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Illinois Elementary School Association

Track and Field Activity Update

State Series Reminders

ITEMS ONLINE

- Sectional Assignments (January)
- Sectional Format
- Terms & Conditions
- State Meet Volunteer Form
- Pole Vault Weight Certification Cards
- Member School Directory
- Good Sport Reports
- Concussion tips

Member Center

- Host Interest
- Sectional Participant and Coaches Information
- Concussion Information and management

STATE

- **All omissions from the state tournament must be reported within 24 hours of posting of the state qualifiers or by Wednesday at 4pm whichever is later. Make sure you are checking the qualifier link and not sectional results.**
- Friday State Field events will start at 11:00am and running events will begin at 1:15.
- 1/4" or less pyramid spikes are the only allowable spike at the IESA state Track and Field Meet.
- Qualifying standard and starting heights may be found on the Track and Field web page.

SECTIONALS

- **NEW:** Changes were made to the REQUIRED Sectional Order of Events. Please review this information online.
- **NEW:** Team plaques will only be given to the first place team at each sectional.
- **NEW:** Sectional meets may now be held on either Friday (1:00 or 2:00 p.m. start time) or Saturday (9:00 or 10:00 a.m. start time). Please inform parents.
- Please make sure to attend the seed meeting for your school as this is required.
Class A seed meeting date: May 1 Class AA seed meeting date: May 8
- At sectional meets, the pole vault and high jump competitors must clear, at a minimum, the required opening height to be eligible to advance to state.
- Preferred alley assignments for the IESA 800 and 1600 have changed. Please make sure you review the IESA preferred alleys prior to the seed meeting with the IHSA official.
- At sectional meets **ONLY TWO LANE ALLEY STARTS MAY BE USED.** Waterfall and super alley starts are not permitted for the 800 and 1600.
- Events cannot be consolidated (Ex. You cannot run the 7th grade girls milers with the 8th grade milers).
- Times submitted in all individual events and relay events at the Sectional seed meeting shall be times **actually achieved in the current outdoor track and field season.** Practice times may not be submitted.
- **NEW:** For the sectional and state shot put, discus, and long jump, competitors qualifying for the finals will receive three additional attempts.

GENERAL

- **Schools are now required to enter their track team schedule by Monday, of week 39 (March 25, 2019) in the track entry center.**
- All athletes are limited to 4 events for all interscholastic meets. This includes regular season, conference, and state series. "Exhibition" events must be counted in the event total for the athlete as well.
- A grade check must be conducted each week for all participants. Students must be passing each subject each week to be eligible.
- All members of the coaching staff who do not meet the coaching education by-law requirement must have completed an approved coaching education course prior to the start of the season.
- **NFHS rule change 5-6-4:** Competitors from the same team will no longer be split in the first round of competition.
- Pole Vault Padding must meet ASTM standards. Currently Gill has the only padding that meets this standard.

MAJOR CHANGE REGARDING INDIVIDUAL LIMITATIONS

The Committee recommended and the Board approved a major change to the Individual Limitations. The change has, essentially, created a true “alternate” position.

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 4x100M and 4x200M relay but may only participate in one of those relays.

This change does not alter the following:

- Athletes may only participate in a maximum of 4 events.
- Athletes participating in two relays must have one of those relays be the 4x400. Athletes may not participate in both the 4x100 and 4x200 M relays.
- Each student is limited to participation in only one track division (7th grade or 8th grade) per meet with the exception of relays. Please refer to the relay exceptions listed in the Terms and Conditions.

Coaches and hosts will need to be diligent in monitoring the legality of relay team personnel.

MAJOR CHANGE REGARDING ONLINE SECTIONAL ROSTER INFORMATION

Coaches may not add athletes to their roster after the Online Entries Deadline or at the seed meeting.

At the seed meeting, coaches may do the following:

- Substitute athletes from their online roster within an event entry.
- Fill empty events/entries with legal athletes from their online roster.
- Correct marks/times.

Athletes who are not listed on a school’s online roster may not be added in to any event the night of the seed meeting.

All changes must conform to the Individual Participant limitations and no changes may be made to the Sectional Participant information after the Seed meeting. Please make sure you review your online roster information prior to the deadline to avoid any issues.

NFHS FREE POLE VAULT COURSE



The NFHS, NCAA and USA Track and Field worked together to develop the *Pole Vault: Successful Skill Development Course*. This free, online course is a must view for track and field coaches, as well as students participating in the pole vault. The course was designed to help both coaches and athletes with the fundamental skills of pole vaulting. It will help teach the best practices and techniques that will help promote safety in the sport.

Learn more about the course at www.nfhslearn.com and share this information with student’s interested, coaches, and parents in your school.

NFHSlearn.com has many other courses for a fee that you or your school may like to explore.



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