



34th STADELMAN RELAYS

Participating Schools: Belle Valley, Central Jr High, Freeburg, Grant, High Mount, Joseph Arthur, Madison, Millstadt, Pontiac, Shiloh, Signal Hill, West Jr High, Whiteside, Wolf Branch, Zion Lutheran

Date: Tuesday, April 21st, 2026

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

Scratch Meeting: 9:30 AM (*Scratches ONLY*)

Field Events start: 10:00 AM

Starter: Dave Zahn

Games Committee Members: Dave Zahn (Starter), Tim Baum (Belleville Central), Jake Holtkamp (Joe Arthur), Jim Ledebuhr (Zion Luthern)

Meet Information:

Entries: Will take place on [Athletic.net \(Online Link\)](#). **Entry deadline will be NO LATER than Monday, April 20th at 9:00AM CST. No late entries after this point, only scratches!** Entry questions? Reach out to Paul Golian - paul@trxctiming.com

Entry Limits- 3 per field events, 1 per relay, each contestant may compete in up to **4 events**.

Check should be made out to **Central Jr High** for **\$\$\$** to cover the cost of the starter for each meet

[MSHSAA Athletic.net Helpsheet](#)

Heat/Flight Sheets: [Click here](#)

Timing: F.A.T. & live results provided by TRXC Timing | liveresults.trxctiming.com

Make sure athletes check in with all field event coaches if they are participating in multiple field events
Participants must wear school-issued shirts of the same color

In shot put, discus, and long jump, all athletes will receive **two** attempts

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 3'10" for girls and 4'4" for boys, raised in 2" increments

Parking:

Buses can drop off at the track. If your bus is staying, please have it park in the main lot next to the track

Teams can set up in the bleachers or anywhere outside the fence.

Remind students to stay outside the fence when not competing

Scoring:

Running Events- 10 – 8 – 6 – 5 - 4 - 3 - 2 - 1.

Field Events- scored in a relay format. The sum of the 3 individual team members' best trials will be the distance for their school in each field event.

Awards: Ribbons will be awarded for individual event places (1st – 5th). Team trophies will be awarded to 1st & 2nd



Athlete Check in

Athletes running in events should report to the staging area at least 15 minutes prior to their event. The staging area will be near the gate by the finish/start 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.

Field Event Assignments: Please bring a clipboard, pencil, and measuring tape for your event.

Boys Shot Put: Joseph Arthur & Grant

Girls Shot Put: Madison & Pontiac

Girls Discus: Signal Hill & Whiteside

Boys Discus: Wolf Branch & Shiloh

Boys High Jump: Millstadt

Girls High Jump: Freeburg

Boys Long Jump: Zion & Belle Valley

Girls Long Jump: High Mount & Emge

Exchange Zones

Medley (1st-Wolf Branch, 2nd-Whiteside, 3rd-Joe Arthur)

4 x 200 (1st-Pontiac, 3rd-Belle Valley)

4 x 100 (1st-Wolf Branch, 2nd-Whiteside, 3rd-Joe Arthur)

Mixed 4 x 100 (1st-Pontiac, 2nd-Belle Valley, 3rd-High Mount)

Bullpen: Tim Baum

Thank you for your participation and help. If you have any questions, please contact us at Central (618-233-5377) or West (618-234-8200).

Time Schedule

Field Events (Start 10:00AM)

Boys Long Jump

Girls Discus

Boys Shot Put

Girls High Jump

Boys Discus

Girls Long Jump

Boys High Jump

Girls Shot Put

Running Events

4x100 Shuttle Hurdles

4x800,

Sprint Medley Relay (100, 100, 200, 400)

4x200

4x400

4x100

Mixed 4x100 (2 Boys & 2 Girls and will NOT count for a score)