

### Wednesday, May 22, 2013

**Practice Schedule:** 4:00 p.m.—7:00 p.m. Schools may use the track and field facilities at O'Brien Stadium for practice and warm-up. These practice sessions are not the responsibility of the IHSA or of EIU. Athletes and coaches use the facilities to practice at their own risk. Coaches will be responsible for the safety of their athletes/staff. Coaches must be aware of the weather and react according to IHSA severe weather safety guidelines. (If it roars, go indoors!)

**Packet Pick-Up: Wednesday**—All Classes may pick up their team packets between 4:00 p.m. and 7:00 p.m. at the south ticket window on the west side of O'Brien Stadium (parking & vendor lot).

### Thursday, May 23, 2013 (Semifinals in Class 1A Only)

**Coach/Athlete Responsibility:** 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. It is the responsibility of the coaches and their athletes to monitor the progress of the meet and to report for competition appropriately. Do not rely solely on calls from the PA announcer. Section VII-G-1,2,3 (Reporting To The Clerk of The Course) of the Terms and Conditions will be strictly enforced.

**Practice Schedule:** The track at O'Brien Stadium will be open for 1A practice between the hours of 8:00 a.m. to 10:00 a.m.

**Warm-up times in the field events:** Pole Vault 30 minutes per flight; Discus 20 minutes per flight; Shot Put 15 minutes per flight; Long Jump 15 minutes per flight; High Jump 15 minutes per flight; Triple Jump 15 minutes per flight.

**Pole Vault Weigh-in: Semis**—Contestants by flight order in the Hospitality Tent at the southeast corner of O'Brien Stadium beginning with all 1A Flights weighing in from 10:00 a.m. until 11:00 a.m. Competitors will be weighed in flight order. Once a flight has been weighed, those in the next flight will be weighed. If there is a break in the weigh-in, competitors may check their weight with the permission of the judges.

**Packet Pick-Up: Thursday**—All Classes may pick up their team packets between 8:00 a.m. and 7:00 p.m. at the south ticket window on the west side of O'Brien Stadium (parking & vending lot).

**Shot Inspection:** Shots will be weighed and measured at the tent south of the stadium in the throws area. Weigh-in and inspection will take place for all flights between 10:00 a.m. and 10:40 a.m.

**Discus Inspection:** Discus will be weighed and measured at the tent south of the stadium in the throws area. Weigh-in and inspection for all flights will take place between 12:05 p.m. and 12:45 p.m.

#### Class 1A Field Events

10:00 a.m.	Pole Vault Weigh-in: Contestants by flight in order beginning with Flight No. 1 at tent outside southeast corner of O'Brien Stadium
10:00 a.m.	Long Jump Flights 1 & 2 (Warm-up at 9:40 a.m.)
	Long Jump Flight 3 Follow flights 1 & 2 on first available runway (15 minute warm-up)
10:30 a.m.	High Jump Flight 1 followed by Flight 2 (Flight No. 1 warm-up at 10:15 a.m., other flights have 15-minute warm-up)
10:50 a.m.	National Anthem/Referee's Instructions
11:00 a.m.	ALL RUNNING EVENTS BEGIN AT 11:00 a.m.

11:00 a.m.	Shot Put	Flights 1 & 2 followed by flights 3 & 4 (Flight 1 in East Ring, Flight 2 in West Ring, Flight 3 in East Ring, Flight 4 in West Ring) Flights 1 & 2 warm-up at 10:40 a.m. Flights 3 & 4 have 15 minute warm-up Weigh-in and inspection will take place for all flights between 10:00 a.m. and 10:40 a.m.
11:00 a.m.	Pole Vault	Flight 1—South Runway (Warm-up 10:30 a.m.)
11:15 a.m.	Pole Vault	Flight 2—North Runway (Warm-up 10:45 a.m.)
1:10 p.m.	Discus	Flights 1 & 2 followed by flights 3 & 4 (Flight 1 in North Ring, Flight 2 in South Ring, Flight 3 in North Ring, Flight 4 in South Ring) Discus Flights 1 & 2—(Warm-up 12:45 p.m.) Discus Flight 3 & 4 have 20 minute warm-up Weigh-in and inspection will take place for all flights between 12:05 p.m. and 12:45 p.m.
	Triple Jump	The first flight of the triple jump will immediately follow the long jump on the first available runway (following a 15 minute warm-up). The subsequent flights of the triple jump will follow on the first available runway following a 15 minute warm-up.

#### Class 1A Track Events

**Running Event Qualifying To Finals:** In all running events with semifinals, each heat winner advances to the finals. The remainder of the field in each respective running event final will be filled on the basis of time in the semifinals.

#### All Times Approximate

10:50 a.m.	National Anthem/Referee's Instructions
11:00 a.m.	4 x 800-Meter Relay (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
11:39 a.m.	4 x 100-Meter Relay (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals) (Fifteen Minute Warm Up On Hurdles)
12:10 p.m.	110-Meter High Hurdles (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
12:26 p.m.	100-Meter Dash (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
12:42 p.m.	800-Meter Run (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
1:00 p.m.	4 x 200-Meter Relay (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
1:16 p.m.	400-Meter Dash (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
1:32 p.m.	300-Meter Intermediate Hurdles (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
1:48 p.m.	1600-Meter Run (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
2:15 p.m.	200-Meter Dash (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
2:31 p.m.	4 x 400-Meter Relay (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)
2:59 p.m.	Finish

**Practice Schedule:** Following the 1A meet—7:00 p.m. Schools may use the track and field facilities at O'Brien Stadium for practice and warm-up. These practice sessions are not the responsibility of the IHSA or of EIU. Athletes and coaches use the facilities to practice at their own risk. Coaches will be responsible for the safety of their athletes/staff. Coaches must be aware of the weather and react according to IHSA severe weather safety guidelines. (If it roars, go indoors!).

### Friday, May 24, 2013 (Semifinals in 2A and 3A)

**Coach/Athlete Responsibility:** 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. It is the responsibility of the coaches and their athletes to monitor the progress of the meet and to report for competition appropriately. Do not rely solely on calls from the PA announcer. Section VII-G-1,2,3 (Reporting To The Clerk of The Course) of the Terms and Conditions will be strictly enforced.

**Warm-up times in the field events are:** Pole Vault 30 minutes per flight; Discus 20 minutes per flight; Shot Put 15 minutes per flight; Long Jump 15 minutes per flight; High Jump 15 minutes per flight; Triple Jump 15 minutes per flight.

**Pole Vault Weigh-in: Prelims**—Contestants by flight order in the Hospitality Tent at the southeast corner of O'Brien Stadium beginning with morning session Flight No. 1 at 7:45 a.m. (until 8:45) and afternoon session Flight No. 1 at 11:15 a.m. (until 1:00 p.m.) Competitors will be weighed in flight order. Once a flight has been weighed, those in the next flight will be weighed. If there is a break in the weigh-in, competitors may check their weight with the permission of the judges. Saturday Finals: 9:00-10:00 a.m. (1A & 2A), 10:30-11:00 a.m. (3A) in the Hospitality Tent.

**Practice Schedule:** The track at O'Brien Stadium will be open for 2A and 3A practice between the hours of 6:30 a.m. to 8:00 a.m.

**Packet Pick-Up: Friday**—All Classes: 8:00 a.m.-1:00 p.m. at the south ticket window on the west side of O'Brien Stadium. After 1:00 p.m. any unclaimed packets will be available at the north ticket window on the west side of O'Brien Stadium (parking & vending lot).

**Shot Inspection:** Shots will be weighed and measured at the tent south of the stadium in the throws area. Weigh-in and inspection will take place for all flights between 8:00 a.m. and 8:40 a.m.

**Discus Inspection:** Discus will be weighed and measured at the tent south of the stadium in the throws area. Weigh-in and inspection will take place for all flights between 9:50 a.m. and 10:30 a.m.

#### Class 2A Field Events

8:00 a.m.	Long Jump	Flights 1 & 2 (Warm-up at 7:40 a.m.)
	Long Jump	Flight 3 Follow flights 1 & 2 on first available runway ( 15 minute warm-up)
	Triple Jump	The first flight of the triple jump will immediately follow the long jump on the first available runway (following a 15 minute warm-up). The subsequent flights of the triple jump will follow on the first available runway following a 15 minute warm-up.
8:30 a.m.	High Jump	Flight 1 followed by Flight 2 (Flight No. 1 warm-up at 8:15 a.m., other flights have 15 minute warm-up)
8:50 a.m.	National Anthem/Referee's Instructions	
9:00 a.m.	All Running Events Begin at 9:00 a.m.	
9:00 a.m.	Shot Put	Flight 1 & 2 followed by flights 3 & 4 (Flight 1 in West Ring, Flight 2 in East Ring, Flight 3 in West Ring. Flight 4 in East Ring) Flights 1 & 2 warm-up 8:40 a.m. Flights 3 & 4 have 15 minute warm-up Weigh-in and inspection will take place for all flights between 8:00 a.m. and 8:40 a.m.
9:00 a.m.	Pole Vault	Flight 1 - South Runway (Warm-up 8:30 a.m.)
9:15 a.m.	Pole Vault	Flight 2 - North Runway (Warm-up 8:45 a.m.)

10:55 a.m.	Discus	Flights 1 & 2 followed by flights 3 & 4 (Flight 1 in South Ring, Flight 2 in North Ring, Flight 3 in South Ring, Flight 4 in North Ring) Flights 1 & 2 warm-up 10:30 a.m. Flights 3 & 4 have 15 minute warm-up Weigh-in and inspection will take place for all flights between 9:50 a.m. and 10:30 a.m.
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#### Class 2A Track Events

**Running Event Qualifying To Finals:** In all running events with semifinals, each heat winner advances to the finals. The remainder of the field in each respective running event final will be filled on the basis of time in the semifinals.

#### All Times Approximate

8:50 a.m.	National Anthem/Referee's Instructions	
9:00 a.m.	4 x 800-Meter Relay (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)	
9:39 a.m.	4 x 100-Meter Relay (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals) (Fifteen Minute Warm Up On Hurdles)	
10:06 a.m.	110-Meter High Hurdles (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)	
10:18 a.m.	100-Meter Dash (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)	
10:30 a.m.	800-Meter Run (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)	
10:48 a.m.	4 x 200-Meter Relay (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)	
11:00 a.m.	400-Meter Dash (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)	
11:12 a.m.	300-Meter Intermediate Hurdles (Semifinals: 4 heat winners plus next 5 best prelim times qualify for Finals)	
11:24 a.m.	1600-Meter Run (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)	
11:51 a.m.	200-Meter Dash (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)	
12:03 p.m.	4 x 400-Meter Relay (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)	
12:24 p.m.	Finish	

#### Class 3A Field Events

**Shot Inspection:** Shots will be weighed and measured at the tent south of the stadium in the throws area. Weigh-in and inspection will take place for all flights between 11:50 a.m. and 12:30 p.m.

**Discus Inspection:** Discus will be weighed and measured at the tent south of the stadium in the throws area. Weigh-in and inspection will take place for all flights between 1:45 p.m. and 2:25 p.m.

12:00 p.m.	Long Jump	Flights 1 & 2 (Warm-up at 11:45 a.m.)
	Long Jump	Flight 3 Follow flights 1 & 2 on first available runway ( 15 minute warm-up)
	Triple Jump	The first flight of the triple jump will immediately follow the long jump on the first available runway (following a 15 minute warm-up). The subsequent flights of the triple jump will follow on the first available runway following a 15 minute warm-up.
12:00 p.m.	High Jump	Flight 1 followed by Flight 2 (Flight No. 1 warm-up at 11:45 a.m., other flights have 15 minute warm-up)

### ILLINOIS HIGH SCHOOL ASSOCIATION

12:30 p.m.	Pole Vault	Flight 1 – 1st Available Runway (Warm-up 12:00 p.m.)	2:13 p.m.	100-Meter Dash (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
12:45 p.m.	Pole Vault	Flight 2 – 1st Available Runway (Warm-up 12:15 p.m.)	2:25 p.m.	800-Meter Run (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
12:50 p.m.	Shot Put	Flight 1 & 2 followed by flights 3 & 4 (Flight 1 in East Ring, Flight 2 in West Ring, Flight 3 in East Ring, Flight 4 in West Ring)	2:43 p.m.	4 x 200-Meter Relay (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
		Flights 1 & 2 warm-up 12:30 p.m.	2:55 p.m.	400-Meter Dash (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
		Flights 3 & 4 have 15 minute warm-up	3:07 p.m.	300-Meter Intermediate Hurdles (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
		Weigh-in and inspection will take place for all flights between 11:50 a.m. and 12:30 p.m.	3:19 p.m.	1600-Meter Run (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
2:45 p.m.	Discus	Flights 1 & 2 followed by flights 3 & 4 (Flight 1 in North Ring, Flight 2 in South Ring, Flight 3 in North Ring, Flight 4 in South Ring)	3:46 p.m.	200-Meter Dash (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
		Flights 1 & 2 warm-up 2:20 p.m.	3:58 p.m.	4 x 400-Meter Relay (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)
		Flights 3 & 4 have 15 minute warm-up	4:19 p.m.	Finish
		Weigh-in and inspection will take place for all flights between 1:45 p.m. and 2:25 p.m.		

#### Class 3A Track Events

**Running Event Qualifying To Finals:** In all running events with semifinals, each heat winner advances to the finals. The remainder of the field in each respective running event final will be filled on the basis of time in the semifinals.

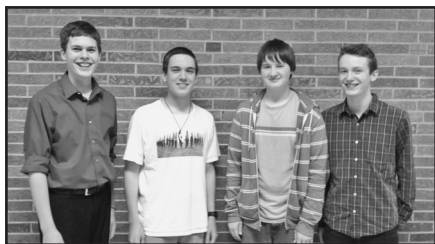
#### All Times Approximate

12:55 p.m.	4 x 800-Meter Relay (Semifinals: 3 heat winners plus next 9 best prelim times qualify for Finals)
1:34 p.m.	4 x 100-Meter Relay (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals) (Fifteen Minute Warm Up On Hurdles)
2:01 p.m.	110-Meter High Hurdles (Semifinals: 3 heat winners plus next 6 best prelim times qualify for Finals)

**Practice Schedule: Following the 2A/3A meet—7:00 p.m.** Schools may use the track and field facilities at O'Brien Stadium for practice and warm-up. These practice sessions are not the responsibility of the IHSA nor of EIU. Athletes and coaches use the facilities to practice at their own risk. Coaches will be responsible for the safety of their athletes/staff. Coaches must be aware of the weather and react according to IHSA severe weather safety guidelines. (If it roars, go indoors!).

7:00 p.m. E.I.U. CONDUCTS THE "RACE UNDER THE LIGHTS"

### National Anthem Soloists



Thursday  
Carbondale Men's Barbershop Quartet  
Michael Hildebrandt, Seth Lunt,  
Scott Walker, and Jaz Monahan



Friday  
Elijah Magee  
Carbondale



Saturday  
Carbondale Advanced Chamber Ensemble  
Savannah Stowell, Maddy Porter, Payton Foster,  
Annie Ethridge, Liz Stephens, Rachel Miller,  
Mikka Spencer, Brook Robison, Elijah Magee,  
Trevor Gibson, Nate James, Danny Hudson, Evan Bower,  
Michael Spencer, Vance Bollinger, and Sam Stowell

#### Saturday, May 25, 2013

(Finals in All Events—All Three Classes...1A-2A-3A )

- 7:00- 8:45 a.m. Track is open to all finalists  
 8:45 - 9:15 a.m. Parade of Competitors assembled at southeast entrance to O'Brien Stadium  
 9:15-9:30 a.m. Parade of Competitors  
 9:00-10:00 a.m. Pole Vault Weigh in - (1A & 2A), 10:30-11:00 a.m. (3A) in the tent  
 9:30-10:00 a.m. Opening Ceremonies

#### Field Events

**Shot Inspection:** Shots will be weighed and measured at the tent south of the stadium in the throws area. Weigh-in and inspection will take place for Class 1A and 2A between 9:00 a.m. and 9:40 a.m. Class 3A will have implements inspected between 10:20 a.m. and 11:00 a.m.

**Discus Inspection:** Discus will be weighed and measured at the tent south of the stadium in the throws area. Weigh-in and inspection will take place for Class 1A and 2A between 12:20 p.m. and 1:00 p.m. Class 3A will have implements inspected between 1:20 p.m. and 2:00 p.m.

10:00 a.m. Long Jump—1A and 2A. 3A to follow on first available runway following 15 minute warm-up.

Triple Jump—Immediately following the Long Jump , on the first available runway, a 15 minute warm-up period will begin for the 1A flight of the Triple Jump. The 1A flight of the Triple Jump will start their competition immediately following their 15 minute warm-up period. Subsequent classes of the Triple Jump will warm-up for 15 minutes and then compete on the runway where they have warmed-up as a runway becomes available.

10:00 a.m. Shot Put  
 1A (West Ring ) (Warm-up 9:40 a.m.)  
 2A (East Ring ) (Warm-up (9:40 a.m.)  
 Followed by 3A (West Ring) at 11:20 a.m. (Warm-up at 11:00 a.m.)  
 Weigh-in and inspection will take place for Class 1A and 2A between 9:00 a.m. and 9:40 a.m. Class 3A will have implements inspected between 10:20 a.m. and 11:00 a.m.

10:00 a.m. Pole Vault 1A and 2A. 3A to follow

10:00 a.m. High Jump—1A followed by 2A at approx. 12:00 p.m., followed by 3A at approx. 2:00 p.m.

1:25 p.m. Discus  
 1A (South Ring ) Warm-up 1:00 p.m.  
 2A (North Ring ) Warm-up 1:00 p.m.  
 Followed by 3A (South Ring) at 2:25 p.m. Warm-Up 2:00 p.m.  
 Weigh-in and inspection will take place for Class 1A and 2A between 12:20 p.m. and 1:00 p.m. Class 3A will have implements inspected between 1:20 p.m. and 2:00 p.m.

#### All 3 Classes—Track Events

- 10:00 a.m. Class 1A 3200-Meter Run (Section No. 1)  
 Class 2A 3200-Meter Run (Section No. 1)  
 Class 3A 3200-Meter Run (Section No. 1)  
 10:00 a.m. Class 1A and 2A Long Jump (followed by 3A)  
 10:00 a.m. Class 1A and 2A Pole Vault (followed by 3A)  
 10:00 a.m. Class 1A and 2A Shot Put  
 10:00 a.m. Class 1A High Jump (followed by 2A then 3A)  
 11:00 a.m. Class 1A 4 x 800-Meter Relay  
 Class 2A 4 x 800-Meter Relay  
 Class 3A 4 x 800-Meter Relay  
 11:20 a.m. Class 3A Shot Put  
 11:40 a.m. Class 1A 4 x 100-Meter Relay  
 Class 2A 4 x 100-Meter Relay  
 Class 3A 4 X 100-Meter Relay  
 12:00 p.m. Class 2A High Jump (Approx)  
 12:10 p.m. Class 1A 3200-Meter Run (Section No. 2)  
 Class 2A 3200-Meter Run (Section No. 2)  
 Class 3A 3200-Meter Run (Section No. 2)  
 1:25 p.m. Class 1A and 2A Discus (followed by 3A)  
 1:10 p.m. Class 1A 110-Meter High Hurdles  
 Class 2A 110-Meter High Hurdles  
 Class 3A 110-Meter High Hurdles  
 1:35 p.m. Class 1A 100-Meter Dash  
 Class 2A 100-Meter Dash  
 Class 3A 100-Meter Dash  
 2:25 p.m. Class 3A Discus  
 1:55 p.m. Class 1A 800-Meter Run  
 Class 2A 800-Meter Run  
 Class 3A 800-Meter Run  
 2:00 p.m. Class 3A High Jump (Approx)  
 2:25 p.m. Class 1A 4 x 200-Meter Relay  
 Class 2A 4 x 200-Meter Relay  
 Class 3A 4 x 200-Meter Relay  
 2:55 p.m. Class 1A 400-Meter Dash  
 Class 2A 400-Meter Dash  
 Class 3A 400-Meter Dash  
 3:15 p.m. Class 1A 300-Meter Intermediate Hurdles  
 Class 2A 300-Meter Intermediate Hurdles  
 Class 3A 300-Meter Intermediate Hurdles  
 3:35 p.m. Class 1A 1600-Meter Run  
 Class 2A 1600-Meter Run  
 Class 3A 1600-Meter Run  
 4:05 p.m. Class 1A 200-Meter Dash  
 Class 2A 200-Meter Dash  
 Class 3A 200-Meter Dash  
 4:25 p.m. Class 1A 4 x 400-Meter Relay  
 Class 2A 4 x 400-Meter Relay  
 Class 3A 4 x 400-Meter Relay  
 5:00 p.m. Team Awards