

2024 SIJHSAA Regional Track Meet - Region 4

Participating Schools: *Belleville Central, Belleville West, Dupo, Emge, Grant, Millstadt, Waterloo, Wolf Branch*

Date: Tuesday, April 30th

Location: Belleville West High School (4063 Frank Scott Parkway, Belleville, IL 62223)

Scratch Meeting: 9:30 AM (*Coaches may Scratch and Replace Athletes*)

Field Events start: 10:00 AM

Starter: Jason Gray

Games Committee Members: Neal West (Waterloo), Tim Baum (Belleville Central), David Franklin (Grant), and Mark Bauer (Emge)

SIJHSAA Information:

- A school may enter **two** contestants per event; **one** team for relays. Each contestant may compete in up to **4 events**.
- Ensure your eligibility list is on hand if it should be needed. (*Form downloadable from SIJHSAA website*)
- **Advancement to State Meet:** *All 1st and 2nd place finishers (including ties for second), and all other finishers who equal or better the qualifying times/distances. Qualifying advancement for runners must be accomplished in the finals, not in the prelims. Times should not be rounded up. The time must be at least the qualifying time.*
- In shot put, discus, and long jump, all athletes will receive four attempts
- Participants must wear school-issued shirts of the same color
- Hurdle Height is 30 inches
- Shot put is 8 lbs. for girls and boys
- Discus is 1 kg for girls and boys
- High Jump will start at 4'0" for girls and 4'6" for boys, raised in 2" increments until the final four contestants. For the final four, the bar will be raised in 1" increments.
- Pole Vault starting height will be 5'6" for girls and 7'6" for boys, raised in 3" increments until the final two contestants. For the final two, the bar will be raised in 2" increments.
- 800 and 1600 will be run in alleys

Belleville West High School Location Information:

- No admission charge. Team entry fee of \$25 covers cost of starter, equipment, and workers. Please give checks to Tim Baum at West Jr High
- Outdoor restrooms will be available

- Bus parking will be available in the parking lot
- Speaker system will be utilized for announcing heats and events

Order of Field Events:

- Boys Long Jump and Boys Shot Put will go first.
- Girls Discus and Girls High Jump will go first.
- Girls Pole Vault will go first

Determining Finals and Scoring

- **Scoring** will be 10 – 8 – 6 – 4 – 2 – 1
- Runners will **NOT** be allowed a false start. False start will result in a DQ
- When running two heats in prelims, the top 3 of each heat plus the next 2 best times overall shall advance to the finals (***will not be using prelims***)
- F.A.T. and Live Results provided by [TRXC Timing](#)
- Final results will be posted on [TRXC Timing](#) as well as Athletic.net
- [Click Here](#) to see heat and flight sheets

Entry

- All entries must be submitted through [Athletic.net](#)
- Entry Deadline will **April 29th at 9:00 AM**
- Question registering email [Paul Golian](#) – TRXC Timing

Athlete Check in

- Athletes running in events should report to the staging area at least 15 minutes prior to their event and pick up their hip and chest numbers.
- The staging area will be under the tent near the finish line. Tent will be on the outside of the track.
- Athletes in field events should check in at their respective events at least 15 minutes prior to the scheduled start time.
- Listen to the PA for calls

Field Event Assignments:

Shot Put: Grant & Emge
Discus: Wolf Branch & Dupo
Long Jump: West Jr High
High Jump: Central Jr High
Pole Vault: Waterloo & Millstadt

Exchange Zones

4x100 (1): Candy Stadelman
4x100 (2): Alicia Augustine
4x100 (3): Kathy Knox
4x200 (1 & 3): Kathy Knox & Candy Stadelman
4x200 (2): Alicia Augustine
4x400: Starter & Tim Baum
Cut in Judge: (4x400,800,1600): Alicia Augustine
Bullpen: Tim Baum

Order of Events Time Schedule

9:30 AM	Scratch Meeting/Coaches Meeting in Press Box
10:00 AM	Girls Pole Vault (Starting Height 5'6")
10:00 AM	Girls High Jump (Starting Height 4')
10:00 AM	Girls Discus (4 Attempts)
10:00 AM	Boys Shot (4 Attempts)
10:00 AM	Boys Long Jump (4 Attempts)
10:40 AM	Boys Pole Vault (Starting Height 7'6")
10:40 AM	Boys High Jump (Starting Height 4'6")
10:40 AM	Boys Discus (4 Attempts)
10:40 AM	Girls Shot (4 Attempts)
10:40 AM	Girls Long Jump (4 Attempts)

RUNNING EVENTS WILL BEGIN AFTER ALL THE FIELD EVENTS HAVE BEEN COMPLETED

Order of Final Running Events:

11:15 AM	100m hurdles (girls/boys)
11:30 AM	7 th grade 4x200 (girls/boys)
11:45 AM	4x100 (girls/boys)
12:00 PM	400m dash (girls/boys)
12:15 PM	1600m run (girls/boys)
12:45 PM	Varsity 4x200 (girls/boys)
1:00 PM	7 th grade 100m dash (girls/boys)
1:15 PM	8 th grade 100m dash (girls/boys)
1:30 PM	800m run (girls/boys)
1:45 PM	200m dash (girls/boys)
2:00 PM	4x400 (girls/boys)

STATE QUALIFYING MARKS-CLASS L

EVENT	BOYS (NEW)	GIRLS (NEW)
Pole Vault	8'6"	6'9"
High Jump	5'3"	4'7"
Long Jump	17'9"	14'9"
Shot Put	41'	29'
Discus	112'	79'
Hurdles	15.64	17.74
400 Meter Relay (4 X 100)	49.24	54.24
7th Grade Relay (4 x 200)	1:48.24	2:00.24
400 Meter	56.79	1:04.74
1600 Meter	5:08.24	5:56.24
Varsity Relay (4 x 200)	1:42.74	1:56.24
7th Grade 100 Meter	12.54	13.74
8th Grade 100 Meter	12.04	13.54
800 Meters	2:18.24	2:37.24
200 Meters	25.24	28.24
1600 Meter Relay (4 x 400)	4:00.24	4:37.24