

# 2017-18 IESA TRACK AND FIELD ADVISORY MEETING

## Minutes and Recommendations

June 5, 2018

The following members were present for the meeting: Nicole Schaeftbauer (IESA Associate Executive Director), Charles Ruble (Springfield Washington, Coach), Chauncey Carrick (Sycamore, AD), Jay Marshall (Antioch, Official), Jeff Shumate (Mt. Zion, Coach), Joe Bails (Mahomet-Seymour, Coach), Justin Kossack (Greenview, Coach), Ross Forlines (Findlay Okaw Valley, Principal), Ryan Arthur (Marshall, Coach), Steve Kessler (Vernon Hills, Official), Tamara DeLoach (Markham Obama, Coach). Not present was Chris Houser (LeRoy, Coach).

The IESA Track and Field Advisory Committee, in its meeting on June 5, 2018, makes the following recommendations to the IESA Board of Directors for their June 15, 2018, meeting:

### Recommendation 1- Sectional Field Event Instructions- Pole Vault

<b>Current</b>	Raise the bar 6" at a time until there are eight contestants left or when 2" below qualifying height for advancement. Then raise the bar 2" at a time.
<b>Proposed</b>	Raise the bar 6" at a time until there are three contestants left or when 3" below qualifying height for advancement. Then raise the bar 3" at a time.
<b>Rationale</b>	The change will help speed up the event.
<b>T &amp; F T&amp;C</b>	None
<b>IESA By-Law</b>	None
<b>Admin Vote</b>	4-0 in favor
<b>Board Action</b>	Approved

### Recommendation 2- Sectional Field Event Instructions- High Jump

<b>Current</b>	The bar will be raised 2" at a time until eight contestants are left or when 1" below the qualifying height for advancement. Then raise the bar 1" at a time.
<b>Proposed</b>	The bar will be raised 2" at a time until 1" below the qualifying height for advancement. Then raise the bar 1" at a time.
<b>Rationale</b>	The change will help speed up the event.
<b>T &amp; F T&amp;C</b>	None
<b>IESA By-Law</b>	None
<b>Admin Vote</b>	4-0 in favor
<b>Board Action</b>	Approved

### Recommendation 3- By-laws and Terms and Conditions- Sectional Multiple Rounds

<b>Current</b>	For the 100 M Dash and the Hurdles, races may be run in preliminary rounds, semi-final rounds, and then finals. <i>The number of rounds may be reduced as dictated by the number of competitors. At the State Meet, the 100 M Dash and the 100/110 Hurdles will be run with a preliminary round and a final round. Competitors will be advanced to the final round based on NFHS rule. [5-5 and 5-6].</i>
<b>Proposed</b>	At the Sectional Meet for the 100 M Dash and the Hurdles, races may be run in multiple rounds. The number of rounds may be reduced as dictated by the number of competitors. If the Sectional meet is being timed manually, hosts must use multiple rounds as dictated by the number of competitors. If the Sectional meet is being timed by FAT, those races will be run with a preliminary round and a final round. The competitors advancing to the finals will be the heat winners and the next fastest times, as needed, regardless of place. At the State Meet, the 100 M Dash and the 100/110 Hurdles will be run with a preliminary round and a final round. Heat winners and the next fastest times, as needed, regardless of place, will be advanced to the finals.
<b>Rationale</b>	The use and accuracy of FAT allows for the reduction in the number of rounds needed to determine advancers to the finals. This also reduces the number of races an athlete would need to run. The automatic reduction in rounds does not apply to a sectional that would be using manual timing.

**T & F T&C** XIII, J  
**IESA By-Law** none  
**Admin Vote** 4-0 in favor  
**Board Action** **Approved**

#### **Recommendation 4- By-laws and Terms and Conditions- Individual Limitations**

**Current** In all interscholastic track and field meets, students are allowed to participate in a maximum of four (4) events. Students may only be listed for two relays. If a student is listed for two relays, one of the relays must be the 4 x 400. No student may participate in both the 4 x 100 relay and the 4 x 200 relay. Relay teams may have five students listed. Any four of the five runners listed may run at either the sectional or state level of competition.

Each student shall be limited to participation in only one track division (7<sup>th</sup> grade or 8<sup>th</sup> grade) per meet with the exception of relays. Students in grades 5-7 competing at the 7<sup>th</sup> grade level of competition may compete in one relay at the 7<sup>th</sup> grade level and one relay at the 8<sup>th</sup> grade level; or two relays at the 7<sup>th</sup> grade level; or two relays at the 8<sup>th</sup> grade level. Students in grades 5-7 competing at the 8<sup>th</sup> grade level of competition may compete in one relay at the 7<sup>th</sup> grade level and one relay at the 8<sup>th</sup> grade level; or two relays at the 7<sup>th</sup> grade level; or two relays at the 8<sup>th</sup> grade level. Students in eighth grade may only compete at the 8<sup>th</sup> grade level. Please note that if a student is listed for two relays, one of the relays must be the 4 x 400.

**Proposed** 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 five athletes- four runners and one alternate. Any four of the five 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.

Each student shall be limited to participation in only one track division (7<sup>th</sup> grade or 8<sup>th</sup> grade) per meet with the exception of relays. Students in grades 5-7 competing at the 7<sup>th</sup> grade level of competition may compete in one relay at the 7<sup>th</sup> grade level and one relay at the 8<sup>th</sup> grade level; or two relays at the 7<sup>th</sup> grade level; or two relays at the 8<sup>th</sup> grade level. Students in grades 5-7 competing at the 8<sup>th</sup> grade level of competition may compete in one relay at the 7<sup>th</sup> grade level and one relay at the 8<sup>th</sup> grade level; or two relays at the 7<sup>th</sup> grade level; or two relays at the 8<sup>th</sup> grade level. Students in eighth grade may only compete at the 8<sup>th</sup> grade level.

**Rationale** This change will allow some flexibility to smaller programs who struggle with the ability to designate five names for multiple relays. Coaches and hosts will need to be diligent in monitoring the legality of relay team personnel.

**T & F T&C** VI., A.  
**IESA By-Law** 4.074  
**Admin Vote** 4-0 in favor  
**Board Action** **Approved**

## Recommendation 5- By-laws and Terms and Conditions- Sectional Participant Information/Roster

**Current** Substitutions and additions to Sectional Participant Information must be made at the seeding meeting.

Changes to Sectional Participant Information will be allowed at the sectional seeding meeting. Any allowable changes or substitutions must be presented by the coach/school representative at the Sectional Seed Meeting. Coaches may make change to their entries, times, marks and personnel. In addition, coaches may add eligible participants to events. All changes must conform to the Individual Participant Limitations. No changes may be made to the Sectional Participant Information after the Seed Meeting.

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

**Rationale** The Committee would like to eliminate adding new athletes the night of the seed meeting. This slows down the meeting and requires the host to input information in to their meet software that has not been vetted through the IESA Track Entry Center. At the seed meeting, coaches may do the following:

- substitute athletes from their roster within an event
- fill empty entries with athletes from their roster
- correct marks/times

**T&F T&C** III. A. 7 & VII. 6

**IESA By-Law** none

**Admin Vote** 4-0 in favor

**Board Action** **Approved**

## Recommendation 6- By-laws and Terms and Conditions- Classification

**Current** Class A and Class AA

**Proposed** Class 1A, 2A, 3A, 4A

**Rationale** Moving to a 4 class system would allow smaller Class A schools and smaller Class AA schools the opportunity to compete against teams/schools more their size and experience the possibility for more success.

The Committee recommends the following:

- 10 Sectionals in each class
- 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls divisions
- Advancers would be the event winner plus anyone meeting the qualifying standard for each event
- Class 1A/2A state meets conducted at the same site followed by Class 3A/4A state meets conducted at the same site.

**T&F T&C** I (and all other areas)

**IESA By-Law** 4.071, 4.073

**Admin Vote** 1-3 in opposition

**Board Action** **Died, no action**

### Recommendation 7- By-laws and Terms and Conditions- Awards

<b>Current</b>	Plaques shall be awarded to the first, second, and third-place winners in all track sectionals. In case of a tie, a flip of the coin shall determine which team takes the award. Duplicate awards shall be made and should immediately be ordered by the host school from the IESA office. When there is a tie for first place, no second place shall be given; when there is a tie for second place, no third place shall be given. Unused plaques should be returned to the IESA office as soon as possible.
<b>Proposed</b>	Plaques shall be awarded to the first place winner in all track sectionals. In case of a tie, a flip of the coin shall determine which team takes the award. Duplicate awards shall be made and should immediately be ordered by the host school from the IESA office.
<b>Rationale</b>	The Committee felt that the additional plaques were no longer needed.
<b>T&amp;F T&amp;C</b>	XVI
<b>IESA By-Law</b>	4.076
<b>Admin Vote</b>	4-0 in favor
<b>Board Action</b>	Approved

### Recommendation 8- By-laws and Terms and Conditions- Sportsmanship Cards

<b>Current</b>	A sportsmanship card will be sent to all coaches in advance of the sectional seeding meeting. This card must be signed and returned to your sectional host <u>at the seed meeting</u> .
	The IESA pass list must be shown and a Sportsmanship Card signed at the state track meet in order to secure a school's packet of materials and all competitors' awards.
<b>Proposed</b>	All head coaches must indicate that their students are in compliance with the sportsmanship and eligibility standards when completing their online Sectional Participant Information.
	The IESA pass list must be shown at the state track meet in order to secure a school's packet of materials and all competitors' awards.
<b>Rationale</b>	The cards are cumbersome and inefficient.
<b>T&amp;F T&amp;C</b>	X. A. & C
<b>IESA By-Law</b>	None
<b>Admin Vote</b>	4-0 in favor
<b>Board Action</b>	Approved

### Recommendation 9- Required Sectional Order of Events- Running

<b>Current</b>	Class 7G Low Hurdle Prelims; 8G to follow Class 7G Low Hurdle Semifinals; 8G to follow <b>Starter shall determine if a rest period is needed before 100 M Hurdle Finals</b> Class 7G Low Hurdle Finals; 8G to follow Class 7G 100 M Dash Prelims; 8G to follow Class 7G 100 M Dash Semifinals; 8G to follow <b>Starter shall determine if a rest period is needed before 100 M Finals</b> Class 7G 100 M Dash Finals; 8G to follow Class 7G 1600 M Run Finals; 8G to follow Class 7G 4x200 M Relay Finals; 8G to follow (current order follows)
<b>Proposed</b>	Class 7G Low Hurdle Prelims; 8G to follow Class 7G Low Hurdle Semifinals; 8G to follow (if needed) <b>Starter shall determine if a rest period is needed before 100 M Hurdle Finals</b> Class 7G Low Hurdle Finals; 8G to follow Class 7G 100 M Dash Prelims; 8G to follow Class 7G 100 M Dash Semifinals; 8G to follow (if needed) Class 7G 1600 M Run Finals Class 7G 100 M Dash Finals; 8G to follow

Class 8G 1600 M Run Finals  
Class 7G 4x200 M Relay Finals; 8G to follow  
(current order follows)

**Rationale** The change in order will allow for less "dead" time on the track and for the meet to continue to move along while providing recovery time to the sprinters.

**T&F T&C** None

**IESA By-Law** None

**Admin Vote** 4-0 in favor

**Board Action** **Approved**

#### Recommendation 10- Qualifying Standards

**Current**

**Proposed** See attached

**Rationale**

**T&F T&C** None

**IESA By-Law** None

**Admin Vote** 4-0 in favor

**Board Action** **Approved**

#### Recommendation 11- Sectional Dates

**Current** Sectional and state level competition shall be held for Classes A and AA in both the seventh and eighth grades. If a sectional site is not assigned by the IESA office, then schools assigned to that sectional may contact the IESA office to indicate their willingness to host the sectional. Track sectionals shall be scheduled only on Saturdays at 9:00 or 10:00 a.m. as listed on the approved IESA calendar. Any change in the scheduling of a track sectional must be approved by the IESA track administrator. See Section 4.073 for seeding procedures.

**Proposed** Sectional and state level competition shall be held for Classes A and AA in both the seventh and eighth grades. If a sectional site is not assigned by the IESA office, then schools assigned to that sectional may contact the IESA office to indicate their willingness to host the sectional. Track sectionals shall be scheduled on either Friday at 1:00 or 2:00 p.m. or Saturday at 9:00 or 10:00 a.m. as listed on the approved IESA calendar. Any change in the scheduling of a track sectional must be approved by the IESA track administrator. See Section 4.073 for seeding procedures.

**Rationale** Sectional sites are becoming difficult to secure on the single date currently offered. By offering another possible date, hosts will have a little flexibility when negotiating with a site.

**T&F T&C** II.

**IESA By-Law** 4.071

**Admin Vote** 4-0 in favor

**Board Action** **Approved**

#### Recommendation 12- State Meet Field Event Finalists

**Current** Eight finalists are taken to the finals and eight medals are awarded.

**Proposed** There shall be nine finalists in the shot put, discus, and long jump at the state level. **However, in all events, only eight places are scored.**

**Rationale** To be in compliance with NFHS rule 6-2-17. Provides additional competition in the final trials of the events.

**T&F T&C** X.

**IESA By-Law** None

**Admin Vote** 4-0 in favor

**Board Action** **Died, no action**

**Recommendation 13- Field Event Trials in the State Series**

- Current** There shall be three trials in preliminaries and two trials in finals of the shot put, discus throw, and long jump. In the long jump, once competition in a round has begun, additional run-throughs will not be allowed.
- Proposed** There shall be three trials in preliminaries and three trials in finals of the shot put, discus throw, and long jump. Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.
- Rationale** To be in compliance with NFHS rule 6-2-15.
- T&F T&C** XIII. H.
- IESA By-Law** 4.075
- Admin Vote** 4-0 in favor
- Board Action** **Approved**

**Points of Emphasis**

1. Use of the alley starts at the sectional and state meets. Encourage schools to use alley starts during the regular season.

**Discussion Topics**

1. Discussed the charts for determining the number of preliminary heats with the following recommendations.

**Chart for 6-Lane Track**

No. of Entries	No. of Preliminary Heats	No. Qualifying from Each Heat for Semifinals	No. of Semifinal Heats	No. Qualifying from Each Semi Heat for Finals	No. in Finals
1 to 6	--	--	--	--	6
7 to 12	2	--	--	3	6
13 to 18	3	--	--	2	6
19 to 24	4	3	2	3	6
25 to 30	5	2 + next two fastest times	2	3	6
31 to 36	6	2	2	3	6

**Chart for 8-Lane Track**

No. of Entries	No. of Preliminary Heats	No. Qualifying from Each Heat for Semifinals	No. of Semifinal Heats	No. Qualifying from Each Prelim Heat for Finals	No. in Finals
1 to 8	--	--	--	--	8
9 to 16	2	--	--	4	8
17 to 24	3	--	--	Top 2 each heat (plus 2 fastest times)	8
25 to 32	4	--	--	2	8

2. Discussed the use of alleys and the seeding for alley races. Procedure and seeding to remain as the current procedure. No recommendation.

3. Discussed guidelines for establishing flights for the shot/discus/LJ. Committee recommends host should divide the field in half for a minimum of two flights with the better jumpers/throwers in the last flight.
4. Discussed the composition of the games committee. No recommendation. Highlight the current information in the Terms & Conditions in the Sectional Host Information.
5. Discussed raising the boys hurdle height to 33". No recommendation. The Committee felt that the varied physical development of the athletes would be better suited for learning the skill at the current height.
6. Discussed requiring each participating school to provide a qualified volunteer to work the sectional track meet. No recommendation.
7. Discussed the required participation of athletes in the finals of the 100 M Dash and the Hurdles. An athlete who meets the qualifying standards in the preliminary rounds and is disqualified in the final would still be eligible to advance to the State meet based on their preliminary qualifying time. The Committee sustained the procedure of using an athlete's sectional final time for the purposes of seeding at the State Final.
8. Discussed classifying the Pole Vault as a non-scoring event. No recommendation. The Committee felt that removing scoring possibilities could decrease participation in the activity.
9. Discussed removing the requirement to attend the seed meeting. No recommendation. The Committee felt that there is a need for coaches/team designee to be in attendance. There is already wording in the T&C to address a school's inability to send a representative to the meeting.
10. Discussed locking in sectional assignments for a period of two years. No recommendation.
11. Discussed assigning all teams who have vaulters to common sectionals. No recommendation. The Committee did not feel that it was responsible to increase the travel for some schools just because they had vaulters.
12. Discussed the implementation of a three-class system. No recommendation.
13. Discussed the possibility of athletes being able to qualify for the State Meet during the regular season. No recommendation.
14. Discussed advancing both first and second place plus any athlete meeting the qualifying standard to the state meet. No recommendation.
15. Discussed alternating from year-to-year the running order for the sectional meets between girls and boys taking the track first. No recommendation.
16. Discussed allowing each sectional the opportunity to make non-weather related changes to the required sectional order of events. No recommendation. It is important that all sectionals run their event order as prescribed by the required order.
17. Discussed moving the 100 M Dash and Hurdle Finals to Friday of the State Meets. No recommendation. The Committee would like those athletes to be able to perform in front of an audience.
18. Discussed organizing the state meet similar to the IHSA state meet- prelims and finals for all running events. No recommendation. This would be very difficult as we are running four meets simultaneously.
19. Discussed the adoption of the triple jump, 3200 M Run, and/or the 4x800 M Relay. No recommendation. Time and facility constraints at the Sectional level were a significant consideration.
20. Discussed posting the complete sectional results earlier. No recommendation.
21. Discussed rating the sectional hosts and/or officials. No recommendation. The Committee would like to encourage all schools to consider hosting a sectional meet.
22. Reviewed the current policy regarding state athletes participating in conflicting events.
23. Discussed moving the Roster Deadline from Tuesday to Monday. No recommendation.
24. Discussed the sectional and state meets.
25. Discussed providing each state athlete with a complimentary bottle of water. No recommendation.
26. Add the exchange zone judge instructions to the host materials.

### **Next Advisory Committee Meeting Date**

Wednesday, June 4, 2019 @ 10:00 am

Chris Houser, Jeff Shumate and Ryan Arthur were thanked for their service to the Committee, the Association, and member schools.





Recommendation for State and Sect Starting Heights and State Designated Heights for High Jump and Pole Vault.  
Changes in Bold:

<b>2019</b>	7AG	8AG	7AB	8AB	7AAG	8AAG	7AAB	8AAB
<i>HJ Sect Start</i>	4-0"	4-1"	4-5"	4-10"	4-1"	4-3"	4-7"	5-0"
HJ State Qualifying	4-6"	4-7"	4-11"	5-4"	4-7"	4-9"	5-1"	5-6"
HJ State Start	4-2"	4-3"	4-7"	5-0"	4-3"	4-5"	4-9"	5-2"
HJ DH	4-10"	4-11"	5-3"	5-6"	4-9"	4-11"	5-5"	5-8"
PV Sect Start	5-6"	5-9"	6-6"	7-0"	<b>6-0"</b>	6-6"	6-9"	8-3"
PV State Qualifying	6-6"	6-9"	7-6"	8-0"	<b>7-0"</b>	7-6"	7-9"	8-3"
PV State Start	6-3"	6-6"	7-3"	7-9"	<b>6-9"</b>	7-3"	7-6"	9-0"
PV DH	7-9"	8-6"	9-3"	9-9"	<b>8-9"</b>	9-3"	9-6"	11-6"

**Recommended changes to the qualifying standards**

<b>Event- Girls</b>	<b>Current</b>	<b>Proposed</b>
7AA 100 Hurdles	17.8/18.04	17.7/17.94
8AA 100 M Dash	13.2/13.44	13.1/13.34
8A 200 M Dash	28.8/29.04	28.7/28.94
7AA 400 M Dash	1:05.5/1:05.74	1:05/1:05.24
7A 800 M Run	2:45/2:45.24	2:43/2:43.24
7AA 800 M Run	2:38/2:38.24	2:36/2:36.24
8A 800 M Run	2:44/2:44.24	2:42/2:42.24
8AA 800 M Run	2:36.5/2:36.74	2:34.5/2:34.74
7A 1600 M Run	6:03/6:03.24	6:00/6:00.24
8AA 4x100 M Relay	54.5/54.74	54.5/54.74
7A Long Jump	13-10	14-0
8A Discus	78-0	79-0
8AA Discus	83-0	86-0

<b>Event- Boys</b>	<b>Current</b>	<b>Proposed</b>
7AA 110 Hurdles	17.8/18.04	17.7/17.94
8AA 110 Hurdles	16.5/16.74	16.4/16.64
8A 100 M Dash	12.1/12.34	12.0/12.24
8A 400 M Dash	58.3/58.54	58.1/58.34
8AA 400 M Dash	56.4/56.64	56.2/56.44
8A 800 M Run	2:23/2:23.24	2:20.5/2:20.74
8A 4x100 M Relay	51.9/52.14	51.5/51.74
8A 4x400 M Relay	4:11/4:11.24	4:09/4:09.24
8A Long Jump	17-1	17-4
8AA Shot Put	40-5	40-8