



# **Metamora Mach Speed and Flight Night**

Friday, May 2nd, 2025

Field Events: 3:30 PM Running Events: 5:30 PM



- Entries:** Entries must be submitted through [Athletic.net](https://athletic.net) by 11:59pm, Wednesday, April 30th. All events are finals. Three entries per open event and one relay. This is slightly different from previous years, due to the increase in the number of teams attending the meet in 2025.
- Teams:** Canton, Central Catholic, Clinton, Dunlap, East Peoria, Galesburg, Limestone, Lincoln, Macomb, Manual, Maroa-Forsyth, Metamora, Monmouth, Morton, Mt. Zion, Normal Community, Normal West, Pekin, Peoria Notre Dame, Richwoods, Rochester, Urbana, Washington
- FAT:** Fully automatic timing and live results through [athletic.net](https://athletic.net) provided by ShaZam Racing.
- Entry Fee:** Full team fee: \$175.00 (15 or more athletes). Individual fee is \$10 per athlete (up to 14).
- MTHS Contacts:** Sheridan Ray (Boys): 309-573-3449, Kyle Weyeneth (Girls): 309-360-0857
- Scratches:** No replacing. Scratches only for running events at the timing tent until 5:15pm. Scratches in field events should be done at the event.
- Starting Height:** HJ and PV will be determined by the host school.
- Individual Awards:** Medals for 1st through 3rd place in all events. Themed gift cards for relay winners.
- Concessions:** There will be concessions at the meet.
- Admission:** Adults \$5, Students \$3, Seniors \$3
- General Info:**
- Coaches meeting will be by the scoreboard at 2:45 PM.
  - There will be a certified athletic trainer on site.
  - All team camps should be set up outside of the fenced in track area.
  - No Food, Gum or Sunflower Seeds on the turf infield.**
  - Running/Warming up is allowed on the turf.
  - However, **repetitive striking or stationary drills are not allowed on the turf.**
  - Once running events begin, the track should remain clear, even the backstretch.
  - Handoff practice should be done before the running events begin.
  - Max number of entries per athlete is four.
  - No tape is allowed on the track or runways. Bring or use chalk provided.
  - Runners must use ¼" spikes.
  - Girls running events will be first except the straight hurdle race & mixed 4x100.
  - Shot Put and Discus will be allowed 4 throws, no finals.
  - Long & Triple Jumps will be allowed 4 jumps, no finals.

We are very excited to host this meet in partnership with the Morton Distance Gala. Since starting out with three girls teams in 2022, our goal has been to continue to grow this meet into a unique and awesome sprint and field experience for all athletes. Given the unique nature of the meet, please see the next page for the meet schedule.

## **Order Of Events**

### **Field Events will start promptly at 3:30 PM**

East Runway Jumping South: Boys LJ, followed by TJ

West Runway Jumping North: Girls LJ followed by TJ

Shot Put: Girls - Boys

Discus: Boys - Girls

High Jump: Girls - Boys

Pole Vault: Boys - Girls (Could move to coed flights, based on entries)

### **Running Events Begin at 5:30 PM**

100 Meter Dash

400 Meter Dash

4x200 Meter Relay

110 Meter Hurdles

100 Meter Hurdles

Mixed (Co-Ed) 4x100 Meter Relay

(Girl-Girl-Boy-Boy)

200 Meter Dash

Sprint Medley Relay (100-100-200-400)

300 Meter Hurdles

4x100 Meter Relay

4x400 Meter Relay

Coaches 4x100 Meter Relay



## MTHS MACH SPEED AND FLIGHT NIGHT MEET RECORDS

Event		Record	Year	Record Holder(s)
100 M Dash	Boys Girls	10.90 12.83	2024 2023	Christopher Schaff - Morton High School Lena Jackson - Richwoods High School
200 M Dash	Boys Girls	22.13 26.14	2024 2023	Christopher Schaff - Morton High School Lena Jackson - Richwoods High School
400 M Dash	Boys Girls	51.31 57.84	2023 2023	Nate Witzig - Normal Community High School Colleen Zeibert - Rochester
110 M HH 100 M LH	Boys Girls	14.91 15.49	2024 2023	Parker Campbell - Lincoln Community High School Makhiya Stephen - Maroa-Forsyth High School
300 M IH	Boys Girls	40.42 46.96	2024 2023	Parker Campbell - Lincoln Community High School Lydia Trump - Mt. Zion High School
4 x 100 M Relay	Boys Girls	43.15 49.56	2023 2023	Morton - Micah Wong, Nyamedze Maison, Luke Schaff, Carl Whitaker Richwoods - Mariah Cade, Jessy Tran, Olivia Skibinski, Lena Jackson
4 x 200 M Relay	Boys Girls	1:29.64 1:46.13	2024 2023	Morton - Kamden Aberle, Nyamedze Maison, Cole Rinkenberger, Christopher Schaff Richwoods - Brenna Huff, Jessy Tran, Madi Franklin, Olivia Skibinski
4 x 400 M Relay	Boys Girls	3:35.12 4:08.02	2023 2023	Lincoln - Brenden Heitzig, Brady Crane, Jude Toft, Luke Jones Mt. Zion - Lydia Trump, Brooklyn Kondritz, Hillary Owens, Sofia Munoz
SMR 800 M Relay	Boys Girls	1:38.42 1:50.71	2023 2023	Lincoln - Kani Carson, Brady Crane, Jude Toft, Luke Jones Lincoln - Ceana Adams, Grace Schneider, Mallory Short, Becca Heitzig
Mixed 4 x 100	Both	48.84	2023	Lincoln - Mallory Short, Ceana Adams, Brady Crane, Kani Carson
High Jump	Boys Girls	2.00m 1.55m	2023 2023 2024	Chris Taylor - Normal Community High School Makayla Albrecht - Bloomington Central Catholic High School Bailey Tungate - Lincoln Community High School
Long Jump	Boys Girls	6.34m 5.34m	2023 2023	Nick Walker - Metamora Township High School Mariah Cade - Richwoods High School
Triple Jump	Boys Girls	13.00m 10.86m	2023 2023	Micah Wong - Morton High School Mariah Cade - Richwoods High School
Pole Vault	Boys Girls	5.11m 3.50m	2023 2023	Isaiah Whitaker - Bloomington Central Catholic High School Brooklyn Kondritz - Mt. Zion High School
Shot Put	Boys Girls	19.09m 11.03m	2023 2022	Alex Sohn - Normal Community High School Paige Chapin - Morton High School
Discus	Boys Girls	49.56m 35.55m	2023 2024	Alex Sohn - Normal Community High School Abi Moser - Clinton High School
Coaches 4 x 1	Both	50.88	2023	Metamora - Coach Ray, Coach Weyeneth, Coach Sliger, Coach Shoopman

The inaugural meet was held in the spring of 2022 with only girls teams. Boys teams were added in the spring of 2023.

The Mixed 4x1 and Coaches 4x1 were added in the spring of 2023.