

2026 U High Girls Track Invitational

Hosted by University High School at Illinois Wesleyan University's Shirk Center
(Bloomington, IL)

Wednesday, March 11 at 4:00pm

Time:

- ❖ Field event warm-ups @ 3:30pm
- ❖ Coaches Meeting @ 3:30 pm at the finish line
- ❖ NO finals in field events
- ❖ Pole Vault
 - Two flights, only flight 1 will have the chance to medal
 - Flight 1 warm-ups @ 3:30pm; Opening height 9'0
 - **Due to time constraints, the second flight will be concluded when the 4 x 400m is finished. The pole vault competition cannot run longer than the last heat of the 4 x 4 because of the restrictions we have on the use of the facility. We still want to give our entry level vaulters an opportunity to compete.**
- ❖ Running events will began @ 5:00pm on a rolling schedule

Entry fee: \$300.00 per team

Admission Fee:

- ❖ \$5 adults
- ❖ \$3 students and senior citizens
- ❖ Free for children 5 and under

Timing: FAT by AdkinsTrak Timing (www.adkinstrak.com)

Entries:

- ❖ Athletic.net
- ❖ Deadline is Sunday, March 8 @ 8pm
- ❖ Limit of TWO entries in all track and field events
- ❖ One varsity team in each of the relay events; one JV team in each of the relay events
- ❖ **PLEASE make sure your seed times are times that the athlete could realistically run at this meet!**
- ❖ Of note, we have limited entries to ensure the efficiency of the meet. However, the host team reserves the option to enter more athletes than stated limits to allow athletes a chance to compete.

Contact Information:

- ❖ Randy Anderson, 309-838-8039
- ❖ randy@anderson-ford.com

Awards:

- ❖ No team scores will be kept.
- ❖ 1st – 6th place medals will be presented in all varsity events.
- ❖ COACHES, once results are announced, athletes are responsible for reporting to pick up their medals. NO MEDALS WILL BE MAILED. It is your athlete's responsibility to pick up her medal(s).

Facility: Illinois Wesleyan University Shirk Center

Trainer: A trainer will be on site.

Team Camps:

- ❖ Camp may not be set up on the inside of the track.
- ❖ Camps need to be around the outside of the track.
- ❖ Please remind your athletes, **NO SPIKES at all on the infield.**

Schedule:

Senior night presentation at about 3:45pm for U-High athletes.

National Anthem will be right before running events, about 5:00pm.

Field Events start at 4:00pm, report to field event by 3:30pm!

Coaches meeting at 3:30pm, at the finish line.

No finals in field events.

Long Jump – South runway, cafeteria style; 3 attempts, 1 hour to complete

Triple Jump – South runway, cafeteria style - warm up will begin at conclusion of long jump – 15 minutes; 3 attempts, 1 hour to complete

Shot Put – 4 attempts

High Jump – 1 flight, starting height determined at coaches meeting

Pole Vault – two flights, flight determined by opening height, flight one opening height of 9 feet; flight two opening height of 6 feet; **Due to time constraints, the second flight will be concluded when the 4 x 400m is finished. The pole vault competition cannot run longer than the last heat of the 4 x 4 because of the restrictions we have on the use of the facility. We still want to give our entry level vaulters an opportunity to compete.**

Running Events

(Rolling schedule – all times are APPROXIMATE)

5:00 JV 4 x 800m Relay
Varsity 4 x 800m Relay
60m Hurdles Prelims
60m Dash Prelims
3200m run (one heat, provide a teammate to assist with lap counting)
60m Hurdles Finals (2 heats of 8)
60m Dash Finals (2 heats of 8)
800m Run
JV 4 x 200m Relay
Varsity 4 x 200m Relay
400m Dash
1600m Run
200m Dash
JV 4 x 400m Relay
Varsity 4 x 400m Relay