2in. increments; 5 alive
- Pole Vault Starting height – 6ft. 0in.; bar raised in 6in. increments; 5 alive

SCORING /AWARDS

- Team scoring as follows for all events 10 – 8 – 6 – 4 – 2 – 1
- Trophies for top 3 teams
- Medals for top 3 finishers in each event
- Mary Welling Award – presented to top Alleman performer

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➤ The meet will be run according to the following time schedule:

TIME EVENT

4:30 p.m. Coaches' Meeting
5:30 Field Events
5:55 Senior Recognition & National Anthem
6:15 4 x 800 Meter Relay
6:30 4 x 100 Meter Relay
6:35 3200 Meter Run
6:50 High hurdles (3 Sections)
7:00 100 meter dash (3 Sections)
7:10 800 Meter Run (2 Sections)
7:25 4 x 200 Meter Relay
7:35 400 Meter Run (3 Sections)
7:50 300 Meter Low Hurdles (3 Sections)
8:00 1600 Meter Run (2 Sections)
8:15 200 Meter Dash (3 Sections)
8:25 4 x 400 Meter Relay

GENERAL INFORMATION

- Lane assignments and flight information will be available on field near the 50 yd line at 3:30 p.m.
- With FAT – 100 meter dash, 200 meter run and high hurdles will be run as timed finals.
- Scratches may be made up until 4:15 p.m. the day of the meet.
- Replacements are allowed but there will be no changes in seeding.
- TEAM CAMPS: use new North side stadium bleachers & landing area and far west end of track.
- STAGING AREA: Athletes check in with clerk & receive hip #'s on field near the 50 yd line.
- Complimentary tickets for food and beverage will be provided for coaches and officials.
- Augustana teams will be practicing up to just prior to our meet so please respect this situation.

RULES/EQUIPMENT

- IHSA rules followed including regulations regarding jewelry and uniforms.
- Starting blocks will be provided; Spikes are limited to 1/4 in; no locker rooms available.
- Shot & discus will be weight inspected at white shed near shot put area West of Carver P.E.
- Pole vault poles will be inspected at the pole vault pit; Pole vault cards provided in meet packet.

EXCHANGE LANE JUDGES

4 x 100m Relay

1st exchange: Sherrard, UTHS

2nd exchange: Fulton, A-W

4 x 200m Relay

1st & 3rd exchange: Ridgewood, Newman

3rd exchange: Riverdale, E-P

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GAMES COMMITTEE: Alleman, Fulton, Sherrard, E-P

OFFICIALS: Mr. Shawn Strachan and Mr. Pat O'Brien

ALLEMAN CONTACT: Mike Tracey, Athletic Director

mtracey@allemanhighschool.org 309-786-8742 work / 309-236-3473 mobile / 309-786-7834 fax

MEET LOCATION: Knowlton Outdoor Athletics Complex (#50 on campus map)
Augustana College, 639 38th St., Rock Island 61201

Entering the area from the east on I-88: Continue straight beyond I-80 exits as it changes to Hwy5; travel IL-5 (John Deere Rd) through Silvis, East Moline, Moline; just beyond 16th St. light in Moline (South Park mall left) stay RIGHT as you approach 7th St. light; continue straight and take exit RIGHT for Blackhawk Rd./IL-5 West/Rock Island, turning RIGHT at the light; after three lights you'll see sign for Augustana College.....(continue below)

Entering the area from the east on I-80/I-74: Follow I-280 W/ I-74 W continuing for about 12 miles; take Exit I-74 West/Moline staying Left off ramp to avoid an exit only lane; take exit #4A John Deere Rd. / IL-5 West; beyond first light (16th St. w/South Park mall left & Mills Chevrolet right) stay RIGHT as you approach 7th St. light; continue straight thru light and take exit RIGHT for Blackhawk Rd./IL-5 West/Rock Island, turning RIGHT at the light; after three lights you'll see sign for Augustana College.....(continue below)

Entering the area from the south on Hwy 67: Off US-67 turn RIGHT/East on the Milan Beltway / IL-78 (landmark: Camden Park right); continue on the split highway through three lights as it bends down into the valley; continue across the new bridges over the I-280 interstate and Rock River into the Moline/Rock Island area staying Right; follow signs closely & take exit RIGHT for IL-5 / Blackhawk Rd. / 52nd Ave. / Rock Island; stay Left on ramp and turn LEFT on Blackhawk Rd. at the light; after four lights you'll see sign for Augustana College.....(continue below).....just beyond sign turn RIGHT up the hill on 38th St.; continue on 38th St. by golf course, through a residential area, and back into some commercial area (Hardees, Wendy's) until the road heads back down the hill (landmark: Augustana College campus left and Lincoln Park area right); at the base of the hill is the 7th Ave. light – turn LEFT and then take a quick/immediate RIGHT into the parking lot (Augustana Campus Map 'Lot E'); Knowlton Complex will be straight ahead; team drop-off at Main South gate and buses will be directed where to park – probably near Carver PE Center.

Mike Tracey, Athletic Director
309-786-8742 work
309-236-3473 mobile
mtracey@allemanhighschool.com
April 2020

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MEET RECORDS

EVENT	NAME	SCHOOL	TIME/DISTANCE	YEAR
*Pole Vault	Tori Thomas	Alleman	12'3"	2019
*Shot Put	Chloe Lindelman	Fulton	45'.10.50"	2019
*Discus	Hope Jackson	Riverdale	131'06"	2019
High Jump	Kiah O'Neal	Alleman	5'5.25"	2017
Triple Jump	Megan Reed	Ridgewood	37'11 1/2"	2016
Long Jump	Kayla DeMay	Ridgewood	17'3 3/4"	2016
100 M Dash	Ellen Kindlesperger	Sherrard	12.50	2007
200 M Dash	Ellen Kindlesperger	Sherrard	25.4	2007
400 M Run	Ellen Kindlesperger	Sherrard	58.0	2007
800 M Run	Kathleen Hogan	Alleman	2:19.81	2009
1600 M Run	Kirstie Ramsey	A-W	5:30.41	2016
*3200 M Run	Alexandra Cajigal	Alleman	11:47.57	2019
100 HH	Azlynn Sherrod-Butler	United Township	15.10	2018
300 IH	Sarah Borrás	Sherrard	45.46	2010
4X100	Kirwan, Hainline, Kissner & Boraas	Sherrard	49.76	2010
*4X200	Woods, Loiz O'Neal, Thomas	Alleman	1:47.52	2019
4X400	Steger, Jackson, Fragher & Buresh	A-W	4:07.98	2008
4X800	Steger, Chapman, Wager & Pillen	A-W	9:53.12	2010

* New or tied meet record in 2019