

SOUTHWESTERN CONFERENCE MEET

Wednesday, May 1, 2024

- Times:** Coaches Meeting at 2:15pm (White Shed NW corner track)
Weigh-ins: 2:00 pm (Shot and Discus in the garage)
Field Events 3:00pm
Running Events 4:00 pm
- Place:** O'Fallon Township HS – Smiley Campus (600 S. Smiley, O'Fallon, IL 62269)
- Scoring:** 10 – 8 – 6 – 4 – 2 – 1 (Individual Events and Relays)
- Awards:** 1st Place Team – Varsity, 1st – 3rd receive medals for each varsity event, 1st place receive medals for each JV event.
Award recognition, all individual medal winners (V – 1st – 3rd and Jv – 1st) will be presented with their medals immediately following each event on field near 50-yard line. Please remind your medal winners to head to the 50-yard line immediately following their event.
- Entries:** All participants must be registered online by **Wednesday May 1 at 9:00 am**. [Athletic.net](https://athletic.net). 2 per field or running JV and varsity event and one relay team each JV and varsity. Reminder that athletes may not cross over between V and JV divisions.
- Competing**
- Teams:** Alton, Belleville East, Belleville West, Collinsville, East St. Louis, Edwardsville, O'Fallon
- Scratches** Coaches may only scratch entries on day of event. Substitutions can only be made in accordance with IHSA rules.
All participants must be registered online prior to deadline.
- Timing:** F.A.T. – TRXC Timing
- Meet Program:** [Heat/Flight Sheets](#)

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 – 4:00pm)

(V – south runway, JV – north runway)

High Jump – starting height TBD – JV and V will jump together

Triple Jump (Open Order 1 hour time limit) (V – south runway, JV – north runway)

Shot Put (JV then V)

Discus (V then JV)

Pole Vault -starting height TBD – JV and V will jump together

Procedures &

1. Track events will be given preference over field events.

Rules:

2. School will be expected to provide workers for field events or to serve as

exchange judges.

4x100 Exchange Zones	Discus: O’Fallon/Edwardsville	High Jump: O’Fallon/Belleville East
#1 – O’Fallon		
#2 – East St Louis	Shot Put:	
#3 – Belleville West	O’Fallon/Collinsville	
4x200 Exchange Zones	Long Jump:	Pole Vault:
#1/#3 – Alton/Belleville East	East St Louis/Alton	O’Fallon
Cut Line Judges: O’Fallon and Edwardsville	Triple Jump: O’Fallon/Belleville West	

3. The Long and Triple Jumps (both divisions) will be run as open order events. Varsity long and triple will be 3 jumps and top 9 to finals for 3 more jumps while JV will be 4 jumps

and no finals. The Long Jump will open at 3:00pm and close at 4:00 pm for prelim jumps. The Triple Jump will open as soon as LJ finals are done.

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. 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. Hospitality for coaches will be located in the garage.
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

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 Girls Head Track Coach –Lisa Mathis (mathisl@oths.us) should you have any questions or concerns regarding the event.

If you have any entries questions in regarding to the meet feel free to contact Paul Golian Paul@trxctiming.com