

Belleville East High School
2555 West Blvd
Belleville, IL 62226



Jim Loyet - Athletic Director
Tom Lodes - Asst. Athletic Director
222-3730/222-3728

SOUTHWESTERN CONFERENCE BOYS
TRACK AND FIELD MEET
2013

DATE: Wednesday, May 8, 2013
Scratch Meeting – 3:30 pm
All Field Events – 4:00pm
Prelims 100-110hh-200– 4:30
Junior Varsity 3200m run following prelims

LOCATION: Belleville East High School
2555 West Blvd
Belleville, Illinois 62221
Phone (618)222-3730
Fax (618)222-3798

1. The meet will be governed by the I.H.S.A. Track and Field Rules.
2. Scoring will be as follows: Open Events 10-8-6-5-4-3-2-1
Relays 10-8-6-4-3-2-1
3. A contestant may be entered in four events. All athletes must compete in the same division throughout the meet (No switching between J.V. and Varsity)
4. HJ/PV starting heights will be discussed at scratch meeting.
5. All jumps and throws will have 3 prelims (top 9 to finals) + 3 in finals.
6. On the track please use ¼” pyramid spikes or less.
7. Please no tape on runways.
8. Bring your own starting blocks.
9. Implements and vaulters weigh in will begin at 3:30pm
10. Teams please stay off the football field at all times.
11. Entries should be entered at www.sydexsports.com for the Southwestern Conference Boys Meet. **Deadline for entries is Monday, May 6th by 10 pm.** Please Use outdoor times and distances from 2013 only. Heats will be setup and not changed for late entries. No additions on the day of meet. Substitutions will be allowed.
12. Work Assignments are as follows:

Shot Put- Granite City	<u>4x100 & 4x200 Exchanges</u>
Discus- O’Fallon	1st- Alton
High Jump- Belleville West	2nd - Collinsville
Long Jump- Belleville East	3rd (4x100) - Belleville East
Triple Jump- East St. Louis	
Pole Vault- Edwardsville	
13. We will be using FAT timing.

14. Games Committee- **Alton, Belleville West, Collinsville, East St. Louis.**

Order of Events

4:30pm Prelims (top 4 from each heat advance to finals) -100m
100m h
200m

Junior Varsity Section of the 3200m run.
Finals (J.V. will be run first followed by the varsity)
4x800m relay
4x100m relay
3200m run (Varsity)
100m High Hurdles
100m
800m
4x200m relay
400m dash
300m Hurdles
1600m run
200m
4x400m relay

If you have any questions call at school 618-222-3730.

Jim Loyet
Athletic Director

Joe Byrne
Interim Head Boy's Track Coach
Belleville East High School