

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.

FIELD EVENTS

SEEDING AND MAKING FLIGHT AND COMPETITION ORDER ASSIGNMENTS

Depending on the total number of entries, use your best judgment to divide them into either two or three flights for the long jump, shot put, and discus throw. Competitor order in each flight is from worst mark first to best mark last, with the best-marked marks in the final flight. It is recommended that you divide your total number of competitors in half for, at least, two flights for these events. For the events listed above, each competitor will be allowed 4 attempts. There will be no finals.

Since only Finals are held in the High Jump and Pole Vault at the Sectional meets, the competitor order is from worst mark first to best mark last.

Put the following information on the clipboard for each field event judge:

Pole Vault --

Three trials at each height. Raise 16 cm at a time until three contestants are left or when 7 cm below qualifying height for advancement. Then raise 8 cm at a time.

Pole Vault Starting Heights- See the starting heights posted online. The starting heights set by the IESA may not be altered.

High Jump--

Three trials at each height. Raise 6 cm at a time until 3 cm below qualifying height for advancement. Then raise 3 cm at a time.

High Jump Starting Heights- See the starting heights posted online. The starting heights set by the IESA may not be altered.

Long Jump--

Each contestant receives four jumps. No finals. All jumps shall be measured in metric measurement **to the nearest lesser centimeter** and shall be considered in determining places.

Shot Put--

Each contestant receives four puts. No finals conducted. All puts shall be measured in metric measurement **to the nearest lesser centimeter** and considered in determining places. Weight and dimensions of all shots must be checked before the meet.

Discus Throw--

All throws must be made from a discus cage. Each contestant receives four throws. No finals conducted. All throws shall be measured in metric measurement **to the nearest lesser centimeter** and considered in determining places.

SPECIAL NOTE REGARDING NUMBER OF FINALISTS IN FIELD EVENTS: THERE ARE TO BE EIGHT FINALISTS IN ALL FIELD EVENTS, REGARDLESS OF THE NUMBER OF LANES AVAILABLE ON YOUR TRACK. HOWEVER, ONLY SIX PLACES RECEIVE AWARDS AND ARE SCORED.