

**2024 MTZ Apollo+ Invite**  
**Hosted by Mt. Zion High School**  
**Saturday, March 9<sup>th</sup>**

The Mt. Zion High School Track & Field Program invites you to the **2024 Apollo Boys & Girls Conference Indoor Meet**. The meet will be held at the **Mt. Zion Fieldhouse at Mt. Zion High School**. **Field events will begin at 10:00 a.m. and running events at 10:00 a.m.**

**TEAMS:** Charleston, Effingham, Lincoln, Mattoon, Morton, Mt. Zion, Olney,  
Taylorville, Mahomet, Williamsville, Athens and Limestone (girls)

Each school needs to provide a worker (coach if necessary) at one of the field events. Mt. Zion will cover pole vault. Please sign up using the link below. We will designate teams to open positions if they've not been filled.

<https://www.signupgenius.com/go/60B0C4BABAC2FA0FB6-46995844-2024>

**Entry Fee:** \$150 per team (\$300 if bringing both boys and girls\*) Please **make checks payable to Mt. Zion HS.**

Mail checks to:  
Kelly Fox, Mt. Zion HS, 315 S. Henderson, Mt. Zion, 62549

**Admission:** \$5 adults / \$2 students

**Meeting:** Coaches will meet at the finish line at 9:30am

**Timing:** Fully Automatic Timing

**Entries:** 4 entries in the 60M, 60H, 800, 1600, and 3200; 3 entries in FE  
2 entries in 200 & 400; A/B relays

**Submit entries to [www.athletic.net](http://www.athletic.net) by Thursday, March 7<sup>th</sup> by NOON.**

**New this year: DOC Athletic Performance in MTZ is providing athletic results**

Scratches only on meet day

**Camps:** Lobby area or Sides of Courts 3 & 4 (pole vault runs down the middle)

**Parking:** All bus parking should be behind the Jr High School (Southwest side of school).

**Finals:** ~~Trials in the 60M Dash and High Hurdles~~

**\*NO SPIKES ALLOWED!!!**

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## APOLLO+ INDOOR TRACK SCHEDULE

10:00 a.m. BOYS Field Events HJ, LJ followed by TJ, PV, SP (3 entries/ 3 attempts)  
Shot will be held at the Intermediate School (across the street) in the all-purpose room

10:00 a.m. **GIRLS Running Events/ BOYS will follow after girls 4 x 400 relay**

### Running events in order (see limits)

4x200m Relay (A/B)

4x800m Relay (A/B)

60m dash ~~prelims~~ (4 entries) **Top 8 to finals**

60m hurdles ~~prelims~~ (4 entries) **Top 8 finals**

1600m run (4 entries)

400m dash (2 entries)

~~60m hurdle finals~~

~~60m dash finals~~

800m run (4 entries)

200m dash (2 entries)

3200m (4 entries)

4x400m relay (A/B)