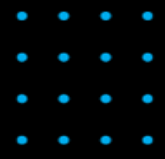


2023 - 2024



WINTER

SERIES

DEC 9TH | DEC 16TH | JAN 6TH

JUMP TO GREATNESS



MEET # 3 INFORMATION

- MEET DIRECTOR:** Andrew Scott | Email: Andrew.scott@principia.edu
- WHEN:** Saturday, January 6, 2024, 9:00 am (**doors open at 7:30am**)
- WHERE:** Principia College Crafton Athletic Center, 1 Maybeck Place, Elsah, IL
- ENTRY FEE:** \$25.00 per athlete. No fees will be refunded.
Entry will not be processed unless the entry fee is paid by the deadline.
- REGISTRATION:** Registration will be open on December 25th at 4:44 pm on Athletic.net and close on January 4th at 4:44pm.
- EVENT ELIGIBILITY:** This meet is open to any athlete within the age divisions listed below.
USATF membership is required to participate in this meet. 8 and under, 9-10, 11-12, 13-4, 15-16, 17-18
- AGE DIVISION ENTRY LIMIT:** Ages 8 and under limited to 3 events, age 9 to 18 limited to 4
- PACKET/BIB PICK-UP:** Packets can be picked up starting at 8:00 am at the front table on Saturday, January 6, 2024.

Facility Access:

The Crafton Athletic Center will be accessible one and a half hours prior to the commencement of the first event. All athletes and spectators are advised to enter the facility through the front doors on the North Side of the Building

Equipment:

- Starting Blocks will be provided; please DO NOT bring your own.

ATHLETES 10 AND UNDER NO BLOCKS

- **Coaches and Athletes are responsible for their own implements.**

House shots will be available. However, it's strongly encouraged that you bring your own.

Shot Put Weigh Ins:

Girls 8:00-8:30 am, Boys 9:00-9:30 am, near the shot-put circle.

Spikes Rules:

Only ¼" pyramid spikes are allowed on the Crafton Center track. Compliance checks during check-in. Please avoid wearing spikes in restrooms, on concrete floors, and in the infield Basketball Courts. If needed, you can buy 16 spikes for \$6.00 at the concession area, with limited stock, cards, and cash accepted.

Meet Guidelines:

- Running athletes of all ages check in at the 1st call.
- Field event athletes, regardless of flight, check in with the first flight.
- Running event participants pick up hip numbers at the table—right hip and right chest. Get these before going to the clerking area.
- Field events start on time. Check-in with the head field judge before the 1st flight.
- Field events like the long jump and shot put have flights of around 12 athletes based on performance, not age.
- High Jump and Pole Vault have one flight, irrespective of age, progressing in height.
- Running events may combine age groups for efficiency.
- Check the final schedule after the entry deadline. No refunds for missed events due to not checking.

Awards:

Medals will be awarded to the top 3 finishers in each event

Team Area:

Reminder, please help keep the place clean for future events. It's the team's job to pick up all trash before leaving.

Trainers:

A dedicated on-site professional will be available solely for handling emergency situations. Teams and athletes are responsible for supplying their own equipment and addressing any non-emergency medical requirements.

Admission for Spectators:

Individuals aged 16 and above will incur a \$5.00 charge per person for entry. Kindly ensure you have cash available.

- Refreshment:** A full concession stand will be available.
- High Jump:** Boys and girls will participate together at 10:30 am for both genders. The height progression begins at 1.00m, with an increase of 5 cm at each height change.
- Pole Vault:** Height and progression will be determined at the time of competition.
- Coach Passes:** Club coaches will be provided one wristband for every ten athletes, with a maximum of 5 wristbands per club. Coaches of unattached athletes must purchase a spectator ticket.
- Meet Information** Reach out to Andrew Scott at Andrew.Scott@principia.edu.
- Inquiries:**
- USATF Membership** Contact Eileen Morris at membership@ozark.usatf.org
- Inquiries:**
- Live Results:** <https://live.athletic.net/>
- Registration** Contact Josh Vitoux at Josh@brm.com
- Inquiries about**
- Platform:**

