



The Minooka SmithStrong Invitational
Hosted by: Minooka Community High School

Date/Time: Saturday, April 19, 2025

Location: [Minooka Community High School - Central Campus](#)

[Meet Website](#)

[Live Link](#)

Final: [T-Shirts \\$20](#)

Meet Time: Field Events - 10:00am

Final Running Events - 11:00am

Schools: Batavia - Evanston - Homewood-Flossmoor - Huntley - Kaneland -
Lincoln-Way Central - Lockport Township - Lyons Township - Minooka - Neuqua Valley -
Normal West - Oswego - Plainfield South - Sandburg - Waubonsie Valley

Entry Charge: \$5 Entry Fee - All money goes towards [Violet Foundation](#). Helps Pediatric Brain Cancer Research and helps families whose child is currently undergoing treatment for Brain Cancer - Marci Jordan (9:15am)

Coach's Meeting: 9:40am at Finish Line

Games Committee: Lundin - Danner - Rafferty

Meets Coordinators:

Matt Williams (AD) - Paige Schoolman (Asst AD) - Marci Jordan (AD Secretary) -
Nick Lundin (Head Coach)

Timer: Illinois Prep Top Timing - Bob Geiger

Entries Due By: Noon on 4/18 via Athletic.net

Entries: 2 Entries per event, per level; 1 Varsity Relay per relay; 1 Fr/So Relay per relay

Officials: Starter Steve Battle (66382) - Meet Referee Archie Emmert (77443) - Meet Referee Steve Riederer (49880)

Clerks: Jes Hopkins - Christine Kump (9:30am)

Clerk & Starter Marking Guide: [Click Here](#)

Fr/So High Jump: Homewood-Flossmoor

Varsity High Jump: Batavia

Cross Bar Workers: A Lueshen - Mi Maffeo - B Wikoff

Shot Put: Jon Ryan - Kathy Porter (9:30am)

Assistants: Huntley - Sandburg

Fr/So Discus: Kaneland - Oswego

Varsity Discus: NV - WV

Long Jump: Lyons Twp - Plainfield South - Evanston

Triple Jump: Lockport Twp - Oak Park-River Forest

Pole Vault: Rick Undesser

Assistants: LWC - Normal West

Awards - Hip Numbers: Candace Baker - Stephanie Ledesma (9:30am)

Trainers: Randy Highbaugh - Hannah Haase

Gate Supervisors: Renee Ebel - Susanne Madding (9:30am)

Race Announcer: Matt Piescinski & Ryan Thompsen (9:45am)

Reads/Music: Roland Hopkins (9:45am)

Hospitality: Lisa Divello & Minooka Parents - North End of Visitor Bleachers

Concessions: Normal Concessions run by Boosters

T-Shirts: Team Families (8:30am)

Food Trucks: BBQ & Baker Truck - Cream-Crunch Truck - DonutNV

Parking Lot by Visitor Bleachers (Map Below)

Scoring: 10-8-6-5-4-3-2-1 (Individual & Relays)

Trophies: Team Plaques awarded to 1st & 2nd Place Teams

Pins: ¼ inch max

Awards: Medals - Top 3

Bus Parking: See map below

Lanes: 8 Straight Away

Camps: Practice Football Fields - Visitor Bleachers

Fans: Home Bleachers

Shot and Disc Weigh Ins: Upon arrival, you can weigh-in implements at the event. Weigh-ins end at 9:45 when the rings open.

High Jump: *Starting Height will be **1.68m (5'6")** at the Varsity Level. **1.48 (4'10.25')** at the Frosh/Soph Level. Please make sure your athletes that are entered can reach those heights before entering. This is a high powered meet so I'm okay with setting this limitation.*

Pole Vault: *Starting Height will be **3.11m (10'2.5")** for Varsity. **2.51m (8'2.75")** for Fr/So. Please make sure your athletes that are entered can reach those heights before entering. This is a high powered meet so I'm okay with setting this limitation.*

[Pole Vault & High Jump Progression Sheet](#)

Check-In: Athletes will check in for their hip number on the Northwest side of the stadium (North side of home bleachers). They will again check-in with our Clerk once 1st (15 minutes prior to event) & Final (10 minutes prior to event) calls are made. We will have benches set up on the

field for a staging area. By now our athletes should know this but please remind them. We will not slow down to wait for athletes.

Warm Ups: Stadium Open for all athletes from 8:30 am to 10:00 am. At 10:00 am it will be emptied. No athletes will be allowed on the Track or in the Field until 20 minutes before their races. We will try to keep up with the time schedule. Will go ahead if possible. Athletes should follow that.

SmithStrong Award Presentation - Time 9:50 am - Noah Allen (9:40am)

National Anthem - 9:55 am - Isabelle Rasmussen (9:45am)

Music will be played throughout the Invitational

Field Events - 10:00am

- High Jump - *Starting Height for Varsity 1.70m (5'7") - Jump 1st*
 - *Starting Height for Fr/So 1.50 (4'11') - Jump 2nd*
- Long Jump
 - Two Flights • 4 Jumps • **Top Flight 1st for Fr/So & Varsity run at same time. Flight 2 for both divisions will be run at conclusion of Flight one of Triple Jump**
- Triple Jump
 - Two Flights • 4 Jumps • **Flight one will compete after Flight 1 of Long Jump. Flight 2 will compete after Flight 2 of Long Jump**
- Pole Vault - *Starting Height for Varsity 3.11m (10'2.5") - Vault 1st*
 - *Starting Height for Fr/So 2.51m (8'2.75") - Vault 2nd*
- Discus (3 Flights)
 - Fr/So First: 4 Throws- No Finals
 - Varsity Second: 3 Throws, Top 9 to Finals
 - Flight order: **(Bottom Seeds to Top)**
- Shot Put (3 Flights)
 - Varsity First: 3 Throws, Top 9 to Finals (Will finish event before starting discus)
 - Fr/So Second: 4 Throws- No Finals
 - Flight order: **(Bottom Seed to Top)**

Running Events

10:20am Slower Sections of 3200m Run:

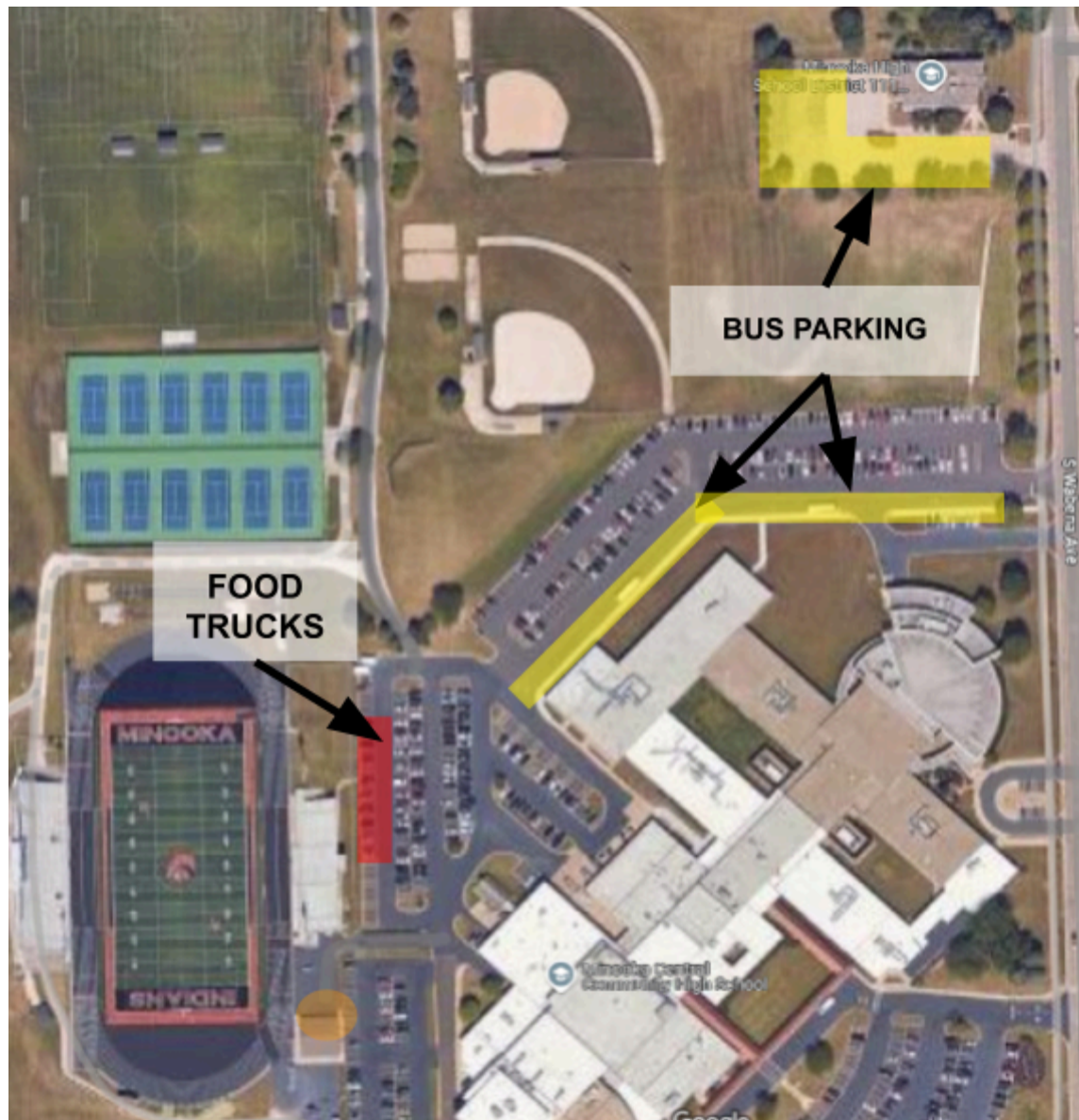
- 10:20am: Fr/So 3200m Run Section 1
- 10:40am: Varsity 3200m Run Section 1

11:00am Finals: ***This is approximate but athletes should be ready around these times. We will not hold up the start of races to wait for athletes.***

- 11:00am: Fr/So 4x800m - 1 section - Double Waterfall
- 11:12am: Varsity 4x800m Relay - 1 section - Double Waterfall
- **4X100 EXCHANGE ZONES:**
 - **#1 - Lockport - Huntley - Homewood-Flossmoor**
 - **#2 - Oswego - Kaneland - Waubonsie Valley**
 - **#3 - Batavia - Oak Park-River Forest - Plainfield South**
- 11:25am: Fr/So 4x100m Relay - 2 sections (Yellow to Yellow)
- 11:35am: Varsity 4x100m Relay - 2 sections
- 11:45am: Fr/So followed by Varsity 3200m Run - 2 sections - Big Waterfall
- 12:10pm: Fr/So 110m High Hurdles - 4 sections
- 12:25pm: Varsity 110m High Hurdles - 4 sections
- 12:40pm: Fr/So 100m Dash Finals - 4 sections
- 12:50pm: Varsity 100m Dash Finals - 4 sections
- 1:00pm: Fr/So 800m Run - 3 sections - Double Waterfall
- 1:10pm: Varsity 800m Run - 3 sections - Double Waterfall
- **4X200 EXCHANGE ZONE:**
 - **1 & 3 Neuqua Valley - Evanston - Normal West**
- 1:20pm: Fr/So 4x200m Relay - 2 sections - (1st 2 exchanges, Red to Red, 3rd exchange, Yellow to Yellow)
- 1:30pm: Varsity 4x200m Relay - 2 sections
- 1:40pm: Fr/So 400m Dash - 4 sections
- 1:50pm: Varsity 400m Dash - 4 sections
- 2:00pm: Fr/So 300m Int Hurdles - 4 sections
- 2:10pm: Varsity 300m Int Hurdles - 4 sections
- 2:20pm: Fr/So 1600m Run - 3 sections
- 2:40pm: Varsity 1600m Run - 3 sections
- 3:00pm: Fr/So 200m Dash - 4 sections
- 3:10pm: Varsity 200m Dash - 4 sections
- 3:20pm: Fr/So 4x400m Relay - 2 sections
- 3:35pm: 4x400m Relay - 2 sections

*****Maps below*****

Bus Parking & Food Trucks





1	Long Jump Triple Jump	7	Staging Area
2	Pole Vault	8	Athlete Exit
3	High Jump	9	Common Start/Finish Line
4	Discus/Shot	10	Concessions
5	Team Camps	11	RESTROOMS
6	Hip Numbers Athlete Entrance	12	Porta Potty