

St. John Invitational Meet Info – Saturday, March 30

Time: The meet begins at 10:00 but we want athletes there early. (See schedule section below.) There are 17 schools in the meet so it will last 5-6 hours. It takes a little over 1 hour to get there.

Directions: Take I-74 to I-57 south. Go south on I-57, then take the I-72 exit into Champaign. Turn right at the second light and head south on Mattis Ave. Take Mattis past St. John and continue about 1 mile total to Kirby Ave. Turn left onto Kirby (east) and you will go quite a ways. Once you cross under the viaduct you will see Assembly Hall and Memorial Stadium. The first light after you pass between them (Assembly Hall and the stadium), is Fourth Street. Turn left (north) on Fourth and go two long blocks and one short block to Gregory Drive. Turn right (east) on Gregory and the Armory will be on your left and parking on your right.

Schedule: The armory will open at 8:30 am. We would like all morning participants to check in with a coach by 9:00. If your son is only in running events or your daughter is only in field events, then you don't need to arrive until 12:00. Once an athlete is done for the day, they may leave, but should notify me before they do so.

The schedule of events is as follows:

Boys Field Events

high jump 7th/8th, 5th/6th)

shot put (7th, 8th, 5th, 6th)

long jump (east pit is 5th, 7th, west pit is 6th, 8th)

triple jump (5th/6th, 7th/8th) follows the long jump at the east and west pits

Girls Running Events

55 m dash prelims – 5th, 6th, 7th, 8th (top 8 times to finals)

1600 meter run - varsity event (two heats)

55 m dash finals – 5th, 6th, 7th, 8th

400 m run - 5th, 6th, 7th, 8th

4 x 200 relay – 5th, 6th, 7th, 8th

800 m run – 5th, 6th, 7th, 8th

200 m dash – 5th, 6th, 7th, 8th

4 x 400 relay – varsity event only

Once the boys field events and the girls running events are done, the switch is made and the same order of events is followed for girls field and boys running. (This switch could happen around 12:30-1:00)

Uniforms, food, etc.: Since the meet is indoors, athletes won't need to worry about the weather. They should wear warm-ups though, and wear a white shirt under the uniform top. Spikes are allowed, but should be no more than $\frac{1}{8}$ inch. There will be concessions but you might want to bring your own water and maybe a healthy snack. Only water is allowed on the track (athletes and coaches) or in the bleachers (parents, spectators).

Trinity's Entries

Girls running events, begin at 10:00, in order

55 meter	5th - Bella, Ella, Emme 7th -	6th - Gabi F, Ava 8th - Lily, Cailyn, Ashtyn
1600 meter	Varsity - Grace B, Alison	
400 meter	5th - Emma 7th -	6th - Natalie, Grace G, Autumn 8th - Maddy, Claire, Allie
4x200 relay	5th - 7th - Grace Y, Natalie, Ava, Autumn	6th - Alison, Ella S, Gabi F, Bella 8th - Lily, Maddy, Ashtyn,
Cailyn		
800 meters	5th - Ella S 7th - Grace Y	6th - Grace B, Grace G, Alison 8th - Claire, Allie
200 meters	5th - Bella, Emma 7th -	6th - Natalie, Gabi, Ava 8th - Lily, Cailyn, Maddy
4x400 relay	Varsity - Grace G, Autumn, Grace Y, Allie	

Girls field events (follow girls running events, begin at approx. 12:30)

High jump	5th/6th -	7th/8th - Cailyn, Ashtyn
Long jump	5th - 7th - Clara	6th - 8th - Allie
Triple jump	5th/6th - Autumn	7th/8th - Clara
Shot put	5th - 7th -	6th - 8th - Natalie E

Boys field events (begin at 10:00)

High jump	5th/6th - Ethan	7th/8th -
Long jump	5th - 7th -	6th - Noah 8th - Paul
Triple jump	5th/6th - Cole	7th/8th -
Shot put	5th - 7th -	6th - 8th - Zach

Boys running events (take place after boys field and girls running, begin at approx. 12:30)

55 meters	5th - Brandon, Bryson 7th - Drew	6th - Ethan, Noah 8th - Zach
1600 meters	Varsity - Alex P, Paul, Daniel	
400 meters	5th - Nathan, Alex 7th - Drew	6th - Ethan, Noah, Cole 8th - Alex, Paul
4x200 relay	5th - Nathan, Alex, Brandon, Bryson 7th -	6th - 8th -
800 meters	5th - Nathan, Alex 7th - Drew	6th - Cole, Daniel 8th - Alex, Paul
200 meters	5th - Brandon, Bryson 7th -	6th - Ethan, Noah, Cole 8th -

4x400 relay Varsity -