

2025 IESA TRACK AND FIELD ADVISORY MEETING

Minutes and Recommendations

June 6, 2025

The following members were present for the virtual meeting: Nicole Schaeftbauer (IESA Executive Director), Trisha Brown (Bradford, Coach), Brian Howell (Erie, Athletic Director), Jay Marshall (Coordinator of Officials), Chris Hamaker (Bloomington St. Mary's, Coach), Brad Henz (ShaZam Racing), Philip Jerbi (Genoa Kingston, Athletic Director), Nicole Lincoln (Country Club Hills Southwood), and Todd Ehlert (Geneseo, Coach), David Keller (Coach, Arlington Heights Thomas), Brian Schoby (East St. Louis, Athletic Director), and Emmanuel Jackson (Kankakee JHS, Coach). Also present was Todd Ehlert (ITCCCA Rep).

The IESA Track and Field Advisory Committee, in its meeting on June 6, 2025, makes the following recommendations to the IESA Board of Directors for their June, 2025 meeting:

Recommendation 1- Officials Fees

Current	Sectionals -- \$175.00 each with no mileage; (Two licensed officials assigned by the IESA Office. Sectional host school to provide shells for starter.)
Proposed	Include a \$65 stipend for shells in the Sectional Officials fee. Sectionals -- \$240.00 each with no mileage; (Two licensed officials assigned by the IESA Office. Starters to provide their own shells.)
Rationale	With the variance in shell preference, it is more cost-efficient for the officials to provide their own shells and be reimbursed as part of their meet fee.

T & F T&C

IESA By-Law

Admin Vote

Board Action **Approved**

Recommendation 2- Sectional Meet Volunteers

Current	None
Proposed	All schools participating in the sectional meets are required to make available to the sectional host, one qualified volunteer to be assigned by the sectional host to work the meet. Adequate and competent help is critical to the success of all sectional T&F meets. If the school fails to provide a quality volunteer, then a coach from that school's team must serve as a volunteer. This will be true even if the school only has one coach, so head coaches are encouraged to get involved with their athletic director to ensure that this obligation has been met.
Rationale	Sectional meets are a huge undertaking and require many people to ensure a successful event. It is also difficult to secure hosts for the sectional. If there is a means by which to guarantee help, it is easier for schools to consider taking on this event.

T&F T&C

IESA By-Law

Admin Vote

Board Action **Approved**

Recommendation 3- Sectional High Jump and Pole Vault

Current	Currently, only the starting height and qualifying heights are specified.
Proposed	Designate the progressions as well as the starting and qualifying heights for pole vault and high jump at the sectional level.
Rationale	With the change to metric, there are many issues that have occurred at the Sectional meets in regard to the vertical events. Designating the height progressions will make it easy for event officials to administer the event statewide. This is also how the event is run at the State meet.
T&F T&C	
IESA By-Law	
Admin Vote	
Board Action	Approved

Recommendation 4- Seed Meeting Format

Current	All sectional seed meetings will be offered as in-person and virtual meetings. Attendees must communicate, in advance, to their host how they will be attending.
Proposed	All sectional seed meetings will be offered as virtual meetings.
Rationale	Since changes are not accepted at the seed meetings, physical attendance is not as necessary. Meetings are still necessary to communicate, meet details and answer any procedural questions.
T&F T&C	
IESA By-Law	
Admin Vote	
Board Action	Approved

Recommendation 5- Acceptable entry changes

Current	No changes may be made to sectional entries after 4:00 p.m. the day of the seed meeting.
Proposed	The Online List of Participants/Entry Declarations must be completed through athletic.net. Each participating school may enter no more than two individuals per individual event and no more than 1 relay team per relay event when completing their List of Participants/Entry Declarations. No more than six (6) Girls/Boys to be entered as runners or as alternates in the relays. COACHES WILL ENTER THEIR INDIVIDUALS AND RELAY TEAMS VIA THEIR ATHLETIC.NET ACCOUNT. At the seed meeting, prior to all event seeds or heat sheets being distributed, for relay events only, coaches can opt to change a relay time to a slower seed time than what was automatically populated by athletic.net. Individual event seed times/marks may not be adjusted. SPACES LEFT BLANK WHILE COMPLETING THE ONLINE LIST OF PARTICIPANTS/ENTRY DECLARATIONS MAY NOT BE FILLED IN AFTER THE ENTRY DEADLINE. INDIVIDUALS—IN CASE OF A POSSIBILITY THAT AN INDIVIDUAL ATHLETE WILL BE CLEARED BY THEIR DOCTOR, PUT A NAME IN EVERY AVAILABLE BLANK. IT IS HIGHLY RECOMMENDED TO PLACE AN ATHLETE'S NAME IN EACH BLANK. Coaches may decrease the total number of individual entries submitted online during the virtual sectional seeding meeting. Name Changes to relays are NOT permissible after the List of Participants/Entry Declarations deadline. Changes to individual entries must be made prior to 4:00 p.m. on the day of the virtual seeding meeting (before the results of the seeding are released to coaches). No substitutions or changes shall be permitted in any events after the deadline, except in cases of school disciplinary reasons, a death in the athlete's immediate family, or a disabling illness or injury to an entered contestant. Each substitute situation must be certified by either the school principal or attending physician to the Sectional manager. Technology corrections may be made by the Sectional meet manager.
Rationale	Allows for a limited number of instances in which a change or substitution may be made after the entry deadline.
T&F T&C	
IESA By-Law	
Admin Vote	
Board Action	Approved

Recommendation 6- State Series Evens

Current

Proposed Mid-Distance Medley- 2/2/4/8 (2 turn stagger); Placed as the first event at the sectional level and the state level.

Rationale Provide a relay option for distance runners. Another way to provide more participation opportunities.

T&F T&C

IESA By-Law

Admin Vote

Board Action **Approved**

Recommendation 7- Season Start Date

Current 25-26: Monday Wk. 37

Proposed Return to the original season start date- Monday Wk. 35

Rationale Concern about the loss of conditioning time.

T&F T&C

IESA By-Law

Admin Vote

Board Action **Died for lack of a motion**

Points of Emphasis

1. Use of alleys in the regular season.
2. Encourage regular season meets to upload results and entries on athletic.net during the course of the season. Also make sure that the event designations are correct- 30' hurdles, 4 kilo shot, etc.
3. Entry of roster and entries on athletic.net for sectional meets.
4. New relay event.
5. Use of athletes during the regular season.

Discussion Topics

1. Discussed allowing athletes to participate in both the 4x100 and 4x200 M relays. No recommendation.
2. Discussed sectional admission prices. No recommendation
3. Discussed the sectional and state order of events. No recommendation.
4. Discussed the addition of the triple jump. No recommendation. The Committee had concerns regarding the time this would add to the sectional meets, coaching experience and the physical impact on the athletes.
5. Discussed the IESA securing FAT companies. No recommendation.
6. Discussed several proposed changes to the sectional format and event order. No recommendation.
7. Discussed the size of sectionals. No recommendation. This is something that the Committee will continue to monitor and consider alternatives to controlling.
8. Discussed different formats for the state meet. No recommendation.
9. Discussed the requirement of jumping from an 8' board at the sectional meets.
10. Discussed sectional host sites. No recommendation. The Committee appreciates all schools who step-up to host sectional meets.
11. Discussed additional tents and seating in the staging area at the state meet. IESA will look into additional tents and seating in staging.
12. Discussed coaches entering athletes into events for the first time at the sectional meets. No recommendation. **The Committee encourages all schools to enter athletes who have a mark for the event for which they are entering at the sectional.**
13. Discussed the various qualification options. No recommendation.
14. Discussed raising the hurdle height for 8th grade boys. No recommendation.

15. Discussed allowing video review. No recommendation.
16. Discussed the adoption of a jury of appeals. No recommendation.
17. Discussed a post-meet formal review process. No recommendation.
18. Discussed moving the state series from weeks 45&46 to weeks 44&45. No recommendation.
19. Discussed various number of attempts for field events. No recommendation.
20. Discussed multi-event athlete procedures. No additions to the current practices.
21. Discussed the dissemination of information during the state meet. No additions to current practices recommended.
22. Discussed adding a wind requirement with regard to directional running. No recommendation. This is very dependent on facilities and timing abilities.
23. Discussed the addition of a high jump coaching box at the state meet. No recommendation.
24. Discussed various recommendations regarding the state pole vault- number of flights and weigh-ins. No recommendation.
25. Discussed running prelims and finals at the state meet in other events besides the 100 and the Hurdles. No recommendation.
26. Discussed award procedures at the state meet. IESA will look into an additional awards stand. The Committee agrees that the award presentations should not take place while races are being conducted.
27. Discussed moving the 800 and 1600 to a Waterfall start. No recommendation. The Committee feels that the larger fields necessitate alley starts.

Next Advisory Committee Meeting Date

Wednesday, June, 2025 @ 10:00 am

2025-26 IESA TRACK AND FIELD ADVISORY MEETING

Minutes and Recommendations

October 22, 2025

The following members were present for the meeting: Nicole Schaeftbauer (IESA Executive Director), Trisha Brown (Bradford, Coach), Brian Howell, (Erie, Athletic Director), Jay Marshall (Antioch, Official), Philip Jerbi (Genoa Kingston, Athletic Director), Brian Schoby, (Coach/AD, East St. Louis Lincoln). Not present were Christopher Hamaker (Coach, Bloomington St. Mary's), Emmanuel Jackson (Coach, Kankakee JHS), and Nicole Lincoln (Coach, Country Club Hills Southwood).

The IESA Track and Field Advisory Committee, in its meeting on October 22, 2025, makes the following recommendations to the IESA Board of Directors for their January, 2026 meeting:

Recommendation 1- Sectional Qualifying Standards

Current

Proposed Adopt proposed standard changes.

Rationale To maintain a manageable number of qualifying athletes, the attached standard changes have been made.

T & F T&C New

IESA By-Law

Admin Vote

Board Action

Recommendation 2- Sectional Qualifying Standard- Mid-Distance Medley Relay

Current

Proposed The top two teams will qualify for the State meet.

Rationale Since this is an event that has not been conducted before either during the regular or post-season, it is impossible to determine what an appropriate standard would be. After the inaugural year, it will be easier to determine an appropriate qualifying standard.

T & F T&C

IESA By-Law

Admin Vote

Board Action

Recommendation 3- Sectional Pole Vault and High Jump Progressions

Current

Proposed Adopt proposed height increases at the Sectional meets.

Rationale The designations will standardize the heights at which the bar is being raised across the state. The designated heights will also reduce the chance of errors being made by event workers.

T&F T&C New

IESA By-Law

Admin Vote

Board Action

Recommendation 4- Mid-Distance Medley Relay

Current

Proposed Mid-Distance Medley- 200/200/400/800 (4-turn stagger); placed as the first event at the sectional and state level.

Rationale The execution of the event in a 4-turn stagger will be easier to administer.

T&F T&C

IESA By-Law

Admin Vote

Board Action

Next Advisory Committee Meeting Date

Wednesday, June, 2026 @ 10:00 am

2026 Girls 7TH STATE TRACK QUALIFYING STANDARDS

Event	7 -1A Girls		7 -2A Girls		7_3A Girls		7-4A Girls	
	Manual	FAT	Manual	FAT	Manual	FAT	Manual	FAT
100 M. Hurdles – Girls	18.5	18.74	18.3	18.54	17.8	18.04	17.7	17.94
100 M. Dash	13.9	14.14	13.6	13.84	13.5	13.74	13.2	13.44
200 M. Dash	29.2	29.44	28.6	28.84	28.3	28.54	27.7	27.94
400 M. Dash	1:08	1:08.24	1:07	1:07.24	1:05.6	1:05.84	1:05	1:05.24
800 M. Run	2:43.3	2:43.54	2:40	2:40.24	2:39	2:39.24	2:36	2:36.24
1600 M. Run	6:00	6:00.24	5:55	5:55.24	5:45	5:45.24	5:42.8	5:43.04
1600 M Medley Relay	*For 2026, top two teams for medley relay will advance to state.							
4 X 100 M. Relay	59.0	59.24	58.0	58.24	56.2	56.44	55.4	55.64
4 X 200 M. Relay	2:05	2:05.24	2:04	2:04.24	1:59	1:59.24	1:57.5	1:57.74
4 X 400 M. Relay	4:54	4:54.24	4:50.6	4:50.84	4:41	4:41.24	4:37	4:37.24
	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial
Pole Vault	1.98	6-6"	1.98	6-6"	2.13	7-0"	2.13	7-0"
High Jump	1.38	4-6.25"	1.38	4-6.25"	1.41	4-7.5"	1.41	4-7.5"
Long Jump	4.26	14-0"	4.39	14-5"	4.47	14-8"	4.60	15-1.25"
Shot Put (4 kilos)	7.89	25-11"	7.89	25-11"	8.22	27-0	8.22	27-0
Discus Throw	22.35	73-4"	22.55	74-0"	23.31	76-6	23.31	76-6

STARTING HEIGHTS FOR SECTIONAL & STATE HIGH JUMP AND POLE VAULT EVENTS

	7-1A Girls		7-2A Girls		7-3A Girls		7-4A Girls	
	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial
Sect. HJ	1.17	3-10"	1.17	3-10"	1.20	3-11.25"	1.20	3-11.25
Sect. PV	1.50	4-11"	1.50	4-11"	1.65	5-5"	1.65	5-5"
State HJ	1.27	4-2"	1.32	4-4"	1.34	4-5"	1.34	4-5"
State PV	1.90	6-3"	1.90	6-3"	2.05	6-9"	2.05	6-9"

2026 GIRLS 8TH STATE TRACK QUALIFYING STANDARDS

Event	8-1A Girls		8-2A Girls		8 -3A Girls		8-4A Girls	
	Manual	FAT	Manual	FAT	Manual	FAT	Manual	FAT
100 M. Hurdles – Girls	18.1	18.34	18.0	18.24	17.2	17.44	17.0	17.24
100 M. Dash	13.5	13.74	13.4	13.64	13.2	13.44	12.9	13.14
200 M. Dash	29.1	29.34	28.4	28.64	27.8	28.04	27.3	27.54
400 M. Dash	1:07	1:07.24	1:05.5	1:05.74	1:04.5	1:04.74	1:03.6	1:03.84
800 M. Run	2:43	2:43.24	2:39	2:39.24	2:35	2:35.24	2:32.6	2:32.84
1600 M. Run	6:03	6:03.24	5:55	5:55.24	5:42	5:42.24	5:40	5:40.24
1600 M Medley Relay	*For 2026, top two teams for medley relay will advance to state.							
4 X 100 M. Relay	57.6	57.84	55.6	55.84	54.6	54.84	53.6	53.84
4 X 200 M. Relay	2:03.4	2:03.64	1:59	1:59.24	1:56	1:56.24	1:55	1:55.24
4 X 400 M. Relay	4:50	4:50.24	4:40	4:40.24	4:33	4:33.24	4:29	4:29.24
Measurements	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial
Pole Vault	2.05	6-9"	2.05	6-9"	2.28	7-6"	2.28	7-6"
High Jump	1.41	4-7.5"	1.41	4-7.5"	1.46	4-9.5"	1.46	4-9.5"
Long Jump	4.41	14-6"	4.50	14-9.25"	4.62	15-2"	4.80	15-9"
Shot Put (4 kilos)	8.43	27-8"	8.53	28-0"	8.89	29-2	8.89	29-2
Discus Throw	23.62	77-6"	24.07	79-0"	26.21	86-0"	26.21	86-0"

STARTING HEIGHTS FOR SECTIONAL & STATE HIGH JUMP AND POLE VAULT EVENTS

	8-1A Girls		8-2A Girls		8-3A Girls		8-4A Girls	
	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial
Sect. HJ	1.20	3-11.25"	1.20	3-11.25"	1.25	4-1.25"	1.25	4-1.25"
Sect. PV	1.57	5-1"	1.57	5-1"	1.80	5-10.75"	1.80	5-10.75"
State HJ	1.29	4-3"	1.34	4-5"	1.39	4-7"	1.39	4-7"
State PV	1.98	6-6"	1.98	6-6"	2.20	7-3"	2.20	7-3"

2026 Boys 7TH STATE TRACK QUALIFYING STANDARDS

Event	7 -1A Boys		7 -2A Boys		7 -3A Boys		7-4A Boys	
	Manual	FAT	Manual	FAT	Manual	FAT	Manual	FAT
110 M. Hurdles – Boys	18.8	19.04	18.6	18.84	17.9	18.14	17.6	17.84
100 M. Dash	13.0	13.24	12.7	12.94	12.4	12.64	12.1	12.34
200 M. Dash	27.4	27.64	26.5	26.74	25.9	26.14	25.4	25.64
400 M. Dash	1:03	1:03.24	1:01	1:01.24	59.6	59.84	58.7	58.94
800 M. Run	2:30	2:30.24	2:29	2:29.24	2:24.5	2:24.74	2:22	2:22.24
1600 M. Run	5:30	5:30.24	5:26	5:26.24	5:16	5:16.24	5:13.8	5:14.04
1600 M Medley Relay	*For 2026, top two teams for medley relay will advance to state.							
4 X 100 M. Relay	56.0	56.24	54.8	55.04	52.3	52.54	51.3	51.54
4 X 200 M. Relay	1:59.5	1:59.74	1:56.5	1:56.74	1:51.5	1:51.74	1:49	1:49.24
4 X 400 M. Relay	4:38.5	4:38.74	4:29.3	4:29.54	4:17	4:17.24	4:12.7	4:12.94
1600 M Medley Relay	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial
Pole Vault	2.28	7-5.75"	2.32	7-7.25"	2.44	8-0"	2.44	8-0"
High Jump	1.51	4-11.5"	1.51	4-11.5"	1.56	5-1.25"	1.56	5-1.25"
Long Jump	4.80	15-9"	4.92	16-2"	5.18	17-0"	5.30	17-05"
Shot Put (4 kilos)	9.90	32-6	10.51	34-6"	10.64	34-11"	10.94	35-11"
Discus Throw	29.26	96-0	30.48	100-0"	32.00	105-0"	32.41	106-4"

STARTING HEIGHTS FOR SECTIONAL & STATE HIGH JUMP AND POLE VAULT EVENTS

	7-1A Boys		7-2A Boys		7-3A Boys		7-4A Boys	
	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial
Sect. HJ	1.30	4-3.25"	1.30	4-3.25"	1.35	4-5"	1.35	4-5"
Sect. PV	1.80	5-10.75"	1.84	5-10.75"	1.96	6-5"	1.96	6-5"
State HJ	1.39	4-7"	1.44	4-9"	1.47	4-10"	1.47	4-10"
State PV	2.20	7-3"	2.20	7-3"	2.36	7-8.75"	2.36	7-8.75"

2026 BOYS 8TH STATE TRACK QUALIFYING STANDARDS

Event	8-1A Boys		8-2A Boys		8 -3A Boys		8-4A Boys	
	Manual	FAT	Manual	FAT	Manual	FAT	Manual	FAT
110 M. Hurdles – Boys	17.7	17.94	17.3	17.54	16.8	17.04	16.2	16.44
100 M. Dash	12.2	12.44	12.0	12.24	11.9	12.14	11.7	11.94
200 M. Dash	25.6	25.84	25.3	25.54	24.6	24.84	24.2	24.44
400 M. Dash	58.5	58.74	57.6	57.84	56.2	56.44	55.8	56.04
800 M. Run	2:24	2:24.24	2:20.5	2:20.74	2:17	2:17.24	2:15	2:15.24
1600 M. Run	5:20	5:20.24	5:14.0	5:14.24	5:01	5:01.24	4:57	4:57.24
1600 M Medley Relay	*For 2026, top two teams for medley relay will advance to state.							
4 X 100 M. Relay	52.0	52.24	50.0	50.24	49.0	49.24	47.7	47.94
4 X 200 M. Relay	1:51	1:51.24	1:46	1:46.24	1:43.5	1:43.74	1:41.5	1:41.74
4 X 400 M. Relay	4:17	4:17.24	4:04.5	4:04.74	3:56.5	3:56.74	3:53.7	3:53.94
	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial
Pole Vault	2.43	8-0"	2.43	8-0"	2.81	9-3"	2.81	9-3"
High Jump	1.58	5-2.25"	1.64	5-4.5"	1.69	5-6.5"	1.69	5-6.5"
Long Jump	5.28	17-4"	5.48	18-0"	5.51	18-1"	5.63	18-6"
Shot Put (4 kilos)	10.97	36-0"	12.19	40-0"	12.34	40-6"	12.80	42-0"
Discus Throw	32.91	108-0"	36.3	119-1"	37.80	124-0"	38.10	125-0"

STARTING HEIGHTS FOR SECTIONAL & STATE HIGH JUMP AND POLE VAULT EVENTS

	8-1A Boys		8-2A Boys		8-3A Boys		8-4A Boys	
	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial
Sect. HJ	1.37	4-6"	1.43	4-8.25"	1.48	4-10.25"	1.48	4-10.25"
Sect. PV	1.95	6-4.75"	1.95	6-4.75"	2.33	7-7.25"	2.33	7-7.25"
State HJ	1.46	4-9.5"	1.49	4-11"	1.62	5-4"	1.62	5-4"
State PV	2.36	7-9"	2.36	7-9"	2.74	9-0"	2.74	9-0"

2026 IESA SECTIONAL TRACK HIGH JUMP REQUIRED HEIGHT PROGRESSIONS

Class	Opening	1 st	2 nd	3 rd	4 th
7-1A Girls	1.17	1.23	1.29	1.35	1.38
8-1A Girls	1.20	1.26	1.32	1.38	1.41
7-1A Boys	1.30	1.36	1.42	1.48	1.51
8-1A Boys	1.37	1.43	1.49	1.55	1.58

***Attempts after the 4th raise:** If more than one competitor remains, the crossbar will be raised 3cm at a time. If only one competitor remains and has been determined to be the winner, the competitor may determine successive heights of the crossbar.

Class	Opening	1 st	2 nd	3 rd	4 th
7-2A Girls	1.17	1.23	1.29	1.35	1.38
8-2A Girls	1.20	1.26	1.32	1.38	1.41
7-2A Boys	1.30	1.36	1.42	1.48	1.51
8-2A Boys	1.43	1.49	1.55	1.61	1.64

***Attempts after the 4th raise:** If more than one competitor remains, the crossbar will be raised 3cm at a time. If only one competitor remains and has been determined to be the winner, the competitor may determine successive heights of the crossbar.

Class	Opening	1 st	2 nd	3 rd	4 th
7-3A Girls	1.2	1.26	1.32	1.38	1.41
8-3A Girls	1.25	1.31	1.37	1.43	1.46
7-3A Boys	1.35	1.41	1.47	1.53	1.56
8-3A Boys	1.48	1.54	1.60	1.66	1.69

***Attempts after the 4th raise:** If more than one competitor remains, the crossbar will be raised 3cm at a time. If only one competitor remains and has been determined to be the winner, the competitor may determine successive heights of the crossbar.

Class	Opening	1 st	2 nd	3 rd	4 th
7-4A Girls	1.2	1.26	1.32	1.38	1.41
8-4A Girls	1.25	1.31	1.37	1.43	1.46
7-4A Boys	1.35	1.41	1.47	1.53	1.56
8-4A Boys	1.48	1.54	1.60	1.66	1.69

***Attempts after the 4th raise:** If more than one competitor remains, the crossbar will be raised 3cm at a time. If only one competitor remains and has been determined to be the winner, the competitor may determine successive heights of the crossbar.

2026 IESA SECTIONAL TRACK POLE VAULT REQUIRED HEIGHT PROGRESSIONS

Class	Opening	1 st	2 nd	3 rd	4 th
7-1A Girls	1.50	1.66	1.82	1.90	1.98
8-1A Girls	1.57	1.73	1.89	1.97	2.05
7-1A Boys	1.80	1.96	2.12	2.20	2.28
8-1A Boys	1.95	2.11	2.27	2.35	2.43

***Attempts after the 4th raise:** If more than one competitor remains, the crossbar will be raised 8cm at a time. If only one competitor remains and has been determined to be the winner, the competitor may determine successive heights of the crossbar.

Class	Opening	1 st	2 nd	3 rd	4 th
7-2A Girls	1.50	1.66	1.82	1.90	1.98
8-2A Girls	1.57	1.73	1.89	1.97	2.05
7-2A Boys	1.84	2.00	2.16	2.24	2.32
8-2A Boys	1.95	2.11	2.27	2.35	2.43

***Attempts after the 4th raise:** If more than one competitor remains, the crossbar will be raised 8cm at a time. If only one competitor remains and has been determined to be the winner, the competitor may determine successive heights of the crossbar.

Class	Opening	1 st	2 nd	3 rd	4 th
7-3A Girls	1.65	1.81	1.97	2.05	2.13
8-3A Girls	1.80	1.96	2.12	2.20	2.28
7-3A Boys	1.96	2.12	2.28	2.36	2.44
8-3A Boys	2.33	2.49	2.65	2.73	2.81

***Attempts after the 4th raise:** If more than one competitor remains, the crossbar will be raised 8cm at a time. If only one competitor remains and has been determined to be the winner, the competitor may determine successive heights of the crossbar.

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8-4A Boys	2.33	2.49	2.65	2.73	2.81

***Attempts after the 4th raise:** If more than one competitor remains, the crossbar will be raised 8cm at a time. If only one competitor remains and has been determined to be the winner, the competitor may determine successive heights of the crossbar.



1600M MID-DISTANCE MEDLEY RELAY

The 1600-meter medley relay will consist of 4 legs in the following order: 200-meter, 200-meter, 400-meter, 800-meter.

First leg: Runner 1

Runner 1 will start on the four-turn stagger starting line. On a track with typical colors, this is usually a red line. It is the same line that the 4x200-meter relay begins from.

Before the race starts, the second runner must be at their exchange zone. Exchange 1 will be the 30-meter exchange zone halfway around the track and is the same zone as the first exchange zone in the 4x200-meter relay. The exchange between runner one and runner two must take place in the team's assigned lane.

Second leg: Runner 2

The second runner will run 200 meters around the rest of the first lap and exchange the baton with runner three in the team's assigned lane in the 30-meter common exchange zone. (The zone used for the second exchange in the 4 x 200 m relay.)

Third leg: Runner 3

The third runner must receive the baton in the team's assigned lane and remain in their lane for their leg. The third runner runs 400 meters or one lap around the track. The final exchange between runner three and runner four is the 20-meter common exchange zone. The exchange between runner three and runner four must take place in their lane. Runner four may break to lane one as soon as it is clear for them to do so after receiving the baton.

Fourth leg: Runner 4

The fourth runner runs two laps of the track or 800 meters.

All other rules for relays apply to the 1600m Mid-Distance medley relay.