



SWC GIRLS Track & Field

Alton High School | Wed, May 6, 2026

- Address: 4200 Humbert Rd, Alton, IL 62002 (behind High School)
- Field Events: 2:00 p.m. Start
Running Events: 3:00 p.m. Start
- Coaches Meeting **1:15 p.m.** Held in Coaches Meeting Room part of the Concession Stand area
- Entries: **Will take place on [AthleticNET](#). ALL entries will be Due NO LATER than Weds, May 6th, at 9:00AM CST.**
No switching between OPEN and Varsity
Entry questions? Reach out to Paul Golian - paul@trxtiming.com
- Entry Limits: 2 entries per individual event / 1 team per relay event
- Heat/Flight Sheets: [Click Here](#)
- Timing: **FAT timing TRXC** | [Click here for live results](#)
- Scratches Only: 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.
- Scoring: Individual Events: 10-8-6-4-2-1
Relays: 10-8-6-4-2-1
- Field Event Marks: Minimum distance for Shot/Discus/LJ/TJ – After 1st legal,
Only performances past the min. mark will be measured.
We can discuss this at the Coaches Meeting
- Concessions Stand: Located in Concession Stand/Locker room building
Meal tickets will be given to coaches for use at Concession stand.
- Team Camps: Near baseball field and concession stand or behind bleachers.
NO TEAM CAMPS IN THE BLEACHERS
- Bullpen and Hip #'s: Will be located in the area near the concession stand on the inside of the fence





Admission: Adults \$5.00 Senior Citizens \$4.00 Students \$3.00

Bus Parking: Can drop off at Track, but will need to park down the hill down by our Aux Gym

Questions: Contact - Chelsea Anderson, AHS Girls Track Coach
e-mail: canderson@altonschools.org
school: (618) 474-2700
Cell: (708) 491-9572
Chris Kusnerick, AHS , Athletic Director
ckusnerick@altonschools.org
Cell: (618)-980-6948

SWC GIRLS TRACK & FIELD Championships 5 / 6 / 26

Assignments:

Field Events:

Long Jump -Belleville West/Alton
Triple Jump -ESTL/Alton
Shot Put and Discus - Alton/Collinsville
High Jump - O'Fallon
Pole Vault - Edwardsville/Collinsville

Exchange Zone Umpires:

4 x 100

1 - Belleville East

2 - Alton

3 - ESTL

4 x 200

Alton, O'Fallon

Finals

3200 (OPEN)
4 x 800m Relay
4 x 100m Relay
3200m (Varsity)
100m Hurdle Final
100m Final
800m
4 x 200m Relay
400m
300m Hurdles together
1600m
200m Final
4 x 400m Relay
(OPEN precedes V except for 3200m Run)

Field Events:

Long Jump (Cafeteria) (2:00 - 3:30)

(V - East runway, OPEN - West runway)

High Jump - OPEN & V will jump together
(Starting Height TBD)

Triple Jump (Cafeteria) (3:45-5:15)

(V - south runway, OPEN - north runway)

Shot Put (OPEN then V)

Discus (V then OPEN)

Pole Vault - OPEN & V will jump together
(Starting Height TBD)





Games Committee:

Edwardsville
OTHS
Collinsville

Officials

Ron Frye
Brad Bevis
Jason Gray
Bryan Mitchell

Procedures & Rules:

1. Track events will be given preference over field events.
2. Schools will be expected to provide workers for field events or to serve as exchange judges.
3. The Long and Triple Jumps (both divisions) will be run as open order (cafeteria) events. There will be no finals and each jumper will be given four attempts. The Long Jump will open at 2:00pm and close at 3:30 pm. The Triple Jump will open at 3:45pm and close at 5:15pm.
4. The format for the Shot Put will be OPEN 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. OPEN will be 4 throws and no finals.
8. The Bullpen and Hip Numbers will be located in the area near the concession stand.
9. Spectators and non-participating athletes must remain in the bleachers or team areas. Please stay clear of the finish line, off the soccer field and away from the inside of the track. No spikes are to be worn in the bleachers.
10. Hospitality food for coaches will be food ticket to concession stand.
12. PLEASE STAY BEHIND ALL BARRIERS!

