

## 2026 SIJHSAA Regional Track Meet - Region 5



**Participating Schools:** Belle Valley, Carriel-O'Fallon, Fulton-O'Fallon, Joseph Arthur, Maryville Christian, Pontiac, Shiloh, Whiteside

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**Date:** Monday, April 27th, 2025 (Rain Date is Tuesday, April 28th)

**Location:** Belle Valley School (2465 Amann Dr., Belleville, IL 62220)

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

**Field Events start:** 10:00 AM

**Starter:** TBA

**Games Committee Members:** Todd Gleadle (Belle Valley), Jalen Williams (Pontiac), Erin Strinni (Whiteside), TRXC.

**Meet Manager:** For any other question, reach out to Todd Gleadle [tgleadle@bv119.net](mailto:tgleadle@bv119.net).

### **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 1<sup>st</sup> and 2<sup>nd</sup> 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.

**Pole vault will be held on Tuesday, April 28th during the Region 4 meet at Belleville East HS (10:00AM)**

- In shot put, discus, and long jump, all athletes will receive four attempts. High jump and pole vault 3 attempts at each height
- We will measure shot put, discus, and long jump to the nearest ¼"
- 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 4'1" for girls and 4'9" for boys, raised in 2" increments until the state qualifying height is achieved (4'7" - Girls, 5'3" - Boys) - then 1" increments  
**\*Starting height may be altered by games committee after determining by entrant qualifying marks**
  
- \*Pole Vault will start at 5'7" for girls and 7'6" for boys, raised in 6" increments until the state qualifying height is achieved (6'9" - Girls, 8'6" - Boys) - then 3" increments  
**\*Starting height may be altered by games committee after determining by entrant qualifying marks | Pole vault will be held on Tuesday, April 28th during the Region 4 Meet at Belleville East High School (10:00AM)**
  
- 800 and 1600 will be run in alleys or waterfall

### **Belle Valley School Location Information:**

- No admission charge.
- Outdoor restrooms will be available.
- Bus parking will be available in the front 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.

***Pole vault will be held on Tuesday, April 28th during the Region 4 Meet at Belleville East High School (10:00AM)***

### **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. provided by TRXC Timing [www.trxctiming.com](http://www.trxctiming.com).
- Live results for the meet will be found at <https://liveresults.trxctiming.com/>.

### **Entry**

- All schools entered, must have a school Athletic.net account
- All entries must be submitted through [Athletic.net](http://Athletic.net)
- ***Entry Deadline will be Friday, April 24th, at 9:00am. No additional entries after the deadline!***
- Scratches and substitutions may be made at the coaches/scratch meeting before the meet **and are final**.
- If you have questions regarding entries only, please reach out to Paul Golian [paul@trxctiming.com](mailto:paul@trxctiming.com).
- Heat Sheets will be emailed to coaches the evening before the meet and can be found [here](#).

### **Athlete Check in**

- Athletes running in events should report to the staging/clerk area at least 15 minutes prior to their event and pick up their hip and shoulder numbers.
- The staging/clerk area will be under the tent near the start or 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.
- Athletes that are in multiple running events, should get new hip and shoulder numbers before each running event they are participating in
- Listen to the PA for calls. ***Running events take precedence over field events.*** Ensure your athletes are back to the field event to compete after their running event at the specified time.

### **Coaches Reminders**

- **Please be prepared! Please bring your own tape measure, med kit, towels, starting blocks, etc.**
- **Please be at your field event on time! The meet will run much smoother and quicker when everyone is helping out.**
- Please watch closely for faults and at exchange zones.

### **Order of Events Time Schedule**

<b>9:30 AM</b>	Scratch Meeting/Coaches Meeting in Press Box
<b>10:00 AM</b>	Girls High Jump (Starting Height 4'1")
<b>10:00 AM</b>	Girls Discus (4 Attempts)
<b>10:00 AM</b>	Boys Shot (4 Attempts)
<b>10:00 AM</b>	Boys Long Jump (4 Attempts)
<b>10:40 AM</b>	Boys High Jump (Starting Height 7'6")
<b>10:40 AM</b>	Boys Discus (4 Attempts)
<b>10:40 AM</b>	Girls Shot (4 Attempts)
<b>10:40 AM</b>	Girls Long Jump (4 Attempts)

### **Order of Final Running Events:**

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

### **Field Event Assignments:**

<b>Shot Put</b>	Belle Valley & Whiteside
<b>Discus</b>	Carriel & Fulton
<b>Long Jump</b>	Joseph Arthur & Maryville Christian
<b>High Jump</b>	Pontiac & Shiloh

### **Exchange Zones:**

<b>4x100 (1)</b>	Shiloh
<b>4x100 (2)</b>	Whiteside
<b>4x100 (3)</b>	Joseph Arthur
<b>4x200 (1&amp;3)</b>	Carriel
<b>4x200 (2)</b>	Fulton
<b>4x400</b>	Maryville Christian
<b>Cut-In Line</b>	Pontiac
<b>Bullpen Clerks</b>	Tim Baum TBA

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## Boys State Track Qualifying Marks

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Event	Class S	Class S	Class L	Class L
	Manual	F.A.T.	Manual	F.A.T.
Pole Vault	N/A	N/A	8' 6"	8' 6"
High Jump	5' 2"	5' 2"	5' 3"	5' 3"
Long Jump	16' 6"	16' 6"	17' 9"	17' 9"
Shot Put	38'	38'	41'	41'
Discus	110'	110'	112'	112'
100m Hurdles	16.5	16.74	15.4	15.64
4X200m 7th Grade Relay	1:56	1:56.24	1:48	1:48.24
4X100m Relay	N/A	N/A	49.0	49.24
400m Dash	59.0	59.24	56.5	56.79
1600m Run	5:20	5:20.24	5:08	5:08.24
4X200m Varsity Relay	1:49	1:49.24	1:42.5	1:42.74
7 <sup>th</sup> Grade 100m Dash	13.0	13.24	12.3	12.54
8 <sup>th</sup> Grade 100m Dash	12.8	13.04	11.8	12.04
800m Run	2:25	2:25.24	2:18	2:18.24
200m Dash	26.0	26.24	25.0	25.24
4X400m Relay	4:15	4:15.24	4:00	4:00.24

## Girls State Track Qualifying Marks

Event	Class S	Class S	Class L	Class
	Manual	F.A.T.	Manual	F.A.T.
Pole Vault	N/A	N/A	6' 9"	6' 9"
High Jump	4' 6"	4' 6"	4' 7"	4' 7"
Long Jump	14' 6"	14' 6"	14' 9"	14' 9"
Shot Put	28'	28'	29'	29'
Discus	75'	75'	79'	79'
100m Hurdles	18.5	18.74	17.5	17.74
4X200m 7 <sup>th</sup> Grade Relay	NA	NA	2:00.0	2:00.24
4X100m Relay	57.0	57.24	54.0	54.24
400m Dash	1:06.5	1:06.74	1:04.5	1:04.74
1600m Run	6:03	6:03.24	5:56	5:56.24
4X200m Varsity Relay	1:59	1:59.24	1:56	1:56.24
7 <sup>th</sup> Grade 100m Dash	14.0	14.24	13.5	13.74
8 <sup>th</sup> Grade 100m Dash	14.0	14.24	13.3	13.54
800m Run	2:42	2:42.24	2:37	2:37.24
200m Dash	28.5	28.74	28.0	28.24
4X400m Relay	4:48	4:48.24	4:37	4:37.24