

2024 Minooka Girls Track & Field Invitational

Friday, April 12, 2024

Thank you for choosing to participate in the 2024 Minooka Girls Track and Field Invitational. The Track & Field team and the athletic staff at Minooka Community High School are excited about the opportunity to be the host for this meet.

- Teams: Dekalb, Homewood-Flossmoor, Huntley, Lincoln-Way Central, Lincoln-Way East, Metea Valley, Minooka, Rolling Meadows
- Site: Minooka Community High School (**Central Campus**)
301 South Wabena Ave • Minooka, IL 60047
- Entries: Entries will be done through www.athletic.net. You will receive an email instructing you to log into Athletic.net. Accept the invitation and submit your entries. We are asking that you have all entries in by **Wednesday, Apr 10, 2024 at 8:00 p.m.**
- Hospitality: We will provide a Worker/Coaches hospitality room on the North end of the visitor bleachers.
- Scratches: All coaches are to report to the finish lines to submit scratches/changes and to pick up meet packets. Please do this by 4:00 p.m.
- Meeting: There will be coaches meeting at 4:05 p.m. at the finish line.
- Workers: Each school is to bring one field event worker. Please check-in at the finish line by 4:00 p.m. **Please fill out the worker request form by Friday, April 5, 2024, at 3:00 p.m.** [Link to Worker Request Form.](#)
- Facilities: The track is an 8-Lane, 400m, and all-weather track. Camps may be set up outside the 4' Track retention fence. Starting blocks will be provided. The meet will be F.A.T. timed by AdkinsTrak Timing. Locker rooms are not available. Athletes may wear up to 1/4" pyramid pikes.
- Weigh-Ins: Shots and Discs will be inspected in the shed by the throws area.
- Entries: Each school is limited to two contestants in each individual event per level (**JV & Varsity**), and one relay per level (**JV & Varsity**). **Athletes may jump levels, just not in the same event.**
- Open Events: We will be running a non-scored, "Open 1600m Run" & "Open 100m Dash" with a limit of 10 entries per team. The 1600m Open event will begin at 4:30 pm and the "Open 100m Dash" will follow the 1600m run. **These open events are for the athletes that are not entered into any other field event or track event.** The reason for this is we do NOT want an athlete to check out of the field event to go run an open race. Please enter the names during the online entry process.
- Vertical Jumps: Opening heights will be determined according to meet entries.
- Scoring: 10-8-6-4-2-1 (Individuals & Relays). **Varsity & JV will be scored separately.**
- Awards: **Individuals Events:** Medals-Top 3; Ribbons 4-6: **Relay Events:** Medals – Top 3
Top 3 teams will be awarded plaques
- Concessions: The MCHS Booster club will be sponsoring the concession stand. It is located in the southeast corner of the stadium.

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T-Shirts: T-shirts and Sweatshirts will be available. [Link](#)

Field Events - Begin at 4:30 p.m.	
Discus	Discus – Varsity (3 throws; Top 8 to finals; 3 more throws) followed by JV (4 Throws)
Shot Put	JV (4 Throws) followed by Varsity (3 throws; Top 8 to finals; 3 more throws)
High Jump	Varsity followed by JV - Opening Height (Varsity 1.35m & JV 1.20m)
Pole Vault	Varsity followed by JV - Opening Height (Varsity 2.15m & JV 2.00m)
Long Jump (East Pit) (V & JV Same Time)	JV: Cafeteria Style • 4 Jumps • 1-Hour Limit Var: By Flights - 3 Jumps • Top 8 to Finals → 3 more jumps
Triple Jump (East Pit) (V & JV Same Time)	JV; Cafeteria Style • 4 Jumps • 1-Hour Limit Var: By Flights - 3 Jumps • Top 8 to Finals → 3 more jumps
Running Events - Open 1600 Begins 4:30 p.m.; JV 3200 Begins at 5:15 p.m.	
Open 1600m Run 4:30 pm	10 entrants per team, Non-Scoring (Please make sure these athletes are not in any other events) Enter names online, they will get a FAT time
Open 100m Dash	Limited to 10 Athletes (Please make sure you are using athletes that are not in any other events) Enter names online, they will get a FAT time.
3200m Run (5:15 pm)	Junior Varsity Section
4 X 800m	Junior Varsity first, Varsity second
4 X 100m Relay	Junior Varsity first, Varsity second
3200m Run	Varsity Section
100m Hurdles	Junior Varsity first, Varsity second
100m Dash	Junior Varsity first, Varsity second
800m	Junior Varsity first, Varsity second
4 X 200m	Junior Varsity first, Varsity second
400m Dash	Junior Varsity first, Varsity second
300m LH	Junior Varsity first, Varsity second
1600m Run	Junior Varsity first, Varsity second
200m Dash Finals	Junior Varsity first, Varsity second

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4 X 400	Junior Varsity first, Varsity second
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Minooka Girls Track and Field Invite Merchandise

2024 Merchandise


2024 MINOOKA INVITE
MERCHANDISE



\$25.00



\$15.00



SHIRTS WILL BE SOLD ON RACE DAY
WITH A CREDIT/DEBIT CARD OR
CHECK ONLY. (PAYABLE TO MCHS)