

2024 St. Clair County Meet

Belleville West High School

Tuesday April 23: Start time 3:30pm

3:00pm - Honoring Seniors at Belleville East & West

3:30pm – Field Events

4:00pm – Running Events

We are running the F/S 4x400 and it will be scored

Entry Fee: \$250 full team, \$150 6 events or less

Admissions: \$5 Adults and \$3 Students

Before the meet Belleville East & West will be honoring their seniors.

Entries: [Athletic.net](https://athletic.net)

You will need to “Find a Meet” and add to your schedule.

Entry Deadline is Monday, April 22nd at 9 pm.

Scratches can be done until Tuesday, April 23rd at 9 am.

Coaches you can enter 3 athletes in the individual events with only your top 2 eligible to score. Schools can only enter 1 relay.

Make sure to enter performances that athletes or relays have performed during the 2024 season. Do not enter PR's or projections.

***We are following the IHSA Sectional rules regarding illness and injury. You will need a letter from the principal or Athletic Director to replace an athlete the day of the meet.**

Timing: FAT provided by [TRX Timing](https://www.trxtiming.com)

Meet Program: [Click Here](#) to see heat and flight sheets

Awards: Medals awarded to 1st – 3rd for each division (Maroon and White)
Team Trophy for each division (1st)

Schools: **Maroon Division:** Belleville East, Belleville West, Cahokia, East St Louis, Mascoutah, O'Fallon
White Division: Althoff, Dupo, Freeburg, Lebanon, New Athens

Meeting: Coaches Meeting will follow the *Honoring of Seniors* at the Finish Line.

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

Hospitality: TBA

Concession Stand: Concessions will be sold

Other Info

- 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 the meeting.
- LJ/TJ – 4 attempts (Cafeteria style...1 hour time limit)
- Best Discus 1st...Best Shot 2nd...straight into Shot finals...then Discus finals

Work Assignments:

- **Shot Put** – O’Fallon
- **Discus** – Belleville West
- **Long Jump** – Belleville West
- **Triple Jump** – East St. Louis
- **High Jump** – Belleville East
- **Pole Vault** – Mascoutah
- **4x1:** 1st – Cahokia 2nd – East St. Louis 3rd – Belleville East
- **4x2:** 1st & 3rd – Cahokia 2nd – East St. Louis
- **Break Line:** Belleville West

If you have any questions or concerns, then please do not hesitate to contact Coach Nelson or Athletic Director Joe Muniz. Thank you.

Alonzo Nelson Jr
Head Boys Track Coach
Belleville West High School
4063 Frank Scott Parkway West
Belleville, IL 62223
Cell: 618-960-9901
Email: anelson@bths201.org