

SOUTHWESTERN CONFERENCE MEET

Wednesday, May 10, 2023

- Times:** Coaches Meeting at 2:15pm (White Shed NW corner track)
Field Events 3:00pm
Running Events 4:00 pm
- Place:** O'Fallon Township HS – Smiley Campus (600 S. Smiley, O'Fallon, IL 62269)
- Entry Fee:**
- Scoring:** 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1 (Individual Events and Relays)
- Awards:** 1st Place Team
1st – 3rd receive medals for each varsity event
- Entries:** All participants must be registered **online NO LATER than May 10th by 9:00 AM.** ([Athletic.net](#)). 2 per field or running JV and varsity event and one relay team each JV and varsity.
- Competing Teams:** Alton, Belleville East, Belleville West, Collinsville, East St. Louis, Edwardsville, O'Fallon
- Scratches** Coaches my only scratch entries on day of event. All participants must be registered online prior to deadline.
- Heat/Flight:** [Click Here](#) to see heat and flight sheets
- Timing:** F.A.T. and Live Results – [TRXC Timing](#)

**Order of
Events:**

JV will precede Varsity in all running events

4x800

4x100

3200

110 H

100

800

4x200

400

300 H

1600

200

4x400

Field Events:

Long Jump (Open Order 3pm – 4:30pm)
(V – south runway, JV – north runway)

High Jump – starting height TBD

Triple Jump (Open Order 4:45pm – 6:15pm)
(V – south runway, JV – north runway)

Shot Put (JV then V)

Discus (V then JV)

Pole Vault (Height will be determined day of)

Procedures & Rules:

1. Track events will be given preference over field events. The relays will not be delayed because an athlete is competing in a field event.
2. School will be expected to provide workers for field events or to serve as exchange judges.

4x100 Exchange Zones

#1 – O’Fallon

#2 – Alton

#3 – Belleville West

Discus:

Collinsville

High Jump:

O’Fallon

Shot Put:

Belleville East

Pole Vault:

O’Fallon

4x200 Exchange Zones

#1/#3 – Alton

#2 – Belleville West

Long Jump:

East St Louis

Cut Line Judges:

O’Fallon and Edwardsville

Triple Jump:

Edwardsville

3. The Long and Triple Jumps (both divisions) will be run as open order events. There will be no finals and each jumper will be given four attempts. The Long Jump will open at 3:00pm and close at 4:30 pm. The Triple Jump will open at 4:45pm and close at 6:15pm.
4. The format for the Shot Put will be JV first and the Discus will be V first.
5. The High Jump starting height will be determined at coaches’ meeting.
6. The Pole Vault starting height will be determined at the coaches’ meeting.
7. For Varsity throws, three attempts in the preliminaries of the field events, and 9 will qualify for the finals. Three additional tries will be allowed for Finals. JV will be 4 throws and no finals.
8. The Bullpen will be located in the center of the field. Teams or individuals that fail to report to the Bullpen when called will be scratched.
9. Coaches, spectators and non-participating athletes must remain in the bleachers or team areas. Please stay clear of the finish line, off the football field and away from the inside of the track. No spikes are to be worn in the bleachers.
10. Refreshments will be available at the concession stand at the south end of the stadium. Each coach will receive a ticket to exchange for food.
11. Team Camps will be on the East side (Visitor side) of the stadium, outside of the track.
12. PLEASE STAY BEHIND ALL BARRIERS!
13. Relay Exchange Zones:

4 x 100 Meter Relay

Start on the White Lines
Exchanges: Gold Triangles

4 x 200 Meter Relay

Start on the Black Lines
1st Exchange: Black Triangles
2nd Exchange: Black Triangles
3rd Exchange: Gold Triangles

Sprint Medley Relay
(200m-200m-400m-800m)

Start on the White Lines
Two turn stagger
1st Exchange: Gold Triangles
2nd Exchange: Blue Triangles
400m runner breaks at the start/finish line.
3rd Exchange: Blue Triangles

4 x 400 Meter Relays

Start on the Blue Lines
Three turn stagger
Exchanges: Blue Triangles

Please contact Assistant Athletic Director – Neil James (jamesn@oths.us) or Boys Head Track Coach – Joe Speaks (speaksj@oths.us) should you have any questions or concerns regarding the event.