

Eardley Agency Female Athlete Of The Month: Justice Haynes Was Top-Notch Sprinter/Basketball Player For Alton High Girls

by Colin Feeney, Contributing Sports Writer
July 24 2026 4:16 PM





ALTON - Justice Haynes played a key role for the Alton High girls track and field team during the 2026 season, contributing in the sprints and relays while also competing for the Redbirds in a pivotal role on the girls basketball team.

Haynes advanced from the O'Fallon Girls Track and Field Sectional in the 100 meters after posting a time of 12.26 at O'Fallon. She later placed 34th in the event at the IHSA State Meet in Charleston with a time of 12.77.

In addition to the 100, Haynes posted a season-best time of 25.57 in the 200 meters at the Triad Lady Knights Invite. Her best time in the 400 during the season was 1:07.38.

Haynes also was part of two relay units that produced strong results for Alton. The 4x200 relay placed seventh in the sectional and third at the Madison County Meet with a time of 1:44.90. The 4x100 relay finished third at the Madison County Meet in 47.99 and was second at the Edwardsville Girls Invite in 47.74.

Alton High Girls Track and Field Coach Chelsea Anderson said Haynes' best strength is that she is "quick out of the blocks, and that she is always a strong competitor."

Haynes, a guard, was one of seven seniors on the girls basketball team at Alton High that enjoyed a tremendous amount of success the last couple of years, and also helped turn the program around for the Redbirds.

In 2024-25, she was a part of the team that went 34-3 and finished third in the IHSA Class 4A state finals. This season, she also helped mightily in the Redbirds' 28-3 season that ended Feb. 24, 2026, with a loss in the Peoria Richwoods sectional to Belleville East 45-40.

It was quite the two-year run for the team, and Haynes was a key part of it this season, averaging 4.2 points and 3.1 rebounds per game, also adding 19 assists and 33 steals in helping the Redbirds and their now-trademark full-court pressure defense.

Haynes said during the two-year run, this was the core of the team's philosophy: "Our motto was just go 1-0 every day. So, if we kept that up, we'll be back to where we were, and hopefully win."

