



IESA Illinois Elementary School Association

TRACK AND FIELD

PREPARING FOR SECTIONAL AND STATE

The following information is included:

- General Information for Sectional and State Competition
- State Meet Time Schedule
- State Meet Instructions
- Participant Registration Instructions (to be completed on athletic.net)
- Passgate Form
- Cubby Hole Order Information

INFORMATION MISSING?

If any of this information is not included, please contact the IESA Office as soon as possible.

HOW TO REACH US:
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ILLINOIS ELEMENTARY SCHOOL ASSOCIATION

2023-2024 INSTRUCTIONS FOR ON-LINE SECTIONAL PARTICIPANT REGISTRATION

***** YOU WILL NEED TO ENTER YOUR ROSTER INFORMATION VIA ATHLETIC.NET. IF YOU DO NOT ALREADY HAVE A SCHOOL ACCOUNT ON ATHLETIC.NET, PLEASE CREATE AN ACCOUNT VIA THE ATHLETIC.NET WEBSITE. INSTRUCTIONS ARE INCLUDED.*****

**PARTICIPANT REGISTRATION WILL END:
CLASS 1A/2A – APRIL 30 @ 3 PM
CLASS 3A/4A - MAY 7 @ 3 PM**

ALL PARTICIPANT INFORMATION MUST BE SUBMITTED ON-LINE PRIOR TO THE SEEDING MEETING

- A. You are permitted two entries in each individual event for boys and girls plus one entry in each relay for each boys and girls class in which it has entered the state series.
 - a. Manual times should be rounded up to the slower tenth of a second (Example: 10.21 should be reported as 10.3)
 - b. All times entered for the sectional meet **must be Fully Automatic Times (FAT)**. If entering MANUAL times, please convert manual time to FAT. (Manual Time + 0.24= FAT). Please make sure that you have rounded up your manual time prior to adding the 0.24.
 - c. FIELD EVENT: Please enter field event marks in metric distances.
- B. Enter names for all relay slots with legal participants. DO NOT LEAVE ANY OF THE RELAY SPACES BLANK. You will not be able to add names after the seeding meeting.
- C. Coaches are encouraged to bring a hard copy of their Sectional Participant Information to the Sectional Seeding Meeting.
- D. Substitutions to Sectional Participant Information may be made at the seeding meeting.
- E. REVIEW ALL OF YOUR PARTICIPANT INFORMATION PRIOR TO THE SEED MEETING AND AT THE SEED MEETING. No changes may be made to the Sectional Participant Information after the seed meeting. Contestants will only be allowed to participate in those events in which they are entered. On the day of the sectional meet, there are no substitutions—only scratches.
- F. Times submitted for seeding purposes in all individual track events at the Sectional Seeding Meeting must be times actually achieved at a meet at metric distances during the current outdoor Track and Field season.
 - a. In a relay event, only a time actually achieved at a meet at the metric distance during the current outdoor Track and Field season may be submitted for seeding purposes. Coaches may not submit combined individual times as a relay time.

I. Athletic.net Tutorial Links

The Athletic.net links listed below will provide AD's, coaches with the necessary instructions on how to complete the corresponding task. For anything not covered in the videos below, please use the "Contact Us" link at the bottom of the home page on athletic.net.

You will receive an email invitation to your sectional meet from the IESA Athletic.net account. YOU MUST ACCEPT THIS INVITATION IN ORDER TO ENTER YOUR PARTICIPANTS. If you are a new coach this year, please touch base with your administration or previous coach to get access to your athletic.net team account.

TASK Links/How to Instructions on Athletic.net

How to set up an account	https://support.athletic.net/article/2ngw43npwr-creating-your-account-on-athleticnet?utm_campaign=header&utm_source=header&utm_medium=search ACCOUNT MUST BE CREATED BY APRIL 20th.
How to complete your team roster	https://support.athletic.net/article/g3l6e4jp3z-uploading-a-roster ROSTERS (ADDING PARTICIPANTS TO YOUR ACCOUNT) MUST BE CREATED BY APRIL 27TH.
How to establish your meet calendar	https://support.athletic.net/article/brvetv3jcz-adding-a-meet-to-your-calendar ****OPTIONAL****
Submitting List of Participant for the Track & Field State Series	https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-ameet?utm_campaign=header&utm_source=header&utm_medium=search ENTRIES INTO SECTIONAL MEET MUST BE SUBMITTED BY DATES AT TOP OF DOCUMENT.

II. Participant Registration- Individual Limitations

- A. In all interscholastic track and field meets, **students are allowed to participate in a maximum of four (4) events**. Relay teams may list a maximum of SIX athletes- four runners and two alternates. Any four of the six runners listed may run at either the sectional or state level of competition. Students may only be listed in two relays. If a student participates in two relays, one of the relays must be the 4x400. **Regardless of the participation grade level, no student may participate in both the 4x100 relay and the 4x200 relay.**

Athletes listed as a relay alternate will not have an event count toward their event total unless they participate in that event. Athletes may be listed as an alternate for both the 4x100 and 4x200 M Relay but may only participate in one of those relays.

- B. Each student shall be limited to participation in the following:

Students in grades 5-7 may compete in:

INDIVIDUAL EVENTS at either or both grade levels not to exceed the maximum.

Note: At no time is an individual athlete allowed to compete in the same event at both grade levels.

RELAY EVENTS

- one relay at the 7th grade level and one relay at the 8th grade level; or
- two relays at the 7th grade level; or
- two relays at the 8th grade level.

Note: Regardless of the participation grade level, no student may participate in both the 4x100 relay and the 4x200 relay.

Students in eighth grade may only compete at the 8th grade level.

III. Your Roster

YOU SHOULD TAKE A COPY OF YOUR ROSTER WITH YOU TO THE SEEDING MEETING

IV. Allowable Changes at Seed Meeting

A. Substitutions to the online Sectional Participant Information may be made at the seeding meeting.

Changes to Sectional Participant Information will be allowed at the sectional seeding meeting.

1. Any allowable changes or substitutions must be presented by the coach/school representative during the Sectional Seed Meeting. Coaches may make changes to their entries, times, marks and personnel.
2. Only eligible participants listed on the Sectional Participant Information roster may be substituted into events or added to open events. Coaches may not add athletes to their roster after the Online Entries Deadline or at the Seed Meeting.
3. All changes must conform to the Individual Participant Limitations. No changes may be made to the Sectional Participant Information after the Seed Meeting.

B. Coaches shall scratch names of those not participating and make any corrections at the seed meeting. Corrections shall also be sent to the IESA Office.

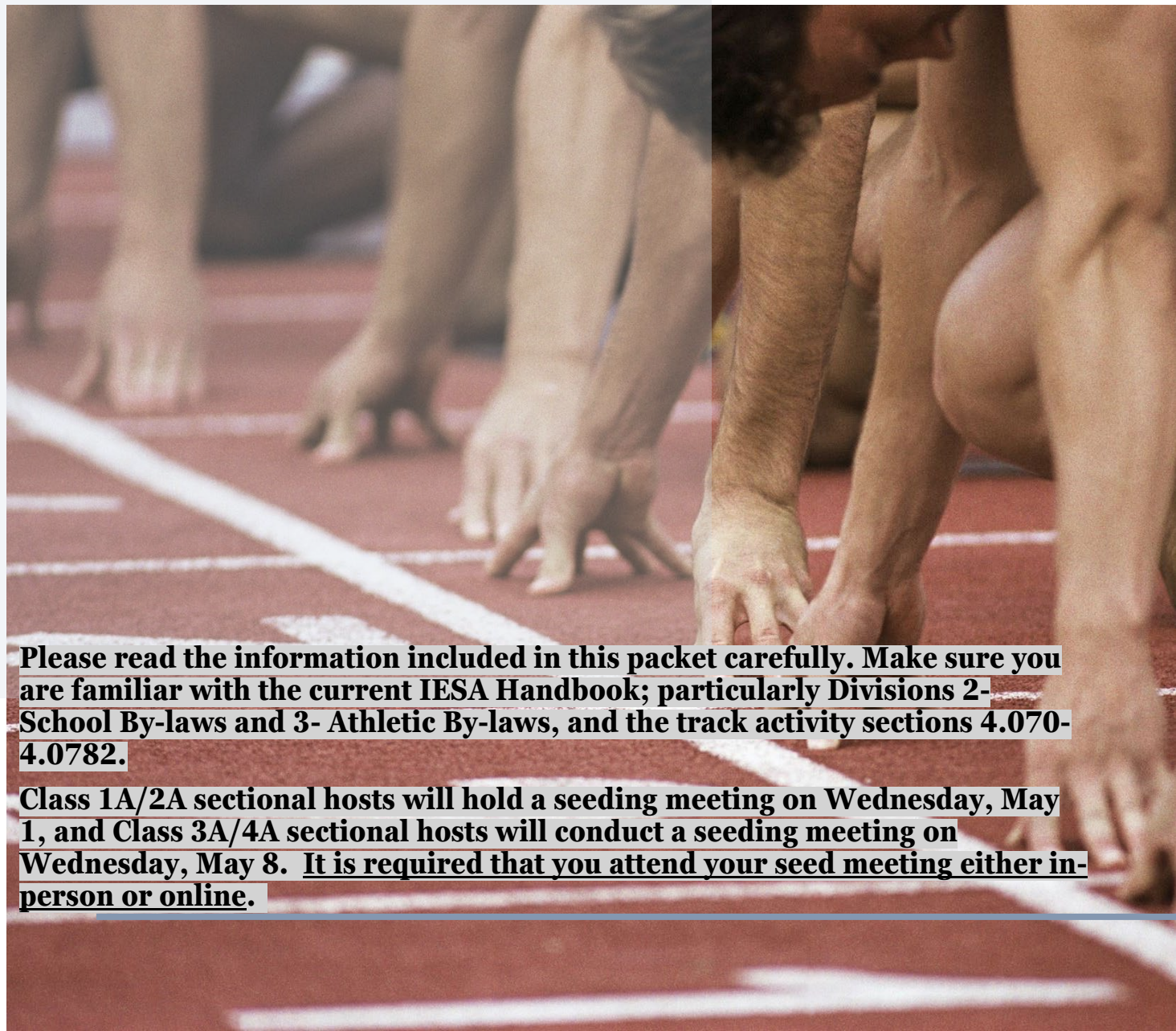
Hosts will only provide participating teams with the following information for their review on the night of the seed meeting:

1. Their roster information. This may be printed from the Host Administration page. OR
2. Performance lists. If a host school provides performance lists, these lists should not include times or distances on the pages.

Heat/flight information may be distributed to coaches after the time for changes to their individual entries has closed. Hosts are not required to provide heat/flight sheets prior to the scratch meeting prior to the Sectional meet. If heat/flight information is distributed prior to the scratch meeting, no changes may be made to competitors or competitor information.

IESA TRACK INFORMATION

IMPORTANT INFORMATION FOR SECTIONAL AND STATE



Please read the information included in this packet carefully. Make sure you are familiar with the current IESA Handbook; particularly Divisions 2-School By-laws and 3- Athletic By-laws, and the track activity sections 4.070-4.0782.

Class 1A/2A sectional hosts will hold a seeding meeting on Wednesday, May 1, and Class 3A/4A sectional hosts will conduct a seeding meeting on Wednesday, May 8. It is required that you attend your seed meeting either in-person or online.



I. Important Dates

- Class 1A/2A- Participant Registration for schools ends April 30, 2024 @ 3 p.m. (Tues. prior to seed meeting).
- 1A/2A Sectional Seed Meeting: May 1
- 1A/2A Sectional Meets: May 3 or 4
- Class 1A/2A State Meet - May 10-11: Host School East Peoria Robein @ East Side Centre, East Peoria, IL
- Class 3A/4A- Participant Registration for schools ends May 7, 2024 @ 3 p.m. (Tues. prior to seed meeting).
- 3A/4A Sectional Seed Meeting: May 8
- 3A/4A Sectional Meets: May 10 or 11
- 3A/4A State Meet: May 17 or 18: Host East Peoria Central @ East Side Centre, East Peoria, IL



2. Sectional Participant Information

- Sectional Entry Information will be submitted on-line through Athletic.net. No substitutions may be made to your Sectional Participant Information after the seeding meeting. Instructions for submitting this information may be found in the packet. Sectional Participant Information must be completed within the time frame listed above.
- Prior to the Sectional Meet, please confirm with your athletes that they intend to participate in the state meet should they qualify. Any athletes scratching from the state meet will not be replaced.
- Please make sure that you list 6 legal participants for each relay that you are entering.
- Make sure all your participants are listed prior to leaving the seed meeting as no additions only scratch can be made after the meeting.
- All times entered for the sectional meet must be fully-automatic times (FAT). **To convert a manual time to a FAT time, please use the following conversion. First, round the manual time up to the higher tenth of a second. Then a conversion factor of .24 must be added. MT (manual time) + .24= FAT**
- All field event marks should be entered in Metric measurement.



3. Sectional Seed Meeting

- It is mandatory for the head coach (or another school representative) to attend the Sectional Seeding Meeting either in-person or online.
- Please make sure that you have created your athlete list on athletic.net as early as possible.
- REVIEW ALL OF YOUR PARTICIPANT INFORMATION PRIOR TO THE SEEDING MEETING AND AT THE SEEDING MEETING.** No changes may be made to the Sectional Participant Information after the seed meeting. Contestants shall be allowed to participate only in those events in which they are entered. On the day of the sectional meet, there are no substitutions—only scratches



4. Advancement to State

- The winner in each event in a sectional meet automatically advances to the state meet. In addition, any contestant who equals or surpasses the qualifying standards is entitled to participate in the same event at the state meet.
- Any athlete who scratches from the State Meet will not have their spot replaced.

5. Meet Policies



SUPERVISION

- At the sectional and state meets, administrators should be sure all track contestants are properly supervised at all times.
- Schools will be disqualified if there is not an adult school-appointed coach present.
- Make sure all your participants are listed prior to leaving the seed meeting as no additions only scratch can be made after the meeting.
- All coaches must meet the coaching education by-law as well as the state mandated concussion requirement.
- ***Please make sure that your athletes understand that anyone found stealing items from another athlete/team or the Cubby Hole will be reported to the East Peoria Police. ***

6. Event Schedule



- THE SECTIONAL MEET HAS A ROLLING SCHEDULE. Event start times are approximate and competitors are responsible to report prior to an event. Regardless of the time an event is scheduled, events will follow one another in the order indicated on the schedule and the meet will be kept moving.
- It is the responsibility of the coaches and their athletes to monitor the progress of the meet and to report for competition appropriately. DO NOT RELY SOLELY ON CALLS FROM THE PA ANNOUNCER.
- All events at the sectional track and field meet will be considered closed when the final call for the event has been given.
- Events should not be combined even if there are small heat/flight numbers. For instance, DO NOT combine the 7th and 8th grade girls 1600 M Dash to form one heat. Additionally, DO NOT allow athletes to participate outside of their registered grade level. For instance, a 7th grade boy would like to long jump earlier and requests to jump with the 8th grade boys flight. This should not be allowed.

7. Meet Scoring



- SECTIONAL MEETS: Six places will be counted in determining the top four teams. First, second, third, fourth, fifth, and sixth places will count 10, 8, 6, 4, 2, and 1 points, respectively, for all events. In the case of ties, all points earned will be evenly divided. For example, two contestants tie for fourth place in the 400 M Dash. Fourth and fifth place scores are added together (4+2) and each team receives 3 points—no fifth place is awarded. See By-law 4.076 when there are ties.
- SECTIONAL MEETS: The number of finalists in all track events will be determined by the number of lanes. If a sectional track has 8 lanes, then there will be 8 finalists in all track events. If the sectional track has 6 lanes, then there will be 6 finalists in all track events. Regardless of the number of lanes on the sectional track, 8 competitors will be taken to the finals in all field events. In all cases, only six places count toward team scoring and awards.
- SECTIONAL AND STATE: No points shall be awarded in the pole vault or high jump if starting heights are not equaled. Additionally, these events will not be started at a lower height than the designated starting height.

8. Uniforms



- National Federation rules regarding proper uniforms for individual contestants and relays will be enforced by both the sectional hosts and at the state meet.
- Competitors shall wear school-issued or school-approved track and field uniforms that meet the interpretations that follow:
NFHS Rule 4-3-1: Responsibility for each athlete to be in a legal uniform rests with each coach and the individual athlete.
 - One or two –piece bodysuits, similar in color may be worn.
 - The jersey and shorts or body suit (one or two pieces) may have the school name, school logo, school nickname and/or the competitor’s name.
 - Stripes down the side of an undergarment will not be an issue.
 - Once a running event or a field event has begun, there can be no disqualification for improper uniform.
 - Competitors must compete in a school issued uniform that complies with NFHS Rule 4-3-1. It is the responsibility of the meet referee, starter, clerk of the course, and/or the respective field event head judge to inspect competitor uniforms prior to the start of the race or field event. They are not to knowingly allow a competitor in an illegal uniform to participate in the race or field event. If a field event judge or clerk of the course is uncertain whether a uniform complies with NFHS Rule 4-3-1, the clerk of the course or judge shall obtain a ruling from the meet referee or starter before starting the event. Referee, Starters, Clerks of the Course and field event judges must be aware that schools may have multiple uniforms that they issue to their athletes. Athletes from the same school may participate in the same event in different school issued uniforms.
 - If a competitor changes from an inspected uniform to jersey, shorts, undergarment(s), and/or any other unapproved items, and competes in the meet in the illegal uniform, that athlete is disqualified from the event for unsportsmanlike conduct.
- NFHS Rule 4-3-2: In relay races: The clerk of the course, referee, or starter shall not disqualify a team if the uniform worn by all runners is not identical.
 - The color of the shorts for all relay runners and the color of the track jersey (singlet) for all relay runners must be similar.
 - The printing, design and/or lettering on the track jersey (singlet) must be such that each relay runner’s school can be easily identified, and that as a person views the four track jerseys (singlet’s) together they appear similar, and the relay runner’s team is easily identified.
 - Contestants with painted bodies or faces as well as costumes, adornments or items deemed unsafe will not be permitted to compete nor participate in awards ceremony.
 - Watches and jewelry may be worn by competitors.
- CONTESTANTS WILL ONLY BE ALLOWED TO WEAR 1/4" PYRAMID SPIKES AT THE STATE MEET.** Please make sure your athletes and parents are aware of this requirement.

4x400 meter Relay Instructions

These instructions are provided to summarize the directions that will be given to participants in the 4x400 m Relay. It would be beneficial for coaches to go over these with teams prior to the race.

There is no acceleration zone permitted in the 4x400m relay. Runners must start running and exchange the baton entirely within the 20m exchange zone marked by large triangles pointing towards each other.

Runner Number 1:

- Stay in your lane for the entire lap.
- Hand off the baton to Runner 2 between the staggered blue triangles in your lane.
- Stay in your lane after the exchange until told to clear the track.

Runner Number 2:

- Take the baton between the staggered blue triangles in your lane.
- Stay in your lane for the first turn.
- After you cross the break line you may move to lane one.
- Do not cut off or interfere with other runners.

Handing off to Runner 3:

- You may exchange to runner 3 in any lane.
- You may not interfere with other runners.
- The exchange zone starts at the line of blue triangles across all lanes.
- Maintain a predictable course. Do not zigzag to the exchange zone.
- If you move to an outer lane to pass a runner, stay in that lane to make the exchange.
- Runner 3 should move to line up with you.

After the Handoff:

- Keep moving forward in a straight path.
- Move off the track as soon as it is clear to do so. You may go to the inside or outside.
- Do not interfere with other outgoing runners.

Runner Number 3 & 4:

Getting the baton

- There is no acceleration zone. You may not step backward outside the limit of the exchange zone to start your acceleration.
- You may take the baton in any lane.
- The official will put you in a corresponding position to line up with your runner initially before placing you on the track.
- You may move to a different position if your runner changes lanes.
- You must take the baton between the line of blue triangles that go across all lanes.
- You may run in any lane after receiving the baton.
- Do not interfere with other runners.

Handing off to Runner 4 (Runner 3 only)

- You may exchange to runner 4 in any lane.
- You may not interfere with other runners.
- The exchange zone starts at the line of blue triangles across all lanes.
- Maintain a predictable course. Do not zigzag to the exchange zone.
- If you move to an outer lane to pass a runner, stay in that lane to make the exchange.
- Runner 4 should move to line up with you.

After the Handoff (Runner 3 only)

- Keep moving forward in a straight path.
- Move off the track as soon as it is clear to do so. You may go to the inside or outside.
- Do not interfere with other outgoing runners.

The Finish (Runner 4 only)

- You may finish the race in any lane. You do not need to finish in lane 1.
- Do not interfere with other finishers.

In Summary

- Runner 1 must stay in their lane for the entire race.
- Runner 2 must stay in their lane until the break line.
- Runners 3 and 4 may run in any lane on the track.
- The first Exchange Zone is between the staggered Blue Triangles in the assigned lane.
- The second and third Exchange Zone is between the Blue Triangles that go across the entire track.