

Track and Field Update



NEW For 2025

- Roster changes will no longer be accepted at the seed meeting. Coaches will have until 4 p.m. the day of the seed meeting to make changes to their entries. After that deadline, no changes will be accepted.
- For the IESA State Series (sectional and state), metric measurement will be used. Please enter your seed marks in metric measurement to the nearest centimeter.
- Coaches may now enter a maximum of six (6) athletes for relays- 4 participants and 2 alternates. All rules still apply.

Metric Measurement

- The field event qualifying standards show both metric distances/heights along with the English distances/heights in parenthesis.
- The metric measurements will be used in determining qualifying marks for all field events.
- The English measurement conversions are only listed for convenience and are not exact conversions.
- At the sectional meets, the metric distances/heights are what will be used to determine if a qualifying standard has been met by a competitor. The English conversions will not be used or considered to determine if a qualifying standard was met.

Sectional Meet Reminders

- Please review the Sectional Order of Events. Note that the 100 M Dash and Hurdles will be run as timed finals at the Sectional. This applies to both Manual and FAT timing methods
- We will be using Athletic.net for sectional entries. Please set up an account as early as possible.
- At sectional meets ONLY TWO LANE ALLEY STARTS MAY BE USED for the 800 and 1600. Waterfall and super alley starts are not permitted for the 800 and 1600.

At the sectional, events cannot be consolidated (Ex. You cannot run the 7th grade girls 1600M with the 8th grade girls 1600M).



Additional Sectional Meet Reminders

- 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. Opening heights are designated by the IESA.
- Times submitted in all individual events and relay events at the Sectional seed meeting **MUST** be times actually achieved in the current outdoor track and field season. Practice times may not be submitted.
- For the IESA Track and Field State Series, there shall be four total trials in in the long jump, shot put, and discus throw. No finals will be conducted. At the state meet, there may be multiple flights of an event. Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, take-off area or throwing implements associated with the competition.
- Qualifying standard and starting heights may be found on the Track and Field web page.
- **Field event marks must be submitted in METRIC format.**
- Wheelchair events (100 M Race and Shot Put) have been added to the Sectional Meet Event Order.



General Reminders

- Schools are required to enter their track team schedule by Monday, of week 39 (March 31, 2025) 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.
- Review baton etiquette with all of your athletes. **BATONS MAY NOT BE THROWN/TOSSED FOR ANY REASON.** Any thrown/tossed baton may result in a disqualification.

Individual Limitations

Students in grades 5-7 may now participate in the following:

INDIVIDUAL EVENTS at either or both grade levels not to exceed the maximum.

Note: At no time is an individual athlete allowed to compete in the same event at both grade levels.

RELAY EVENTS

- one relay at the 7th grade level and one relay at the 8th grade level; or
- two relays at the 7th grade level; or
- two relays at the 8th grade level.

Note: Regardless of the participation grade level, no student may participate in both the 4x100 relay and the 4x200 relay.

Students in eighth grade may only compete at the 8th grade level.

As a reminder:

- 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.

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

Qualification Process- State Series

How do my athletes qualify for the state meet?

- There are 10 Sectionals in each class. Athletes may only qualify for the state meet from their sectional meet.
- Advancers are the event winner plus any competitor meeting the qualifying standard designated for each event.

Dates for the 2025 sectional meets are:

1A/2A- May 9 or 10; 3A/4A- May 16 or 17

Dates for the 2025 state meets are:

1A/2A- May 16-17; 3A/4A- May 23-24

Eligible Students- State Series

Does my student need to have participated in three meets in order to be eligible for the sectional meet?

- No. There are no minimum requirements for athletes or teams; however, you may only enter times/distances that have been achieved in a meet during the current season for seeding purposes.

Is there a restriction on athletes competing in events that they have not competed in previously? I have a few that have done well in practice in field events but haven't had a track meet to compete in those events before sectionals this Saturday. Are they allowed to compete with no seed time?

- You may certainly enter those athletes into the sectional meet. Please keep in mind that you will not be able to submit a seed time/mark for those athletes unless it is a mark from a meet performance. Practice times/distances may not be entered for a seed time/mark.

Am I only allowed to enter two (2) athletes per grade level?

- Yes, this is correct. You may only enter 2 athletes per individual event and 1 relay in the relay events per class, per gender.

Relay Alternates- State Series

Can we have the same alternate for both relays?

4 x100	4x200
Sadie	Lynn
Sally	Lori
Shelly	Lacie
Sara	Lexi
ALT-Jen	ALT- Jen
ALT- Alice	ALT- Mary



Yes. Jen can be listed as an alternate for both relays. This is not a violation and her assignment as an alternate does not count against her individual event total. This will only count as an event for Jen if she actually runs in the relay- moving from alternate to participant. Additionally, a violation would only occur if Jen were to run in both the 4x100 and the 4x200.

At sectionals, Jen runs in the 4x100 and that relay does not qualify for state but the 4x200 does qualify, can Jen still be the alt for the 4x200 at the state level?

A. Since Jen was listed as an alternate, she would be able to continue as an alternate and would be available to serve as a participant in this relay. There would be no possible violation since she would not be participating in the 4x100 at the state meet. Being listed as an alternate does not count as a runner/participant. An athlete may be listed as an alternate for the 4x100 and the 4x200 without being in violation. The violation only occurs when an athlete participates/runs in both the 4x100 and the 4x200.

Points of Emphasis

1. Wristbands will be distributed to all coaches for entry to the IESA State Meet. Wristbands will be included in the coach packet picked up at the state meet. Replacement wristbands will not be distributed.
2. We will be using digital tickets for the IESA State meets. Please pass along this information to your parents.
3. All Sectional Participant Information will be submitted on Athletic.net. Please review the entry instructions and deadlines.
4. All teams are encouraged to submit 6 names for relays.
5. Please review the NFHS Track and Field Rules Changes:
https://www.iesa.org/documents/activities/IESA-TR_RulesChanges.pdf
6. FOR ALL RELAYS, OUTGOING RUNNERS MUST START WITHIN THE EXCHANGE ZONE.

State Meet Reminders

- All omissions from the state meet must be reported within 24 hours of the posting of the state qualifiers or by Wednesday at 4 pm whichever is later.
- Friday State Field events will start at 11:00am and running events will begin at 1:15. Please note that the 100 M Dash and Hurdle finals have been moved to Friday.
- Qualifying standards and starting heights may be found on the Track and Field web page
- At the State Meet, all long jumpers- boys and girls- will jump from the 2.5 meter board (8 feet).
- At the State Meet, the pole vault bar will be raised 15cm at a time for the first three bar raises. For all jumps attempted after the designated height has been achieved, the bar will be raised 7 cm at a time until one contestant remains.
- At the State meet if an athlete has checked out of the high jump or pole vault and is the last jumper at a particular height, the event judge will call for the athlete and wait 10 minutes for the athlete to complete their attempt(s). If the athlete has not completed their attempt(s) within the 10 minutes, the bar will be raised to the next height and the athlete will be passed to the new height.

