

## 2025 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 28th, 2025

**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:** Mark North

**Games Committee Members:** Mark North (Starter), Todd Gleadle (Belle Valley), Jalen Williams (Pontiac), Erin Strinni (Whiteside)

### 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.
- 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 4'1" 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 29th 10:00am @ Belleville East HS**

- 800 and 1600 will be run in alleys



### 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.
- Girls Pole Vault

### 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](#)
- Live results for the meet will be found at <http://www.trxctiming.com>

### Entry:

- All schools entered, must have a school Athletic.net account
- All entries must be submitted through TRXC Timing [Online Entry Link](#)
- Entry Deadline will **Friday, April 25th, at 9:00am**
- [Click Here](#) to see heat and flight sheets
- Entry question email [Paul Golian](#) at TRXC Timing
- Scratches and substitutions may be made at the coaches/scratch meeting before the meet and are final

### 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 shoulder numbers.
- The staging area will be near the large entry gate that is near the finish line.
- 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. 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.



## **Order of Events Time Schedule**

9:30 AM Scratch Meeting/Coaches Meeting in Press Box

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 4'1")

10:40 AM Boys High Jump (Starting Height 7'6")

10:40 AM Boys Discus (4 Attempts)

10:40 AM Girls Shot (4 Attempts)

10:40 AM Girls Long Jump (4 Attempts)

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

11:15 AM 100m hurdles (girls/boys)

11:30 AM 7<sup>th</sup> grade 4x200 (girls/boys)

11:45 AM 8<sup>th</sup> grade Varsity 4x100 (girls/boys)

12:00 PM 400m dash (girls/boys)

12:15 PM 1600m run (girls/boys)

12:45 PM 8<sup>th</sup> grade Varsity 4x200 (girls/boys)

1:00 PM 7<sup>th</sup> grade 100m dash (girls/boys)

1:15 PM 8<sup>th</sup> grade 100m dash (girls/boys)

1:30 PM 800m run (girls/boys)

1:45 PM 200m dash (girls/boys)

2:00 PM 8<sup>th</sup> grade Varsity 4x400 (girls/boys)



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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