

INSTRUCTIONS TO ALL ATHLETES IN 2010 BOYS & GIRLS STATE TRACK & FIELD FINALS

- 1. THERE ARE NO PETS, DOGS, CATS, ETC. ALLOWED IN THE FACILITY, EVEN IF THEY ARE ON A LEASH.**
- 2. NO COOLERS WILL BE ALLOWED INTO THE FACILITY.**
3. The 2010 boys & girls state track finals will be held, rain or shine, at the EastSide Centre, East Peoria, Illinois on May 14-15.
4. **DIRECTIONS:** Traveling west on I-74: Take the Morton exit. At the end of exit ramp, turn left. Proceed south on this road until you come to the Shell Gas Station. Turn right at the stoplight next to the gas station. Stay on this road for approximately 5 miles. The EastSide Centre will be on your right. Turn right into the complex. The telephone number for EastSide is 309-698-5437
5. **ADMISSION.** There is only one admission area for spectators at the front of the facility. Gates open at 11:00 a.m. on Friday and 7:30 a.m. on Saturday. Daily admissions will be \$2.00 for grade school students and senior citizens and \$5.00 for high school students and adults. There will also be a \$4.00 charge for parking.
6. **RESULTS:** Results for all contestants will be posted near the Awards tent and will also be posted on the IESA website @ www.iesa.org.
7. **NO TENTS:** There is no space inside the track area for tents. In addition, nobody can sit under the bleachers as this area is blocked. Spectators and contestants can use the grassy knoll but tents may not be set up in this area.
8. **STATE MEET MERCHANDISE:** T-Shirts will be on sale. Shorts, hats, and tank tops will also be sold this year. You can pre-order t-shirts with Coach Beyers – orders are due by Tuesday!!!
9. **MOST IMPORTANT:** We expect to have a complete listing of all state qualifiers listed by heat and lane on the IESA web site by Tuesday at 5:00 p.m. prior to the state meet.

Specific to Saunemin Tracksters

1. We will pull out of the Saunemin parking lot by 9:00 am on Friday.
2. We will be staying at the Stoney Creek Inn, Phone: 309-694-1300, 101 Mariners Way, East Peoria (this is actually right on Rt 116)
3. Coach Beyers' cell phone # is **(815) 848-0959** and Coach Roahrig's cell phone # is **(815) 674-1390**.
4. We will order pizza for Friday night's meal. Our rooms come with a breakfast buffet on Saturday morning. Tracksters should bring money for Friday lunch, Saturday lunch, snacks, and any souvenirs they may want to purchase (shorts, caps, etc.)
6. If you have any questions or concerns please feel free to call Shelly Beyers at school (832-4421) or at home (692-2185).

Time schedule for our tracksters is attached.

Coach Shelly Beyers and Coach Shannon Roahrig

APPROXIMATE TIME SCHEDULE FOR 2010 STATE TRACK MEET
EastSide Centre, East Peoria, IL

Class A, Friday-Saturday, May 14-15

Friday – May 14

12:00 p.m.	8G High Jump Finals (Sami B); 7G to follow (Kelly P) 7G Long Jump Prelims & Finals (Jorden G); 8G to follow (Kaela H) 8B Long Jump Prelims & Finals; 7B to follow (Bryan W) 8G Shot Put Prelims & Finals; 7G to follow (Jorden G and Ashley H) 7G Discus Prelims & Finals (Ashley H) Running events will run continuously after they are started.
1:00 p.m.	7G low hurdle prelims (Ashton F); 7B to follow (Bryan W)
1:50 p.m.	7G low hurdle semifinals (Ashton F?); 7B to follow (Bryan W?)
2:20 p.m.	7G 400 M Dash Finals (Errin H)
5:35 p.m.	7G 100 M Dash Prelims (Jorden G); 8G to follow (Miranda B)
6:30 p.m.	Semifinals for 100 M Dash (Jorden G? and Miranda B?)

Saturday – May 15

9:00 a.m.	7B High Jump Finals (Bryan W) Running events will run continuously after they are started.
9:00 a.m.	7G low hurdle finals (Ashton F?)
9:10 a.m.	7B low hurdle Finals (Bryan W?)
9:20 a.m.	7G 100 M Dash Finals (Jorden G?); 8G to follow (Miranda B?)
9:35 a.m.	7G 4x200 M Relay Finals (Ashley H, Kenzie R, Errin H, Charlotte S)
11:05 a.m.	7G 4X100 M Relay Finals (Ashton F, Jorden G, Kelly P, Nickole O) 7B 4X100 M Relay Finals (Bryan W, Noah W, Ben S, Mike D) 8G 4X100 M Relay Finals (Sami B, Miranda B, Kaela H, Alijha S)
12:00 p.m.	LUNCH BREAK-45 minute break in running events
12:45 p.m.	7G 200 M Dash Finals; 8G to follow (Miranda B)
3:00 p.m.	7G 4x400 M Relay Finals (Errin H, Kenzie R, Charlotte S, Carlie W)

PLEASE BE AWARE OF THE FOLLOWING

1. Times are approximate and competitors are responsible to report prior to an event. Regardless of the time an event is scheduled, events will follow one another in the order indicated and the meet will be kept moving along.
2. **DO NOT BRING ANY SHOT OR DISC IMPLEMENTS TO THE FINALS. WARM-UP AND OFFICIAL THROWS MUST BE DONE WITH THE IMPLEMENTS PROVIDED BY THE IESA.**
3. The long jump, high jump, shot put, and discus will be conducted in flights.
4. There will be 8 finalists in all events.
5. **¼” pyramid spikes will be allowed for the State Meet. Needle nose spikes will not be allowed.**
6. Awards will be presented on the field throughout the course of the meet. Listen for the PA announcements as to when you should report for awards