



2026 Norm Armstrong/Belleville West Invitational



Saturday, April 11th

Field Events 11:00am Running Events 11:45am

Entry Fee: \$275

Admissions: \$5 for adults - \$3 for students

Entries: Preliminary (to ensure all teams are in): **Tuesday, April 7th at 9 pm**

Final Deadline: **Thursday, April 9th at 9 am** Entries made on athletic.net

Entry Procedure: We understand that outdoor participation may be limited due to the weather and number of meets for many teams at this point of the season. Teams may not have appropriate seed times. You know your team the best. We are asking for everyone to be **reasonable** and **fair** when you are entering seed times. We will make adjustments to unreasonable seed times if we feel necessary. Our goal is to provide great competition and FAT seed times that can be used for future meets. **We are also limiting entries to 2 entries per event and 1 relay per school.**

***No substitutions the day of the meet (Only scratches). You can change your entries as many times as you need before 9:00 am on Thursday, April 9th.** We are following the IHSA Sectional rules regarding illness and injury. You will need a letter from the principal or AD to replace an athlete*

Meet Program: [Click Here](#) - will be available after the meet is seeded on Thursday, 4/9

Timing: FAT will be provided by [TRXC Timing](#)

Meet Website: <https://trxctiming.com/wp2/track-field/track-field-meet-information/>

Live results: <https://liveresults.trxctiming.com/>

Awards: **Medals** (Varsity 1st - 8th, F/S 1st -6th Place) **Team Trophy** (1st Place – 3rd Place)

Meeting: Coaches Meeting will be held at 10:30am at the Team Meeting Room.

Work Assignments: TBA

Trainer: An athletic trainer will be on site by the finish line.

Hospitality: We will have a hospitality room for all coaches.

Entry Questions: TRXC Timing - 314-522-6276 or Paul Golian paul@trxctiming.com



Other Info

- All Athletes must have a mark or time.
- No spikes longer than ¼ inches.
- Blocks will be provided, but you are more than welcome to bring your own.
- High Jump and Pole Vault starting heights will be determined when all entries are received. We will let you know the day of. Most likely (5'8 or 5'10) and (10'0 or 10'6). 2nd flight of the vault could start lower depending on seed list.
- LJ/TJ will be run in 2 flights. The 1st flight (championship flight) will be the top ranked kids. The number of competitors in this flight will be determined once we have all of the entries. The 2nd flight will be run cafeteria style. The 1st flight may as well depending on the number of athletes.
- We will mark all athletes' 1st valid attempt in the Long and Triple. 4 total jumps...No Finals. Once all entries have been received, we will determine a minimum mark that must be reached to measure other attempts (19'0/5.79m and 39'0.25/11.89m).
- 3 to 4 flights of Shot Put and Discus. We will mark all athletes' 1st valid attempt, then we will have a minimum mark (~ 40'0/12.19m and 110'0/33.53m) that they will need to meet to get additional marks. Weigh-ins will start at 9:30 am by the Team Meeting Room behind the main bleachers. Best Flight of Discus 1st...Bottom Flight of Shot 1st... straight into Shot finals...then Discus finals

If you have any questions or concerns, then please do not hesitate to contact Coach Nelson.

Alonzo Nelson

Head Boys Track Coach

Belleville West High School

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Time Schedule





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Invitational

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Time Schedule



Field Events

11:00am	High Jump	2 Flights	Best Athletes Jump First in Flight 1
	Pole Vault	2 Flights	Best Athletes Jump First in Flight 1
	Discus	4-5 Flights	Best Athletes Throw First, Bottom Flight Throws Last
	Shot Put	4-5 Flights	Bottom Flight Throws First, Best Flight Throws Last
	Long Jump	2 Flights	Championship Flight Will Jump at Pit 1 Open Flight Will Jump at Pit 2 (Cafeteria Style)
	Triple Jump	2 Flights	Championship Flight Will Jump at Pit 1 Open Flight Will Jump at Pit 2 (Cafeteria Style)

Running Events

- All races will be run as timed finals
- All events are Scored unless noted
- Heats will run Slow to Fast unless noted

11:10am –	4x800 Meter Relay - Fres/Soph - (Exhibition...non-scored, but 1st – 6th medals)
11:30am –	4x100 Meter Relay – Fresh/Soph - (Exhibition...non-scored, but 1st – 6th medals)
11:45pm –	3200 Meter Run – Heat 1 (Slow Heat)
12:00pm –	4x800 Meter Relay – Heat 1 (Slow Heat)

Rolling schedule, the rest of the way

4x800 Meter Relay – Heat 2 (Fast Heat)
4x100 Meter Relay
3200 Meter Run – Heat 2 (Medium or Fast Heat – depending on field size)
3200 Meter Run – Heat 3 (Fast Heat) (If needed)
110 Meter Hurdles
100 Meter Dash
800 Meter Run
4x200 Meter Relay
400 Meter Dash
300 Meter Hurdles
1600 Meter Run
200Meter Dash
4x400 Meter Relay Freshman/Sophomore (scored)
4x400 Meter Relay

