University of Missouri Track & Field

ILLINOIS HIGH SCHOOL ATHLETE'S GUIDE TO COMPETING in the *MIZZOU TRACK & FIELD INDOOR HIGH SCHOOL SERIES*

HOSTED BY THE UNIVERSITY OF MISSOURI

IHSA by-laws permit Illinois student-athletes to compete at competitions such as the Indoor Running Series, hosted by Mizzou Track & Field, in these circumstances:

1) The student-athlete's high school has not started organized practices
2) The competition is within the first 7 days of their high school's first organized practice
3) The student-athlete's school has started practice more than seven days before the competition, but the student-athlete has an accepted waiver on file with the IHSA. Further restrictions based on number of competitions apply. Student-athletes interested in obtaining this waiver should contact their high school coach / athletic administrator.

START HERE
Is the competition you are planning to attend before January 15, 2019?

YES
You are eligible to compete in our meet with no further action required

NO
Is the meet you plan to attend within the first 7 calendar days of your high school's first organized practice?

YES
You are eligible to compete in our meet with no further action required

NO
You are eligible to compete with an approved waiver from the IHSA. Please contact your high school coach / Athletic Director to move forward with this process

We look forward to having you at the MIZZOU High School Indoor Series, hosted by the University of Missouri.
If you have any questions, feel free to contact:
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