

2009 IHSA State Track & Field Meet Information @ Eastern Illinois University, Charleston, Illinois

**Important Note: The new synthetic turf inside the track will retain heat.
Be sure to protect your athletes' feet by requiring them to wear shoes when on the infield.**

Current As Of Thursday, April 30, 2009

10:27:36 AM

1. Athletic Training Facilities will be in the EIU training room at O'Brien Stadium. If any competitor(s) are sent to the training room for aid, they are to be accompanied by their coach. **Training room hours:** 4:00 p.m. until 8:00 p.m. on Wednesday; 10:00 a.m. -conclusion of meet on Thursday; 8:00 a.m.-conclusion of meet on Friday; 9:00 a.m. until conclusion of meet on Saturday.
2. The Games Committee has determined that athletes may not remove any portion of the team uniform inside the fence surrounding the track and at the site of the discus. (Rule: 3-2-2)

Unrestricted Areas: As permitted, in the current National Federation rules, restricted areas may be defined inside the stadium for meet officials only. All other areas inside the stadium fences are restricted areas. All areas outside the stadium fences are unrestricted areas except as determined by the Games Committee in the discus areas. Seating areas on both the east and west sides are unrestricted areas.

3. **Correction of Misspelled Names:** If there is an error in the spelling of the name of a competitor from your school in the State Final program, please make sure the competitor gives a **written** correction to the Clerk of Course/Head Judge before the start of the Heat/Flight/Section so the correction will be made on the field event cards or official results sheets turned into the scorer after the event is finished.
4. **Meet Schedule:**
 - a. Consult the State Final Meet time schedule and advise competitors to be ready to compete at times scheduled. (Note: Thursday & Fridays Times are approximate.) In case of delays, the time intervals between events will be **approximately** the same unless weather conditions dictate otherwise. The meet will be kept moving.
 - b. All Track competitors in a given event **must** report to the staging area (tent at south end of track) on west side of track when their track event is called, unless they have made arrangements with the referee in charge of conflicts. (**No coaches are allowed in the staging area.**) Field event competitors **must** report to the field event competition area when their field event is called.
 - c. **Relay Batons:** In the relay events, relay teams **must** use the batons furnished by the IHSA. Please make sure these IHSA batons are returned to the finish line officials and Relay Clerks immediately following the relay.
 - d. **Relays:** Reminder that the four (4) designated runners must be from among the no more than eight (8) competitors listed on the online Sectional List Of Participants completed prior to the Sectional Seed Meeting. **No changes or additions of names may be made from those listed for the relay submitted at the Sectional meet.** If your relay team runs in the finals be sure to give the proper running order to the clerk of the course when requested. This is to insure proper credit is given to your relay runners on the official results and by the public address announcer at the stadium.
5. **Shots & Discus:**
 - a. **Girls Inspection:** Discuses will be weighed and measured in the tent located at the discus rings south of the stadium. Shots will be weighed and measured at the tent in the northeast corner of the stadium.
 - b. **Boys Inspection:** Discuses will be weighed and measured in the tent located at the discus rings south of the stadium. Shots will be weighed and measured at the tent in the northeast corner of the stadium.

Times for Inspections on Shot and Discus:

Girls and Boys Shot Put— Participants in all preliminaries of the shot put must present their shot for inspection and weighing. **All implements must be measured and weighed and marked before** presentation to the Head Judge of the event for approval.

Weigh-in and inspection for the girl's shot put will occur as follows:

Girls 1A

Thursday 10:00 a.m. – 1:00 p.m.
Saturday 9:00 a.m. – 9:45 a.m.

Girls 2A

Friday 8:30 a.m. – 10:45 a.m.
Saturday 9:45 a.m. – 10:30 a.m.

Girls 3A

Friday 10:45 a.m. – 1:00 p.m.
Saturday 10:30 a.m.– 11:15 a.m.

Weigh-in and inspection for the boy's shot put will occur as follows:

Boys 1A

Thursday 10:00 a.m. – 11:30 a.m.
Saturday 9:00 a.m. – 9:45 a.m.

Boys 2A

Friday 8:00 a.m. – 9:30 a.m.
Saturday 9:45 a.m. – 10:30 a.m.

Boys 3A

Friday 12:15 p.m. – 1:45 p.m.
Saturday 10:30 a.m.– 11:15 a.m.

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Girl's and Boy's Discus— Participants in all preliminaries of the Discus Throw must present their discus for inspection and weighing. **All implements must be measured and weighed and marked before** presentation to the Head Judge of the event for approval.

Weigh-in and inspection for the girl's discus will occur as follows:

Girls 1A

Thursday 11:30 a.m. – 2:40 p.m.
Saturday 12:00 p.m. – 12:40 p.m.

Girls 2A

Friday 9:35 a.m. – 11:55 a.m.
Saturday 12:50 p.m. – 1:30 p.m.

Girls 3A

Friday 1:20 p.m. – 3:40 p.m.
Saturday 1:40 a.m.– 2:20 p.m.

Weigh-in and inspection for the boy's discus will occur as follows:

Boys 1A

Thursday 11:30 a.m. – 1:00 p.m.
Saturday 12:00 p.m. – 12:40 p.m.

Boys 2A

Friday 9:30 a.m. – 11:00 a.m.
Saturday 12:50 p.m. – 1:30 p.m.

Boys 3A

Friday 12:15 p.m. – 1:45 p.m.
Saturday 1:40 p.m.– 2:20 p.m.

Impounded Shots and Discuses: Legal implements will be provided at the competition areas to be used by competitor(s) whose shot or discus is impounded (or for competitor(s) that fail to meet the inspection deadline). **Impounded implements may be picked up after competition at the site of the competition in each event.**

Adhesive Sprays in Shot Put and Discus: Adhesive sprays are permitted in the Shot Put and Discus when the competitor is using their own implement. If a competitor is using an implement provided by Meet Management because their implement has been impounded, no adhesive spray may be used since the implement is provided for the "common use" of competitors.

Towels for Implements: In case of rain, competitors will be responsible for furnishing their own towels for drying off their shots and discuses.

34.92 Throwing Sector: The throwing sector for both the shot and discus will be 34.92 degrees as required by 2007.

6. **Wireless Communication Devices (cell phones, etc.) is Prohibited:** Persons who have a media pass are restricted from using a wireless communication device in the infield and/or competition area. Competitors are prohibited from having and/or using wireless communication devices (like cell phones, audio players, etc.) in the restricted competition areas. Any athlete using a wireless communication device in the restricted area will be disqualified. Only designated officials may use wireless communication devices in the infield or competition area.

7. **Packet Pick-Up and Access to O'Brien Stadium: In 2009:**

IHSA Staff will be available during the following times for packet pick up. Class 2A and 3A teams who plan to attend the 1A state final, must pick up their team packets (bib numbers are your only ticket for free access to O'Brien Stadium):

Wednesday: 4:00 p.m.-7:00 p.m. in the Lantz Building foyer

Thursday: 8:00 a.m. - 7:00 p.m. in the Lantz Building foyer

Friday: 8:00a.m. – 2:00p.m. – in the Lantz Building foyer

a. **Contestant Numbers:** A competitor dressed for competition and wearing his/her contestant number will be admitted to O'Brien Stadium. A person with only the competitor number will not be admitted. Contestant numbers must be pinned at all four corners on the back of the track uniform shirt/jersey, unless instructed to do otherwise by the Clerk of Course.

b. **Coaches** must present their **Coaches Wristband** in order to be admitted to the main bleacher seating area on the west side. No coaches will be permitted to enter the Southeast gate or go into the infield. The **Coaches Wristband** is for stadium seating only!

c. **Competitor Access:** On Thursday-Saturday at the State Final, contestants will be permitted access to the track and stadium facilities only from the **West** stadium seating area or through the staging area. **Track Competitors will not be permitted to enter at the Southeast gate -- they will be required to go around and enter from the West stadium seating area or through the staging area.** During the meet, no contestant will be permitted access to the track or infield from the **West** stadium seating area unless he/she is dressed for competition and is displaying his/her contestant number. Contestants in the track events must enter through the **staging area** entrance if they are entering from outside the stadium seating area. Field Competitors in the Long Jump, High Jump, Triple Jump and Pole Vault events will be permitted to enter at the **Southeast Gate**. Shot Put competitors will be admitted at the Northeast gate.

d. **Hip Numbers:** Contestants will be asked to wear lane numbers on both sides of their trunks for the F.A.T. timing device. The Clerk of Course will distribute the numbers.

e. **Passes for the State Final Meet:**

- 1) A contestant number will be issued to each competitor who qualifies for the State Final, and it will admit contestant to the facility.
- 2) Passes for Coaches will be distributed according to the following formula: 1-5 qualifiers, school receives two (2) coaches passes; 6-10 qualifiers, school receives three (3) coaches passes; 11-above qualifiers, school receives four (4) coaches passes. Only coaches listed on the school's On-Line List of Participants will be considered eligible to receive a coach's pass.

Note: Only coaches who are listed on the On-line List of Participants will be issued a coaches pass (according to the above formula). However, those coaches must meet all IHSA Coaching By-law Requirements and its subsections. (By-law 2.070). Coaches who do not meet By-law 2.070 are not eligible and cannot be entered on the On-line List of Participants.

- 3) A copy of the school's On-Line List of Participants must be submitted to the IHSA Office prior to the Sectional seeding meeting. No more than four (4) Coach Passes will be issued to any school.

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8. Contestant Uniforms:

- a. Contestants wearing caps, hats, jewelry, beads in braids, body appliques or other adornments will not be permitted to compete. Narrow headbands to keep the hair from interfering with a contestant's vision will be permitted. Competitors must follow the instructions of the officials.
- b. **The jersey shall not be knotted:** The National Federation and Illinois High School Association interpretation is simply, "Anything other than smooth (no knots) alterations of the uniform are illegal." The straps may be taped no more than two (2) layers of tape.
- c. **Tights/Leotards/Visible Undergarments:** If a competitor wears any visible undergarments, they must be worn underneath the track shorts and/or track jersey. If two or more competitors on a relay team wear visible undergarments under the track shorts and/or track jersey, the visible undergarments must be similar in color and design, but not necessarily the same length.

9. Contestant Shoes:

- a. The meet will be held on a 9-lane Royal Blue Rekortan Full-Pour Polyurethane running surface. Track competitors must wear track shoes with spikes **no longer than 1/4 inch**.
- b. Competitors will not be permitted to wear spikes in the hallways of Lantz building. Spikes may be worn only in the fieldhouse track area.
- c. **The Discus Throw and Shot Put** will be from concrete surfaced rings. Competitors should wear rubber-soled shoes. The High Jump areas and the runways for the Long Jump, Triple Jump and Pole Vault are surfaced with Royal Blue Track; Martin Surfacing Full-Pour Polyurethane surface. Competitors **may wear spikes no longer than 1/4 inch** or rubber-soled shoes. (In case field events must be held inside, competitors may wear rubber-soled shoes or shoes with spikes no longer than 1/4 inch.)

10. Protection of Property: Competitors and schools are responsible for their own property and valuables at all times during the state final meet. Competitors are encouraged to dress in their rooms before coming to the stadium whenever possible since no locker rooms are provided.

11. New in 2009: Warm-up (State Final):

- a. On **Wednesday afternoon, 1A competitors** will be permitted to warm-up on the track from **4:00 p.m. until 8:00 p.m.**, and between **8:00 a.m. and 10:00 a.m.**, on **Thursday morning**. On **Thursday night** from approximately **5:00p.m. until 8:00p.m** (approx. 30 minutes following the 1A meet), the track will be open for **2A and 3A competitors** for practice. On **Friday morning** the track will be open for **2A and 3A** competitors from **7:00 a.m. until 8:30 a.m.** On **Saturday morning** the track will be open from **7:00 a.m. until 8:00 a.m.** for warm ups. The track will be cleared after these special warm-up times. Contestants shall not use the space inside O'Brien Field for warm-up or practice on the days of the **State Final** except at the above designated times. The track will be cleared promptly at 8:00 p.m. on Wednesday and Thursday after all special warm-up times.
- b. Contestants warming up at other than the above times during the meet may use the southeast area behind the tennis courts and the area behind the East bleachers or Lantz Fieldhouse, but shall not use unauthorized or **off limits** areas.
- c. **Field Event Warm-up:** The Head Judge in each field event will conduct a maximum 15-minute warm-up prior to the beginning of competition in each flight in the field events. Competitors who report promptly to the Head Judge may participate in this warm-up. Exception: The discus competition will be permitted a 20-minute warm-up period.
Girls Track Only—Due to the lack of volunteer officials at the Girls State Meet, the No. 1 discus ring will be used and the other discus rings are **off limits, unless it is put into use for competition**. Competitors **shall not** use a discus ring that is **off limits** for practice **at any time**.

12. High Jump and Pole Vault:

- a. For the High Jump and Pole Vault, the starting height and the bar moves will be announced by the Games Committee. The **Qualifying Height** for the Class A Finals and the Class AA Finals in the High Jump and Pole Vault will be approved by the Games Committee and will be based on the performances in the first flight in each Class. The Games Committee will approve the starting height and the bar moves for the Finals on Friday after the preliminaries are concluded.
- b. The Games Committee has authorized the Head Judge of each field event to set the time limit for competitors excused to compete in another event. The Head Judge will record on the field event card the event for which the competitor is being excused with the time leaving and the time the competitor must return.

High Jump Marks: Marks on the High Jump runway are to be made with chalk only. A maximum of two marks per competitor will be permitted on the High Jump runway and neither mark is permitted to be closer than 2 meters to the bar.

13. IHSA Pole Vault Weigh Verification Card: Each pole vault competitor must submit an IHSA Pole Vault Weight Verification Card to the Head Pole Vault Event Judge. Please consult and follow the instructions on the card. The weigh-in will be conducted in the official's tent in the southeast corner of O'Brien Stadium.

14. Triple Jump: The "A" (short) designation is for the runway of 107' or less; the "B" (long) designation is for the runway of more than 107'. **The wind direction will determine the layout of the long and short runways. The middle landing pit will always be the long runway.**

15. Storage of Pole Vault Poles: Vaulting poles can be stored in the tent located in the south east corner of O'Brien Stadium.

16. Protests: All Appeals of officials' decisions **must be submitted in writing to the Jury of Appeals** by the **head coach within 30 minutes of the posting of the results for an event**. In ruling on appeals, the Jury of Appeals shall not set aside or waive the provisions of any NFHS Track and Field rule or Term and Condition for the series. The decision of the Jury of Appeals in ruling on any such final appeals shall be final.

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Jury of Appeals: A Jury of Appeals will be designated by the IHSA and will be utilized as described in National Federation Rule 3-5.

17. Results and lane assignments will be posted for viewing on the bulletin boards on the outside northwest corner of O'Brien Stadium. **Please do not remove these results!**

Complete State Final results will be available immediately after the meet on the IHSA Web Site at: www.ihsa.org. Results will be posted on the Bulletin Boards on the north and west main stands at O'Brien Stadium. They are not to be removed.

18. **Food or beverage:** No food or beverage is permitted in any area of the Lantz Building Complex or Lantz Fieldhouse indoor track facility.

No Containers, Cans, Bottles or Ice Chests Permitted: No containers, cans, bottles or ice chests will be permitted in the stadium seating area at O'Brien Field or Lantz Fieldhouse. Schools are asked to please inform their fans that they will not be permitted to bring these items into the stadium.

19. **Viewing Videos:** A competitor is prohibited from viewing a videotape until the competition for track and field events is finished for the day in the competitor's respective Class A or Class AA events.

20. **Housing and Cooperative 11:00 p.m. Curfew:**

TEAM HOUSING - Coaches and athletic directors are urged to make reservations in advance of State Finals. The following types of housing will be available:

- Hotels in Charleston-Mattoon and surrounding area.
- Rooms in University Residence Halls: Arrangements for housing in university residence halls have been made through Eastern Illinois University. Residence Hall style rooms will be available and will include furnished linens, pillows, and towels. Persons using the rooms must furnish blankets and other personal items.

2009 Housing Costs – per person not per room (Tax included):

1 night (double) <u>Per person</u>	\$20
2 nights (double) <u>Per person</u>	\$30
3 nights (double) <u>Per person</u>	\$40
1 night (single) <u>Per person</u>	\$28
2 nights (single) <u>Per person</u>	\$42
3 nights (single) <u>Per person</u>	\$56

Reservations for University Residence Halls must be made in advance. For reservations, please contact University Housing & Dining at (217) 581-5111 or (217) 581-5633 or via the website at www.eiu.edu/housing and click IHSA State Track Meets under the Guests column. School authorities from each participating school must make their own reservations. This should be done as far in advance as possible. Payment types accepted include cash and check (school or personal).

TEAM HOUSING CHECK-IN AT EASTERN: Go to Taylor Hall

Housing Desk Operations

Taylor, Thomas, Lawson, McKinney, Andrews and Carman Hall desks will be open from 7:00 a.m. until midnight. The desk will provide change and answer questions.

CURFEW - University personnel from University Housing & Dining will provide limited supervision. Both the University and the IHSA insist that schools using this type of housing must arrange to have accredited faculty representatives stay with their student/athletes and provide proper supervision at all times.

Coaches, **you** are responsible for the supervision of your competitors at all times during your visit to Charleston and the State Final Meet. The IHSA Boys/Girls Track and Field Advisory Committee has requested the cooperation of students, faculty and spectators attending the State Final meet in **observing an 11:00 p.m. cooperative curfew and quiet on Wednesday, Thursday and Friday nights**. This is particularly important to those boys/girls who will be competing on Saturday (others will appreciate it, too)! Whether you are lodging in area motels or university housing, we will appreciate **your observing an 11:00 p.m. cooperative curfew and quiet** on Wednesday, Thursday and Friday nights at the State Final.

Keys - Keys that you are issued will operate your room door. Safeguard them as there is a \$10.00 to \$35.00 charge for lost keys (for security purposes we have to change the lock when the key is lost). Lock your door whenever you leave your room.

Vending Machines - Vending machines are located on the lower level of all our residence halls. Pepsi products, juices, chips and candy are available in the vending machines. There will be no refunds of money lost in vending machines.

Screens/Windows - Do Not remove the window screen from your window. For safety reasons, do not stand on your desk, chair, wastebasket, bed, etc. near your room window.

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Check Out - Please follow these procedures when you leave the residence hall at the end of your stay:

- Open your drapes
- Close and lock your windows. Please be sure the window latches securely.
- Turn off the lights
- Lock the door
- Return your linen to the main lobby in the residence hall in which you are staying. Lawson Hall residents return the linen to the Lawson Hall main lobby, Taylor Hall residents to Taylor Hall, etc. Unreturned linen will be billed to you and/or your school at our costs.
- Return your key to the residence hall desk in the building in which you are staying.

Your room will be thoroughly checked after you leave and any damage to the room or the contents will be billed to you and/or your school at the full replacement cost.

Check out time is 6:00 p.m., Friday, and 45 minutes after the track meet is over on Saturday.

Outside Doors - All outside doors will be locked at midnight. The University will provide staff to let coaches and officials in after that time.

The University and the Illinois High School Association required that accredited faculty representatives stay with their students and provide proper supervision at all times. Consideration for competitors requires that quiet be maintained in residence halls. Anyone who abuses the rights of others by causing disturbances may be removed from the hall.

Coaches and competitors are expected to observe a cooperative and quiet curfew of 11:00 p.m. Relative quiet should be maintained on floors at all times.

Taylor-Lawson Dining Center Hours - Thursday, Friday & Saturday (Breakfast ala carte) 6:30 a.m.-10:30 a.m.

Thomas Hall Convenience Center Hours (This location will have a variety of drinks and snacks available to buy.) Thursday, 11:00 a.m.-11:00 p.m.; Friday, 7:00 a.m.-11:00 p.m.; Saturday, 7:00 a.m.-Noon

SPECTATOR HOUSING - Eastern Illinois University also offers spectators the option to stay in the residence halls and University Court Apartments. Spectators are assigned to rooms and apartments as they arrive, so it is to guests' advantage to check in early. Space is limited and the university does not guarantee all spectators will be housed in Stevenson Hall.

21. **Programs for Saturday Finals:** The head coach from each school may pick up one copy of the Saturday Finals Program at the **Will Call** window of the ticket booth at the west main stands of O'Brien Stadium. The programs will be available at 10:00 a.m.
22. **Parade of Competitors:** All competitors and coaches who qualified for the State Final Meet are invited to participate in the Parade of Competitors on Saturday. (Assemble in Lantz Fieldhouse at 8:45 a.m.—We must march promptly at 9:00 a.m.) Except for the meet officials being at the front, there is no special line-up. Coaches and contestants will line up on a **first come-first serve basis behind the State Final Officials.**
23. **Breakfast at Taylor Hall:** Breakfast is available in Taylor Hall on Thursday, Friday and Saturday of the state meet beginning at 7:00 a.m. to anyone attending the State Final meet. Schools are urged to take advantage of the special eating accommodations.
24. **Awards Presentations on Saturday:** If an athlete in track & field events or relay team from your school places in the Finals on Saturday, please instruct your competitors to **report to the press interview area adjacent to the Awards Stand in the infield of O'Brien Field immediately** after their event is finished to be awarded their medallions. Marshals will assist athletes and media in this regard.
25. **Team Tent Set-Up Area:** School team tents may be set up in the grassy area south and west of the west main stands in the area designated for team tents.
26. **Lane Information:** No marks are to be put on the track for relays -- **bean bags** will be available at the zones, on a limited basis, from Inspectors. Schools may use their own bean bags or half tennis balls, etc. A reminder that the bean bag marker may be used only in the competitor's own lane including the outside lane line to the **right** of the competitor.

Starting Blocks: Competitors may use their own starting blocks **provided** they are adaptable to the track surface without causing damage to the track.

The following events end at the **Common Finish** line, which is a two-inch white line with a black border located at the end of the stadium side straightaway on the SW corner of the track: Wind direction may cause the hurdles and the 100 meter dash to be run in the opposite direction.

Girls 100 Meter High Hurdles: Run North to South with start on white line and hurdle marks are red hurdle tabs. Run South to North with start on white and marks are red triangles on the line.

Boys 110 Meter High Hurdles: Run North to South with start on white line and hurdle marks are blue hurdle tabs (both directions). Run South to North with start on white and marks are blue rectangles on the outside of lane lines.

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100 Meter Dash: Run North to South with start on white line. Run South to North with start on white line.

200 Meter Dash: Start on white staggered lines located on the Northeast corner of the track and finish at common finish.

300 Meter Low Hurdles: Start on white staggered lines located on the Southeast corner of the track, and white hurdle tabs.

400 Meter Dash: Start on yellow line located on the Southeast corner of the track and finish at common finish.

800 Meter Run, 1600 Meter Run, 3200 Meter Run, and 4x800 Meter Relay: These races are run in alleys with a one-curve stagger starting on solid white staggered water falls and breaking at the end of the first curve. In the 4x800 Meter Relay, the exchanges are made within the blue common exchange zone at the start/finish line.

4x100 Meter Relay: This race is run with a two-curve stagger starting on yellow staggered lines. Run in lanes all the way; exchange zones are yellow to yellow.

4x400 Meter Relay: This race is run with a three-curve stagger starting on blue staggered lines. The first runner in lanes exchanging within blue staggered triangles. The second runner remaining in their assigned lane and breaking at the end of the first curve. The second and third exchanges are made within the blue common exchange zone at the start/finish line.

4x200 Meter Relay: This race is run with a four-curve stagger starting on red staggered lines. Run in lanes all the way; the first two exchanges are red to red and the third exchange is yellow to yellow.

RACE AT STATE

OPEN Track and Field races

UNDER THE LIGHTS at O'Brien Stadium
site of the **IHSA State Track and Field Championships**

Friday, May 22 and Friday, May 29, 2009

After the completion of Day 1 (preliminaries)
of the IHSA Girls and Boys State Track and Field Championships

Tentative start time: Approximately 8:00 p.m.
(approximately 45 minutes after the completion of the 4x400 relay preliminaries)

In Order, we will contest:

100m Dash
400m Dash
800m Run
1600m Run

GREAT OPPORTUNITY to race on the state meet track!

ALL RACES will be FAT timed with the same timing system used for the state meet!

All entries will be handled "on-site" at a table located under O'Brien Stadium, beginning at approximately 5pm. Races will be seeded after all entries are collected. Listen for the announcements regarding registration by the PA announcer!

Races are OPEN to all competitors

(youth, masters, coaches, non-competing high school athletes - everyone!)

Girls/Women will compete on May 22

Boys/Men will compete on May 29

Also, Male coaches of Girls teams can compete on May 22 and Female coaches of Boys teams can compete on May 29

We will use hip numbers and fully automatic timing

Cost will be \$5 per athlete/unlimited events

(RACE FOR FREE if you are a volunteer worker at the state track meet!)

For further details please call/email

Geoff Masanet, EIU Track and Field/Cross-Country
217-581-6647 or gtmasanet@eiu.edu