

CARBONDALE CO-ED OPEN



Date: Friday, April 19th, 2024

Teams: Belleville East (Boys only), Cairo, Carbondale, Cobden, Harrisburg (Girls Only)

Time: Field Events @3:30pm

Finals @4:00pm

Coaches meeting @ 3:00pm at the finish line.

Where: Carbondale Community High School. Enter on the north end (near the tennis courts).

Timing: Hand Timed

Entry Fee: \$60.

Please mail check to Olivia Clark-Kittleson, CCHS Athletics, 1301 E. Walnut St., Carbondale, IL 62901

Entries: Enter as many athletes in each event and relays as you wish.

Events: Girls will run all track events first unless races are combined.

3200m Relay (together)

400m Relay

3200m Run (together)

100m Hurdles

110m Hurdles

100m Dash

800m Run

800m Relay

400m Dash

300m Int. Hurdles

1600m Run (together)

200m Dash

1600m Relay

Shot Put (Girls 1st)

Discus (Boys 1st)

Long Jump (Boys/Girls Together)

Triple Jump (Boys/Girls Together)

High Jump (Boys/Girls Together)

Pole Vault (Boys/Girls Together)

***4 attempts (no finals) in SP/DS/LJ/TJ**