

INSTRUCTIONS TO ALL SCHOOLS
2024 BOYS & GIRLS STATE TRACK & FIELD FINALS
(PLEASE READ CAREFULLY)

1. The 2023 boys & girls state track finals will be held, rain or shine, at the EastSide Centre, East Peoria, Illinois.
2. **Friday Start Time 11:00 AM.** Be sure to review time schedule.
3. **MEET QUESTIONS:** If you have questions regarding meet conduct or need rule clarifications, please address those issues with meet management in the press box. Questions/clarifications will not be addressed at the track entrance. Questions/clarifications must be brought to meet management by coaching staff.

ONLY ATHLETES WILL BE ALLOWED ENTRANCE TO THE TRACK AND FIELD AREAS. COACHES AND SPECTATORS WILL NOT BE ALLOWED TO ENTER THE TRACK AREA AT ANY TIME.

4. **NO COOLERS OR TENTS OF ANY KIND WILL BE ALLOWED INTO THE FACILITY BY ANYONE.**
This includes coaches and athletes.
 - a. **Schools are asked to please inform their fans that they will not be permitted to bring these items into the stadium.** There is no space inside the stadium for tents or for anyone to have an umbrella tent so these are not permitted inside the fence.
 - b. Team tents may be set-up outside the fence. Spectators and contestants can use the grassy knoll but are not permitted to set-up tents in this area.
 - c. For those teams setting up tents outside of the facility, please do your part in picking-up your area. We encourage you to bring trash bags to help keep the facility looking as good as when the event started. We appreciate your help!
5. **THERE ARE NO PETS, DOGS, CATS, ETC. ALLOWED IN THE FACILITY, EVEN IF THEY ARE ON A LEASH. YOUR COOPERATION WITH THIS IS EXPECTED.**
6. **BUS/CAR PARKING:** All buses and school vans should drop the athletes off at the front of the facility before continuing on to the area that will be set up for bus parking. (PLEASE SEE THE ENCLOSED BUS PARKING INFORMATION.) Buses, even small capacity buses, will be parked away from the complex and the drivers will be shuttled to and from the site. With no buses in the lot, we hope there will be more parking available for spectators. Only car parking will be available in the EastSide parking lot. Parking lots will open at 10:00 a.m. on Friday. There will be a \$5.00 charge for parking.

*****EVERYONE PARKING IN THE GENERAL LOTS WILL BE CHARGED- Even Coaches.*****

VEHICLES PARKING IN THE BUS LOTS WILL NOT BE CHARGED. If the weather is bad and parking on soccer fields is prohibited, Folepi Marketplace in East Peoria will have parking for fans. Folepi Marketplace parking lot is located across from the Glad Tidings Church.

Small/Short buses (15-20 passengers) MAY NOT PARK IN THE MAIN PARKING LOT. Schools should make sure there are two adults on the bus as these cannot park in the main lot and will be shuttled to bus parking. If only one coach will be on/driving a small capacity bus, it is suggested that you go directly to the bus parking area and have your team and equipment shuttled to the facility from that area. This will save you and your team a tremendous amount of time and still allow you to supervise your students.

7. **GENERAL ADMISSION:** There is only one admission area for spectators at the front of the facility.
 - a. **Gates open at 9:30 a.m. on Friday and 7:30 a.m. on Saturday.**
 - b. Daily admissions will be \$6.00 for grade school students and senior citizens and \$12.00 for high school students and adults.

- c. Tickets may be purchased in advance through GoFan. See the IESA website for GoFan information. Please pass this along to your participants and fans.

Note: IESA passes are no longer accepted at the main gate for state track and field. Administrators should check in at the main admission gate.

8. **PARTICIPANT/COACH ADMISSION:** All coaches and qualifying contestants will be admitted through a pass gate.
- The participant entrance opens at 9:00 a.m. on Friday and 7:00 a.m. on Saturday.***
 - COACHES MUST BE WEARING THEIR WRISTBAND IN ORDER TO ENTER THE PASS-GATE.** Coaches will not be allowed in the Pass Gate entrance without a wristband. Wristbands will not be replaced. If a coach does not have a wristband, they will need to pay the general admission ticket fee to gain entrance to the facility. Wristbands will be included in your meet packet.
 - By-Law 4.0781 requires the administrator of each participating school to provide a signed list of the competitors and coaches from their school to be presented at the pass gate. A form is enclosed for this purpose. **ONLY INCLUDE ATHLETES WHO HAVE QUALIFIED FOR THE MEET ON YOUR PASS LIST.** All other students should enter and pay through the main admission gate. Be sure your contestants are properly supervised by certified personnel. Otherwise, they will be **DISQUALIFIED**.
9. **MEET PACKETS:** Before the meet begins, all schools should pick up their packets in the check-in area by showing the Track Pass Gate Form. *The Pass Gate Form can be found with this information.*
- Packets may be picked up FRIDAY 8 a.m.- 1 p.m.; Saturday 6:30 a.m.- 10 a.m. Please have someone from your coaching staff pick up your team packet during these times. Packets will not be given to parents.**
 - Packets will include a roster of all contestants for your school, one program which includes heats and flights, **and four coach wristbands.** Please check it carefully and report any errors to the press box.
 - SPECIAL NOTE:** Your roster includes the most “up-to-date” information regarding your competitors, their events, and the heat/lane assignments. Keep in mind that it may differ from the program.
- Note:** All competitors will wear hip numbers for all races. Hip numbers will be distributed at the staging tent prior to all races. The contestant should report promptly to the staging tent when their running event is called.

10. SCRATCHES/OMISSIONS: All scratches and omissions **MUST** be reported within 24 hours of posting of the state qualifiers or by Wednesday by 4pm whichever is later. Omissions reported after this deadline will not be added to the state meet. Substitutions will not be made for any scratches. Make sure you review the state qualifiers list posted **and not** the sectional results posted for your qualifying individuals.

11. **LOCKER ROOMS:** There will be no dressing or shower space available. Contestants will be responsible for their own clothing and valuables. There will be no locker room facilities available.
12. **RESULTS:** Results for all contestants will be posted behind the press box bleachers and will also be posted on the IESA website at www.iesa.org.
13. **ORDER OF EVENTS:** All running events, except for the hurdles and 100 finals, will begin with Class 7 Girls, followed by 7 Boys, 8 Girls, and 8 Boys classes with the smaller class going first and the larger class following after all prior races have concluded. See state time schedule.
14. **EVENT & AWARDS CALLS:** Events will receive three calls over the PA system. Individuals will receive 1 personal page. Please make sure that your athletes report in a timely manner.
- Athletes, coaches, and fans can follow the progress of calls for awards and events from the IESA website. Please use the QR code below to access this information:



15. **EVENT REPORTING:** Contestants shall be responsible for being on time at the start of all events. Report promptly when called! Since there will be two classes competing on the same weekend, **PLEASE MAKE SURE THAT YOUR ATHLETES KNOW WHAT CLASS THEY ARE COMPETING IN!**

The public address system will help keep you informed when events/flights have been called. Additionally, you may follow along online by scanning the QR code above. Contestants must report to the Clerk's tent or field event when their event is called. **PLEASE MAKE SURE THAT YOUR ATHLETES KNOW WHAT CLASS THEY ARE COMPETING IN!** Athletes not present after the initial roll call for all Events/Flights will be given one personal page to report to the event. Athletes that are late to a Field Event and do not have a conflicting event may not be afforded the same warm up time as athletes that reported on time.

Field events will be considered closed after the event/flight has begun. Running events are closed when athletes have failed to appear after one personal page on the Public Address system. **NO HEAT, FINAL, OR FIELD EVENT WILL BE REPEATED FOR ANYONE FOR FAILURE TO APPEAR ON TIME.**

Every attempt will be made to keep the meet running without delays, but running events are closed when athletes have failed to appear after one personal page on the Public Address system. Athletes with simultaneous events should check in to their field event first if their event has been called. If the Field Event is called while they are in staging, they need to report to a staging/running clerk. Running Clerks and Event Judges are aware of conflicts and will communicate information as needed. A Conflict Referee will oversee and coordinate all athlete conflicts. The meet referees will have final authority on all conflicts.

At the State meet if an athlete has checked out of the high jump or pole vault and is the last jumper at a particular height, the event judge will call for the athlete and wait 10 minutes for the athlete to complete their attempt(s). If the athlete has not completed their attempt(s) within the 10 minutes, the bar will be raised to the next height and the athlete will be passed to the new height.

Every attempt will be made to follow procedures that are fair to all competitors. COACHES: Please keep in mind that your competitor may be asked to attempt a trial out of order, successively, or pass before leaving their field event. PLEASE PREPARE YOUR ATHLETES FOR THIS POSSIBILITY. ADDITIONALLY, IF THERE IS A CHANCE THAT AN ATHLETE'S FIELD AND RUNNING EVENT MAY OVERLAP, PLEASE MAKE SURE THAT YOUR ATHLETE BRINGS BOTH THEIR FIELD AND RUNNING EQUIPMENT WITH THEM WHEN REPORTING.

16. **ADDITIONAL DUTIES:** If necessary, we will assign coaches for event duties. If this becomes necessary, you will be contacted by the host school.
17. **EQUIPMENT:** Shots, discuses, relay batons, relay markers, and starting blocks will all be furnished by the IESA at state.
- You may only bring batons for practice during the warm-up period on the track.
 - Those individuals Pole Vaulting must furnish their own poles.
 - You may not use tape on the track.
 - In case of rain, those competitors in the shot and discus will be responsible for furnishing their own towels for drying off implements.
18. **RELAY TEAMS:** MARKERS AND BATONS WILL BE PROVIDED FOR RELAY TEAMS.
- Reminder: Competitors may only use markers in their own lane excluding the left hand lane line.
 - Batons will be provided by the IESA.
 - All relay teams who place at the state meet will receive six medals. Additional medals may not be ordered.
17. **SPIKE LENGTH:** The running track and takeoff areas for high jump, long jump, and pole vault are all- weather. Only 1/4" pyramid spikes may be used.
- Soft-soled shoes are required for shot put and discus contestants. The throwing area is concrete.
 - MAKE SURE THAT YOUR CONTESTANTS ARE PROPERLY UNIFORMED AND HAVE LEGAL SPIKES.**

- c. Replacement spikes will not be sold on-site. Please make sure that you bring a supply of replacement spikes with you to the State Meet.
 - d. If it becomes necessary, the high jump may be conducted indoors. Please make sure that your athletes have the appropriate footwear. Spikes will not be allowed indoors.
19. **RUNNING & FIELD EVENTS: Please keep in mind the following:**
- a. Prelims will be run in the hurdles and 100 M Dash only. The Hurdles and 100 M Dash will be completed on Friday.
 - b. The 200 M Dash will be run on the curve.
 - c. The 1600 M Final is on Friday.
 - d. All classes of the long jump will be completed on Friday. All long jumpers will be using the 8' board.
 - e. At the State Track and Field Meet, field event personnel (long jump, high jump, pole vault) will not be responsible for determining or taking an athlete's starting mark.
 - f. At the State Track and Field Meet, field events may be conducted indoors if conditions deem it necessary. Please make sure that your competitors are properly equipped for this possibility.
 - g. If the state track and field meet can only be run on one day due to inclement weather, then races run in preliminaries could be run as finals only and will be determined by the state final manager and the IESA.
20. **WARM UP AREAS:** All competitors warming up must do so outside the track area after running events begin.
- a. Coaches and spectators are required to stay off the track and out of field event participation areas.
 - b. **NO SPIKES MAY BE WORN ON** the bleachers or inside the Eastside Center. PLEASE REMIND ALL OF YOUR CONTESTANTS OF THIS REQUIREMENT.
 - c. Participants will **not** be able to use the EastSide Centre indoor facility for warm-up.
22. **AWARDS:** Awards will be presented by event to each participant who reports for the presentation. Approximate award presentation times will be posted on the event results board. Additionally, you can follow along with the awards presentation schedule by using the QR code included in item #14. The public address announcer will also announce award reporting times.
- a. Participants should report to the track entrance at the bottom of the stairs at that time.
 - b. If you have participants who were not able to have their award presented, it will be possible to pick up those awards from the awards check-in area.
 - c. For relay teams not able to receive their award on the field, coaches must pick up relay awards from the awards area.
 - d. The presentation of awards will take place as timely as possible.
 - e. Results will not be sent to schools. Schools may get a copy of the results by downloading them from the IESA web site. The address of the IESA web site is www.iesa.org.
23. **STATE MEET MERCHANDISE:** T-Shirts will be sold onsite. Additional items will also be available for sale. Enclosed are online order information. **COACHES--PLEASE DISTRIBUTE THIS INFORMATION TO YOUR PARENTS. IT WILL SIMPLIFY THINGS GREATLY AND WILL REDUCE THE LINES AT THE MEET.** You may also access the online information directly from the Cubby Hole website: <http://www.cubbyholeonline.com/pre-order-forms.php>
24. **PARADE OF CHAMPIONS:** ON FRIDAY AND SATURDAY PRIOR TO THE BEGINNING OF THE MEET, THERE WILL BE A PARADE OF CHAMPIONS. ALL CONTESTANTS WHO WANT TO TAKE PART IN THIS "VICTORY LAP" MUST REPORT TO THE TRACK AT 10:15 ON FRIDAY AND 8:15 A.M. ON SATURDAY. CONTESTANTS WILL TAKE AN INFORMAL LAP AROUND THE TRACK. *To help avoid the congestion on the steps leading to the track please see the directions included in this mailing for how to enter for the parade.*
25. **MOST IMPORTANT:** WE EXPECT TO HAVE A COMPLETE LISTING OF ALL STATE QUALIFIERS LISTED ON THE IESA WEB SITE BY TUESDAY AT 5:00 P.M. PRIOR TO YOUR STATE MEET. ALL COACHES ARE ENCOURAGED TO CHECK THE WEB SITE FOR CORRECT SPELLINGS, SCHOOL, ETC. FOR YOUR CONTESTANTS WHO WILL BE ADVANCING TO THE STATE MEET. IF THERE ARE ANY ERRORS, PLEASE CALL THE IESA OFFICE ON WEDNESDAY TO REPORT THE ERROR.

26. **WEATHER:** The status of the meet will be posted on the IESA website and sent through the text alert system. Please make sure that you check regularly.
- If it becomes necessary, the high jump may be conducted indoors. Please make sure that your athletes have the appropriate footwear. Spikes will not be allowed indoors.
 - The EastSide Centre is protected by Thorguard, which is a device that detects lightning within a ten-mile radius. If and when this system detects lightning, a loud horn will sound and a yellow light will flash. When this occurs, all athletes and coaches will be required to take shelter within EastSide Centre's gymnasium. According to EastSide Centre's regulations, all fans must exit the fenced area. It is asked that fans please report to their vehicles in the parking lots.
 - IESA text alert system in the track entry center. This system will be used for weather information.
Click Register for IESA Text Alerts at the top of your school page.
Click Add Recipient
Add Name, Cell Number and Select your Cell Carrier and then click Add

**LOOKING TO KEEP UP WITH THE EVENT AND
AWARD REPORTING CALLS AT THE IESA
STATE TRACK AND FIELD MEET? *SCAN THE
CODE* TO FOLLOW THE CALLS IN REAL TIME!**

SCAN ME



GET MORE INFORMATION AT IESA.ORG

IESA Girls and Boys Pole Vault

If you are planning on entering participants into the pole vault at the sectional meet, **please contact your sectional host with this information as soon as possible.** This will help your host prepare for the meet.

In the sectional pole vault, competitors must clear, at a minimum, the required opening height to be eligible for advancement to the state meet.

The bar will raise 0.07 m (3") at a time until eight contestants are left or when 2" below the qualifying height for advancement. Then it will raise 0.05 m (2") at a time.

The starting sectional heights for all classes are as follows:

1A 7Girls	1.52	1A 7Boys	1.82	1A 8Girls	1.60	1A 8Boys	1.98
2A 7Girls	1.52	2A 7Boys	1.82	2A 8Girls	1.60	2A 8Boys	1.98
3A 7Girls	1.67	3A 7Boys	1.90	3A 8Girls	1.82	3A 8Boys	2.36
4A 7Girls	1.67	4A 7Boys	1.90	4A 8Girls	1.82	4A 8Boys	2.36

In state competition, all pole vault contestants shall be assigned in order of their sectional qualification, with the person with the best height or distance being last in order. At the state track meets, the pole vault will be run "five-alive". Each contestant will be granted a maximum of three trials at any one height. The bar will be raised 0.15 m (6") at a time for the first three bar raises. For all jumps attempted after the designated height has been achieved, the bar will be raised 0.07 m (3") at a time until one contestant remains.

The State starting heights for all classes are as follows:

1A 7Girls	1.90	1A 7Boys	2.20	1A 8Girls	1.98	1A 8Boys	2.36
2A 7Girls	1.90	2A 7Boys	2.20	2A 8Girls	1.98	2A 8Boys	2.36
3A 7Girls	2.05	3A 7Boys	2.28	3A 8Girls	2.20	3A 8Boys	2.74
4A 7Girls	2.05	4A 7Boys	2.28	4A 8Girls	2.20	4A 8Boys	2.74

Bus Instructions

All buses entering Eastside Centre should do so from East Side Dr. Use the far right hand lane when turning onto Eastside property.

Travel to the end of the parking lot, turning left to swing back in front of the EastSide Centre Stadium. You may drop your athletes and coaches off in front of the stadium.

You will then be directed by volunteer personnel and by signs to park at Folepi Marketplace for all busses. A shuttle will be provided to get bus drivers to and from the parking lots. It is suggested that the coaching staff and bus drivers have phone numbers to contact each other for proper pick up time.

In the event that Folepi Marketplace parking lot is full, all overflow parking will be assigned to Glad Tidings. Volunteer parking personnel and signs will direct the buses and cars.

If you will be driving a small capacity bus and are the only coach with our team, we encourage you to go directly to the bus lot with your team. Your team and equipment will then be transported to the stadium. This will be faster than waiting in the general parking lot line, dropping off your team, parking at the bus lot, and then being transported to the stadium.

Directions to Folepi Marketplace Bus Parking Lot: When leaving the Eastside parking lot – turn left at the stop sign at the top of the hill. Continue on Ridge Road, follow the road down the hill to the stop sign. Turn left and stay on Farmdale Road to the stop lights at E. Washington Street (IL Route 8). Turn left and continue to Dolan's Road (AutoZone) and turn left at the stop light. Turn left before the railroad tracks into Folepi Marketplace.

Legal Spike Length for IESA State Meet

Only 1/4" pyramid style spikes may be worn at the IESA State Track and Field Meet. A visual example has been provided. The image is NOT to scale. This is to be used for reference and can be provided to parents.



Lightning Detection System Regulations

- The EastSide Centre is protected by Thorguard, which is a device that detects lightning within a ten-mile radius.
- If and when this system detects lightning, a loud horn will sound and a yellow light will flash.
- When this occurs, all athletes and coaches will be required to take shelter within Eastside Centre's gymnasium.
- According to Eastside Centre's regulations, all fans must exit the fenced in area. It is asked that fans please report to their vehicles in the parking lot.

-The IESA, District 86, and Eastside Centre apologize in advance for any inconvenience.

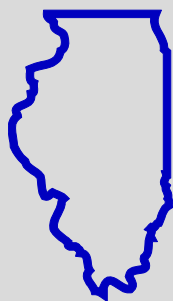


Three Important Items

1. **HIP NUMBERS:** All athletes in all running events will now be given a hip number. Athletes will receive their hip number in staging. Please make sure that your athlete(s) are aware they will be required to wear a hip number for all running events and will be given their number at the staging tent.
2. **COACH WRISTBANDS:** Coaches must be wearing their issued wristbands to gain entrance through the Pass Gate. Replacement wristbands will not be issued.
3. **PARADE OF ATHLETES:** To help alleviate the congestion on the main steps down to the track during the Parade of Athletes each day, student athletes will access the track for the parade from the west side of the stadium. Please make sure your athletes follow these new instructions. A map is included.

Parade of Athletes Instructions:

- All athletes will enter the track for the Parade only by the shot and discus. *Note: The main staircase leading down to the track will only be accessible for athletes reporting to actual events. State Hosts will have adults at the top of the stairs asking students to walk around to participate in the walk.* Athletes for the Pole Vault or those called for events may use the main stairs to access the track at this time.
- The gates by the team tent area will be opened each day for the parade only. Athletes will be able to enter the track concourse area and should walk behind the west side of the bleachers and down past the shot put to enter the track. ***Note: Following the parade both of these gates will close for the day.***
- Athletes will be lined up on the west side of the track close to the long jump pits. Leaders of the parade will walk around the track and will be held at the main finish line of the track. The National Anthem will be performed and the Oath of Athletes will be read at this time and then all athletes will be dismissed to return to the stands through the gate by the shot put.



IESA

Illinois Elementary School Association