

IESA TRACK & FIELD

SEEDING INFORMATION

Instructions for Seeding Sectional Meets

Please keep in mind that ALL RUNNING EVENTS WILL BE CONDUCTED AS A FINAL. There will be no prelim or semi-final races for any event.

In seeding the sectional running events listed below, the participants will first be divided into the appropriate number of heats/sections. The fastest times will be seeded together into the final heat/section. The next fastest times will be seeded together in the next heat/section and so on. Once the heats/sections are determined, the competitors will be seeded into their lane/alley using the preferred lane/alley charts.

SECTIONAL RUNNING EVENTS CONDUCTED AS FINALS:

100 M Dash
100/110 Hurdles
200 M Dash
400 M Dash
800 M Run
1600 M Run
4x100 M Relay
4x200 M Relay
4x400 M Relay

PREFERRED LANE LIST FOR HURDLES/DASHES/RELAYS: (Use the following key to determine preferred lanes)

6 Lane Track: 3, 4, 2, 5, 1, 6

7 Lane Track: 4, 5, 3, 6, 2, 7, 1

8 Lane Track: 4, 5, 3, 6, 2, 7, 1, 8

ALLEY INFORMATION FOR 800 M AND 1600 M: (Chart showing what is meant by Alleys and Positions)

Lane 1			Lane 2			Lane 3			Lane 4			Lane 5			Lane 6					
												Pos. 3			Pos. 2			Pos.1		
						Pos. 3			Pos. 2			Pos. 1								
Pos. 3			Pos. 2			Pos. 1														
Alley 1						Alley 2						Alley 3								

The fastest runners to the slowest runners in a section are assigned to Alleys and Positions within each section according to the following example: (#1 is the fastest runner, #36 is the slowest)

6- Lane Track											
Lane 1		Lane 2		Lane 3		Lane 4		Lane 5		Lane 6	
								7	4	1	
				8	5	2		16	13	10	
9	6	3		17	14	11		25	22	19	
18	15	12		26	23	20		34	31	28	
27	24	21		35	32	29					
36	33	30									
Alley 1				Alley 2				Alley 3			

Each section sheet should look as follows: (6 lane track)

Alley/Pos. Sect. 1

1-1 Claudia Kaufman (9)

1-2 Brenda Kingery (6)

1-3 Sally Asmus (3)

2-1 Julie Cochran (8)

2-2 Leslie King (5)

2-3 Sheri Strohl (2)

3-1 Marley Jones (7)

3-2 Alison Smith (4)

3-3 Maja Hansen (1)

RECOMMENDED NUMBER OF ENTRIES IN 800 M SECTIONS: (This will vary dependent on local facilities.)

6 Lane/3 Alleys: 12 runners per section

8 Lane/4 Alleys: 16 runners per section

RECOMMENDED NUMBER OF ENTRIES IN 1600 M SECTIONS: (This will vary dependent on local facilities.)

6 Lane/3 Alleys: 18 runners per section

8 Lane/4 Alleys: 24 runners per section

8- Lane Track

Lane 1			Lane 2			Lane 3			Lane 4			Lane 5			Lane 6			Lane 7			Lane 8											
																		9			5			1								
												10			6			2			21			17			13					
												22			18			14			33			29			25					
12			8			4			23			19			15			34			30			26								
24			20			16			35			31			27																	
36			32			28																										
Alley 1									Alley 2									Alley 3									Alley 4					

BE SURE TO FILL ALL LANES IN THE FASTEST SECTION.