

Big Blue Classic March 29-30, 2024

Date/Time: Friday, March 29 2:00pm Field | 4:00pm Running Events

Saturday, March 30 11:00am Field Events | 12:15pm Running Events

Location: O'Brien Stadium

600 Lincoln Ave, Charleston, IL 61920

Entry Fees: \$400 per gender. Entry fees will be paid via Direct Athletics.

Entries: All entries will be conducted online at www.directathletics.com

Entry Deadline: Entries will close Tuesday, March 26th at 8:00pm (cst). No additions will be

allowed after that point or on the day of competition.

Scratch Deadline: Scratches may be made until 8:00pm on Thursday, March 28th by emailing

Patrick MacDonald at macdonaldtiming@gmail.com

Heat Sheets/Results: You can view heat sheets &/or results at www.macdonaldtiming.com

Spikes: Only ¼" or shorter spikes are allowed. All spikes will be checked prior to events.

No pin, needle, or Christmas tree spikes will be allowed on the track surface.

Only athletic tape will be allowed for markings.

Training Room: EIU Sports Medicine will have a certified athletic trainer on site one hour prior

to the start of the meet until all events are completed. Each team is encouraged

to bring their own trainer &/or training table.

Team Camp(s): Team camps will be in O'Brien Stadium weather permitting. If weather is

inclement, Lantz Fieldhouse will be available for team camps and warm-ups

Questions: James Gildon, jagildon@eiu.edu





Hurdle and Short Sprint Warm-Ups:

- 1. 20 minutes prior to the start of the first hurdle race, lanes 3-8 will be reserved for hurdle warm-up starts until 10 minutes before the start of the first hurdle race. Lanes 3-5 will be reserved for women's hurdle warm-up starts and lanes 6-8 will be reserved for men's hurdle warm-up starts.
- 2. There will be a 10-minute warm-up before each the men and women's 60-meter hurdles.
- 3. 60-meter dash participants can complete starts on the backstretch prior to their race.
- 4. There will be a 10-minute warm-up before the start of the men and women's 60-meter dashes

on the homestretch.

Inspection of Field Equipment and Field Event Warm-ups

- 1. All throwing implements must be weighed and checked at the shed located on the southwest corner of O'Brien Stadium.
- 2. No throwing implements may be used without the official markings.
- 3. All throwing implements that are found to be non-regulation will be impounded until the completion of the event.
- 4. All field event athletes must check in with the first flight to receive specific instructions for competition.
- 5. A 10-minute general warm-up for all competitors will begin 20 minutes prior to the start of the event and be followed by 10-minute warm-up periods for each consecutive flight.





Time Schedule (Tentative)

Friday, March 29 th 2:00pm Women Hammer Throw		Saturday, March 30 th Running Events			
To follow	Men		11:45am		Senior Recognition
2:00pm To follow	Men Women	Shot Put	12:15pm	W	3,000m Steeplechase
			12:35pm	M	3,0000m Steeplechase
2:00pm	Women	Triple Jump			
To follow	Men		1:00pm	W	4x100m Relay
4:00pm	W	400mh	1:05pm	М	4x100m Relay
4:15pm	M	400mh	1:10pm	W	1500m
4:30pm	W	200m	1.10pm	**	1300111
4:45pm	M	200m	1:35pm	М	1500m
5:30pm Fastest Kid in Coles County		2:10pm	M	110mh	
7.00	14/	F 000	2.25	147	400 l-
7:00pm 7:40pm	Women Men	5,000m 5,000m	2:25pm	W	100mh
7.40pm	WEII	3,000111	2:40pm	W	400m
Saturday, March 30 th			2. 100111	•••	100111
Field Events			2:50pm	M	400m
11:00am	Women	Long Jump			
To follow	Men		3:00pm	W	100m
11.00	14/	Laura Par	2.45		400
11:00pm To follow	Women Men	Javelin	3:15pm	M	100m
10 IOIIOW	IVIEII		3:35pm	W	800m
Follows JT	Women	Discus	3.33piii	**	000111
To follow	Men		3:50pm	М	800m
12:00pm	Women	High Jump	4:05pm	W	4x400m Relay
To follow	Men				
13,0000	Maman	Dolo Vault	4:15pm	M	4x400m Relay
12:00pm To follow	Women Men	Pole Vault			
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