

SWC Boys Track & Field Championships

Date: Wednesday, May 14, 2025

Location: Belleville West High School

Address: 4063 Frank Scott Parkway West

Event Schedule

- **Coaches Meeting**
 - Time: 1:15 p.m.
 - Location: Team Meeting Room (part of the Concession Stand area)
- **Field Events Start:** 2:00 p.m.
- **Running Events Start:** 3:00 p.m.

Entry Information

- **Platform:** [Athletic.net](https://athletic.net)
- **Entry Deadline:** 11:00 p.m., Monday, May 12, 2025
- **Note:** No switching between JV and Varsity. All participants must be registered online by the deadline.

Timing & Scratches

- **Timing Method:** Fully Automatic Timing (FAT)
- [Click Here](#) to see heat and flight sheets
- **Scratches:**
 - Coaches may scratch entries on the day of the event.
 - Substitutions must comply with IHSA rules.

Scoring

- **Individual Events:** 10-8-6-4-2-1
- **Relays:** 10-8-6-4-2-1

Field Event Marks

- Minimum distance required for measurement after 1st legal attempt:
 - Shot Put
 - Discus
 - Long Jump
 - Triple Jump

Note: To be discussed at the Coaches Meeting.

Facilities & Services

- **Concessions:**
 - Located in the Concession Stand/Locker Room building

- Meal tickets provided to coaches

Admission

- Adults: \$5.00
- Senior Citizens: \$3.00
- Students: \$3.00

Contact Information

- **Alonzo Nelson** – Head Boys Track Coach
 - Email: anelson@bths201.org
 - Cell: (618) 960-9901
- **Joe Muniz** –Athletic Director
 - Email: jmuniz@bths201.org
 - Cell: (618) 960-673

Assignments

- **Field Events:**
 - Long Jump: Belleville West / Alton
 - Triple Jump: East St. Louis / Alton
 - Shot Put & Discus: Edwardsville / Collinsville
 - High Jump: Belleville East
 - Pole Vault: Edwardsville / O’Fallon
- **Exchange Zone Umpires:**
 - Zone 1: Belleville West
 - Zone 2: Belleville East
 - Zone 3: East St. Louis
 - Zone 4: O’Fallon

Event Order

Field Events (Starting at 2:00 p.m.):

- Long Jump (Cafeteria, 2:00–3:30)
- High Jump (JV & V together, starting height TBD)
- Pole Vault (JV & V together, starting height TBD)
- Shot Put (JV, then Varsity)
- Discus (Varsity, then JV)
- Triple Jump (Cafeteria, 3:45–5:00)

Running Events (Starting at 3:00 p.m.):

- 3200m (JV)
 - 4 x 800m Relay
 - 3200m (Varsity)
 - 110m Hurdle Final
 - 100m Final
 - 800m
 - 4 x 200m Relay
 - 400m
 - 300m Hurdles
 - 1600m
 - 200m Final
 - 4 x 400m Relay
- (JV precedes Varsity, except 3200m run)*

Games Committee

- Chad Lakatos – Edwardsville
- Jon Burnett – O’Fallon Township
- Danny Donaldson- Belleville East

Officials

- Jason Gray
- Brad Bevis
- Doug Stinemetz
- John Korak

Procedures & Rules

1. Track events take precedence over field events.
2. Schools must provide event workers or serve as exchange judges.
3. Long Jump & Triple Jump:
 - Open order (cafeteria style)
 - No finals
 - 4 attempts per athlete
 - Long Jump: 2:00–3:30 p.m.
 - Triple Jump: 3:45–5:15 p.m.
4. Shot Put: JV first
5. Discus: Varsity first
6. High Jump and Pole Vault starting heights: TBD at Coaches Meeting
7. Varsity Throws:
 - 3 prelim attempts

- Top 9 to finals (3 additional attempts)
 - JV: 4 throws, no finals
8. Refreshments for coaches: Red Shed and food ticket to concession stand