

2024 Norm Armstrong/Belleville West Invitational

Saturday, April 6th

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): **Thursday, April 4th at 9 pm**
Final Deadline: **Friday, April 5th 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.

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 4th. 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 Friday, 4/5

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

Awards: Medals (1st - 8th).....Team Trophy (1st - 3rd)

Meeting: Coaches Meeting will be held at 10:30am at the Finish Line.

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 [Rich Schilling](#)

Other Info

- No spikes longer than $\frac{1}{4}$ 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 the meet. 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 /PV 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 (most likely 19'0 and 39'0).
- 3 to 4 flights of Shot Put and Discus. We will mark all athletes 1st valid attempt, then we will have a minimum mark (most likely 40'0 and 110'0) that they will need to meet to get additional marks.
- Best Discus 1st...Best Shot 3rd...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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Email: anelson@bths201.org

Time Schedule

11:00am - Field Events

11:10am - Fresh/Soph 4x800 (Exhibition...non-scored, but 1st - 8th medals)

11:30am - Fresh /Soph 4x100 (Exhibition...non-scored, but 1st - 8th medals)

*****All races will be run as timed finals*****

Scored Events

11:45pm - 1st heat of 3200

12:00pm - 1st Heat of 4x800 Relay

Rolling Schedule the rest of the way....

1st heat 4x800

2nd heat 4x800

4x100

2nd heat 3200

110 hurdles

100m Dash

800m Run

4x200

400m Dash

300 hurdles

1600m Run

200m Dash

F/S 4x400 (scored)

4x400