

**2016-2017 TRACK AND FIELD BULLETIN  
(LAST EDITED October 6, 2016 @ 2:42 p.m.)**

**INTRODUCTORY NOTE:** The rules interpretations will be presented and viewed online. As in the past, time does not permit coverage of all the rules. This information has been prepared to assist you in your personal study of the rules by noting **SOME** of the rules that deserve special attention. If you have further questions upon reviewing this document, or viewing the online rules meetings, please contact Assistant Executive Director Kraig Garber at the IHSA Office.

**It is important to make sure your Schools and Officials Center is up-to-date with contact information. Please double check:**

**Coaching & IHSA Member School Staff Compliance (click on “Staff Responsibilities & Logins”, click on “Staff Compliance”):** This IHSA Schools Center staff page will display all coaches and whether or not they are in compliance. This is very important because if any information is missing from the coaching profile, the coach (head and/or assistant) will not be able to add his/her name to their list of coaches on their List of Participants and will not be issued credentials at the State Final. This page indicates:

- a. Who has been listed as coaches for your school (information in the Schools Center must be current/updated by School Administrator)
- b. How each coach on your staff is certified to coach (information in the Schools Center must be current/updated by School Administrator only)
- c. If the coach has completed the PES Exam (one time requirement) (Coach)
- d. **STATE OF ILLINOIS REQUIREMENT:** If the coach/athletic director has passed the Concussion Exam (this year and every two years) (Coach/Athletic Director)

(To make changes to this information, the School Administration should click on the “Staff Logins & Roster” link and click “Jobs” next to the name of the staff member that needs to be updated and make necessary changes.)

To Complete the PES and Concussion Exams: Coaches must log in using their USER ID and PASSWORD and click on the appropriate Link in the Activity Tracker.

**Coaches:** Login to the Schools Center to make sure you are listed as the coach for your school and your email address is current. If you are receiving emails and your school is not going to participate in the Track & Field State Series, this is a “Red Flag” that the IHSA believes that your school is entered and planning to participate. To avoid penalties, you must have your official representative withdraw your school by emailing [tcraig@ihsa.org](mailto:tcraig@ihsa.org) by the Online List of Participants deadline.

**A notification system will be put into place to contact coaches in the event of an emergency or impending severe weather decisions at the State Meet.** In order to contact you, we must have current contact and cell phone information posted in the IHSA Schools Center. **Maintain your personal site with cell phone number** to ensure you will receive notifications.

**Officials:** Login to the Officials Center to make sure your email address is current.

This information is required for IHSA to effectively communicate with its coaches and officials. If you are receiving notifications from our office, please do not ignore them. You are receiving communications because you are entered into the state series and we require/expect for you to meet all deadlines to remain eligible.

**Rules Meeting Deadline: Begins November 29, 2016-Ends February 28, 2017**  
**Please put this date in your phone notifications calendar.**

**IMPORTANT NOTICES:**

**Schools and Official’s:** All Track & Field Head Coaches and officials must review and interact with the online rules meeting presentation and follow the instructions at the conclusion of the presentation to get credit for a Rules Meeting. This is a yearly requirement to be completed by the deadline to prevent a probationary or suspension status. To avoid a penalty fee of \$50.00 to have the probation or suspension lifted please complete by the deadline. **If you have trouble getting credit issued through the School and Officials Center, please contact Cheryl Lowery at the IHSA Office before viewing again.**

**To receive credit for the Rules Meeting:** You must login to the IHSA School’s & Officials Center **by the deadline. DO NOT VIEW THE RULES PRESENTATION WITHOUT LOGGING INTO YOUR SCHOOL OR OFFICIALS CENTER SITE.**

**YOU WILL NOT GET CREDIT FOR WATCHING THE PRESENTATION ON THE PUBLIC SITE (it doesn’t require login information)!!!!**

## **2016-17 IMPORTANT DATES/DEADLINES FOR GIRLS AND BOYS TRACK & FIELD:**

First Date of Officials Promotion applications	7/01/2016
<b>Only New Officials</b> Rule Books mailed	Mid-September
Online Rules Meeting Presentation begins (Tue.)/RM Bulletin Posted	11/29/2016
First Date of Officials Online Part 1 testing (Tues.)	11/29/2016
Manual for Schools with T & C's posted Online	11/29/2016
Manual for Managers with T & C's posted Online	11/29/2016
Season begins (Mon.)	1/16/2017
1st Contest (Mon.)	1/30/2017
Officials Availability Deadline (Thurs.)	2/16/2017
Last Date of Officials Part 1 testing/Online Rules Meeting Deadline	2/28/2017
Probation/Suspension Calculated (Wed.)	3/1/2017
Last date of Officials Promotion applications	3/10/2017
First Date of Officials Online Part 2 Exams	3/14/2017
Last Date of Officials Online Part 2 Exams	3/21/2017
Officials Assignment Process Begins-Calendar should be updated (Fri.)	3/24/2017
State Final Vol. Official Deadline (Mon.) - Contact IHSA	3/27/2017
New Officials Licensing Period Ends	4/15/2017
First Date of Officials renewal/licensing period	5/01/2017
Girls Online List of Participants (Mon.) – Noon	5/08/2017
Girls Sectional Seeding Mtg. (Tue.)	5/09/2017
Girls Sectionals (Wed., Thurs. or Fri.-Check Assignment page)	5/10-5/12, 2017
Girls State Final (Thurs.-Sat.)	5/18-5/20, 2017
Boys Online List of Participants (Mon.) – Noon	5/15/2017
Boys Sectional Seeding Mtg. (Tue.)	5/16/2017
Boys Sectionals (Wed., Thurs. or Fri.-Check Assignment page)	5/17-5/19/2017
Boys State Final (Thurs.-Sat.)	5/25-5/27/2017
Season Ends (Sat.)	5/27/2017
Officials Assignment History Updated	6/19/2017
Last Date of Officials renewal/licensing period	6/30/2017
T&F Advisory Meeting following the 16-17 season	9/06/2017

**Pole Vault: All schools conducting the pole vault MUST have in place a box pad meeting the ASTM Standard approved by the NFHS. YOU MAY NOT POLE VAULT WITHOUT THE PAD!**

### **Track and Field and Cross Country Rules Changes - 2017**

- 3-2-4u New :** Places the responsibility of providing liquids during competition on the games committee, not the individual coaches.  
**Rationale:** The games committee should have responsibility for providing liquids during the race and not leave up to each coach.
- 3-6-1 & 3-4-7:** The signal at the beginning of the last lap in individual races now occurs in race distances of two laps or more.  
**Rationale:** Signifying with a bell with one lap remaining in the 800 alerts timers, place judges and FAT operators on notice, builds excitement for spectators and is a positive signal for the competitors. Updates to current trends in the sport.
- 3-6-1:** Clarifies that a runner is disqualified by the starter when charged with a false start.  
**Rationale:** The authority to disqualify a runner for a false start should be extended by rule to the starter as well as the referee.
- 3-10-7:** Clarifies the mechanics used to confirm the result of an attempt when flags are not utilized by calling "fair" or "foul".  
**Rationale:** Clarifies field event judge's protocol for signifying the performance result when flags are not being utilized.
- 4-3-1b(5) & 8-6-1b(4):** Allows the placement of one American flag on each item of uniform apparel and deletes NOTE restricting flag placement.  
**Rationale:** Remove NOTE limiting the placement of the American flag to one piece of uniform apparel as this is contradictory to the rule.

- 4-6-5g New:** Adds receiving physical aid by any other person during a race to the list of unfair acts of assisting a competitor.  
**Rationale:** The rule should include coverage of the actions of competitors and nonparticipating team members as well as assistance/aid from other parties.
- 4-6-5d, New e 8-7:** A participant assisting an injured/ill competitor when an appropriate health-care professional is not available is no longer disqualified.  
**Rationale:** Although uncommon that appropriate health-care professionals are not available to assist an injured/ill competitor, there may be occasions when a competitor is needing assistance to confirm his/her health status or to arrive to a location for health care. Should another competitor assist, such competitor shall not be disqualified, only the assisted competitor shall be disqualified for not completing the race unassisted. Reorganize rule to indicate why competitor is disqualified.
- 5-1-3:** Establishes the location and spacing of cones, when used, in the absence of a curb.  
**Rationale:** In the absence of a curb, the placement of cones ensures the competitors run the prescribed race distance.
- 5-6-4:** Deletes the requirement of separating competitors from the same team if they were to be in the same heat in the first round of competition.  
**Rationale:** The results of running events are based on head-to-head competition and all contestants should have the opportunity to compete in the heat earned by the athlete's place and/or qualifying times. Consistent with current trends in the sport.
- 5-7-3:** Competitors in distance races (800m and greater distances) use only a standing start, remaining motionless for the start without their hand(s) touching the ground.  
**Rationale:** Consistent with current trends in the sport. Reinforces the concept that distance races (800, 1600 or 3200) only use a standing start.
- Rules 6 and 7:** Reorganizes rules 6 and 7 into one rule "Field Events" to avoid duplicity in the rules, remove unnecessary language, be more concise in the presentation of the events rules and create a section on general rules for all field events.  
**Rationale:** To combine all of the field event rules into one rule thereby eliminating the possibility of making a change in the throws and missing it in the jumps. Also eliminates duplication of definitions in the rules and unnecessary language.
- 6-2-6** Warm-ups in a field event shall not take place until the venue is declared open by the meet director and required supervision is in place. Once competition begins, except as scheduled, competitors shall not use venues or implements associated with the competition for warm-ups.  
**Rationale:** For purposes of risk management, warm-ups in a field event may not take place until the venue is declared open and required supervision is in place. For further risk minimization for athletes, spectators, and officials involved in the event, athletes should be prohibited from picking up an implement and doing turns while other competitors are completing their throws or using the runway during the competition unless they have been called for their attempt.
- 6-2-10:** Includes how trials are recorded when a legal implement breaks during competition within the rule and deletes as a NOTE.  
**Rationale:** Clarifies how trials are recorded when a legal implement breaks during competition. More appropriate to list within rule rather than a NOTE.
- 6-7-9e:** Clarifies that it is a foul if a competitor touches the top or end of the stopboard before leaving the circle.  
**Rationale:** The top or sides of the stopboard are outside of the ring and touching outside of the ring is not compliant with leaving from the back half of the circle and is a foul.
- 7-2-1:** Special events which may be included in the order of competition shall be conducted under USATF Youth event rules unless state association policy determines otherwise.  
**Rationale:** The NFHS rules allow several special events to be added to the order of events but no specific event rules are written. By utilizing USATF Youth event rules there are standard rules which are age appropriate. However, state associations may already have appropriate rules in place and this should be an option stated in the rules.
- 8-1-3b:** Clarifies that directional sign posts can be used with or in place of directional flags in cross country.  
**Rationale:** Clarifies that either directional flags and/or sign posts shall be used in cross country.
- 9-2-2 & 3-17-2:** Clarifies where to place the wind gauge in the horizontal jumps when there are multiple takeoff boards used in the competition.  
**Rationale:** Officials need guidance as to where to place the wind gauge when there are multiple takeoff boards. As the rule is currently written, it implies either having to move the wind gauge between jumps or having a second gauge. As the better jumpers will most likely use the farther board, it is logical to have the wind gauge at the location furthest from the pit.

**IHSA/NFHS Rule Variations:** These variations are well documented in the IHSA required online Rules Video. Officials, please review the online rules video prior to taking the required part I online examination.

- Uniform – In Illinois** the uniform and undergarments worn by cross country teams and track and field RELAY TEAMS must be **SIMILAR, NOT IDENTICAL**.  
**Undergarments** do not need to be of a single, solid color and need not be unadorned. An athlete may wear multiple undergarments and those undergarments may be of different colors, For example; it would be legal to wear a red long sleeve tee shirt with a green short sleeve tee shirt over it. In cross country and on T&F relay teams only, if more than one team member chooses to wear undergarments ,then his/her undergarments must be similar in style and color. In the example above, any team member also choosing to wear undergarments would also need to wear the red long sleeve and the green short sleeve tee combination. Not all of the team members would be required to wear undergarments, but if they do, then they must match in style and be similar. COACHES, in order to guarantee that the officials interpreting your teams uniforms share your interpretation of “SIMILAR, it is highly recommended that you make certain that your cross country team members and T&F relay teams match exactly. Again, this is recommended and not required. Obviously if they match exactly there is no need for an officials interpretation.  
 The uniform rule in Illinois is interpreted to provide some flexibility for schools under the pressure of tight budgets. When interpreting uniforms for cross country teams and track and field relay teams consider the following: Are the uniforms being worn similar enough so that a person standing at the finish line can easily determine that the competitors running for the same school are team mates? Ultimately, this is a judgement call that will be made by the meet referee, common sense should prevail.
- Uniform DQ** – In Illinois, we do not disqualify a competitor for a uniform first violation after they have passed through the clerks inspection and are racing or have finished their race (unless alterations are made after the competitor passes inspection). In this case they would be disqualified for unsporting conduct.
- Legal in Illinois:** Jewelry, watches, Removeable Arm Sleeves, Calf Sleeves, Wrist Sweat Bands, Bi-Cep bands

**IHSA State Series T&F Qualifying Standards:**

Using the same process as last year, the Sectional Qualifying Standards for the Boy’s and Girls’ State Finals will be determined in the following manner. The Qualifying Standards for each individual and relay event will be calculated for classes 1A and 3A by determining the 21<sup>st</sup> place time from all sectionals. Then that time will be used to obtain an average of the last FIVE years average times in each event. For class 2A, a THREE-year average of the 16<sup>th</sup> place time in individual events and relays was used. Using this process, the proposed qualifying standards for the 16-17 seasons are:

Event	1A Girls		2A Girls		3A Girls	
	15-16	16-17	15-16	16-17	15-16	16-17
LJ	16-3	16-2	16-11.5	17-1	17-5	17-6
PV	9-4	9-1	9-7	9-6	10-3	10-3
HJ	5-1	5-1	5-1	5-1	5-3	5-3
SP	35-7	35-9	37-11	38-0	38-0	38-0
TJ	33-6	33-6	34-9	34-9	35-10	35-11
DISC	107-6	107-6	112-2	112-2	116-8	116-11
4 X 800	10:20.72	10:23.87	9:52.80	9:53.97	9:36.75	9:34.47
4 X 100	:51.99	:52.01	:50.40	:50.28	:49.50	:49.45
3200	12:10.37	12:12.49	11:37.20	11:35.71	11:12.45	11:08.33
100 HH	:16.62	:16.60	:15.90	:15.86	:15.57	:15.59
100	:12.97	:12.96	:12.80	:12.74	:12.64	:12.61
800	2:27.52	2:27.62	2:23.30	2:22.12	2:20.07	2:19.88
4 X 200	1:51.33	1:51.28	1:47.50	1:47.57	1:45.82	1:45.69
400	1:01.84	1:02.15	1:00.00	1:00.19	:59.29	:59.28
300 LH	:48.81	48.72	:47.70	:47.72	:46.78	:46.91
1600	5:33.69	5:33.95	5:20.90	5:21.00	5:11.50	5:10.01
200	:26.94	:26.99	:26.30	:26.23	:25.95	:26.01
4 X 400	4:16.89	4:17.57	4:09.10	4:09.20	4:03.37	4:04.48

Event	1A Boys		2A Boys		3A Boys	
	15-16	16-17	15-16	16-17	15-16	16-17
LJ	20-11	20-11	21-5	21-4	22-1	22-1
PV	12-7	12-5	13-1	13-1	13-7	13-7
HJ	6-2	6-1	6-3	6-3	6-3	6-3
SP	47-8	47-9	50-11	49-2	52-8	52-7
TJ	41-7	41-5	43-4	42-7	44-2	44-4
DISC	143-2	142-10	145-11	144-6	157-11	157-9
4 X 800	8:32.45	8:33.80	8:11.20	8:10.64	7:59.34	7:58.96
4 X 100	:44.29	:44.33	:43.30	:43.39	:42.70	:42.66
3200	10:11.70	10:10.98	9:44.80	9:42.98	9:24.72	9:26.72
110 HH	:15.84	:15.91	:15.30	:15.29	:14.98	:15.02
100	:11.32	:11.38	:11.10	:11.08	:11.00	:10.99
800	2:02.26	2:02.66	1:59.20	1:59.94	1:57.27	1:57.31
4 X 200	1:33.24	1:33.47	1:30.90	1:30.81	1:29.34	1:29.30
400	:51.68	:51.80	:51.00	:51.10	:50.13	:50.10
300 IH	:41.57	:41.57	:40.20	:40.43	:39.69	:39.74
1600	4:38.49	4:39.11	4:27.70	4:27.65	4:21.42	4:20.94
200	:23.09	:23.11	:22.50	:22.55	:22.30	:22.26
4 X 400	3:31.52	3:32.37	3:27.50	3:27.17	3:23.15	3:23.31

**Rationale:** The advisory committee feels that we are on the right track by using this system. Using an objective system should be easier to use, easier to defend and provides fair standards for competitors. If necessary, the system is adjustable by using a different average sectional time, a different average (i.e.: 4 years), or simply by maintaining the prior year's standard for one or more events. The Assistant Executive Director working with the Track & Field advisory committee has reserved the right to make changes if it is obvious that this would be necessary in order to protect the integrity of the meet.

#### **OFFICIALS INFORMATION:**

◆ **2017 State Final Volunteer Licensed and Non-Licensed Officials (Deadline: March 27, 2017):**

**Volunteers who are IHSA licensed officials:** You must go online through the officials' center to accept or decline working as a volunteer at the State Girls and/or Boys Track Meet(s) online as well as indicate the day(s) you will volunteer as well as your shirt size. You will not receive a form in the mail. We will post a request for you to volunteer at the State Meets.

**Volunteers who are non-licensed official:** All non-licensed officials who volunteered at last year's meet(s) will be sent an email in early January. If your email address has changed from last year, please notify Cheryl Lowery [clowery@ihsa.org](mailto:clowery@ihsa.org) of your new email address.

**People who have never volunteered at the State Track Meets:** If you would like to volunteer this year at either the girls or boys state final, contact Cheryl Lowery ([clowery@ihsa.org](mailto:clowery@ihsa.org)) to supply your email address, day(s) you are available to volunteer and shirt size.

◆ **State Final Housing:** All persons who work the respective state final meets are responsible for their own housing. Eastern Illinois University will make dormitory rooms available both weekends. Reservations for University Residence Halls must be made in advance. For reservations, please contact University Housing & Dining at 217-581-5111 visit [www.eiu.edu/~ihsa](http://www.eiu.edu/~ihsa). **The discounted rates are for consecutive nights only.**

◆ **2017 Housing Costs – per person not per room (Tax included, Double room rates assume two people in the room):**

\$40.00 per person in a Double Room for 3 nights  
 \$30.00 per person in a Double Room for 2 nights  
 \$20.00 per person in a Double Room for 1 night  
 \$60.00 per person in a Single Room for 3 nights

\$45.00 per person in a Single Room for 2 nights  
 \$30.00 per person in a Single Room for 1 night

**Housing Check In Location**

**Team Check In:** Lawson Hall

**Officials and Spectator Check-in:** Stevenson Hall

◆ **OFFICIALS HOUSING LOCATION AND OFFICIALS BREAKFAST MEETING:** Officials will be housed in Stevenson Hall and the officials breakfast will be in the University Union Ballroom. Officials will use the same parking lot as in previous years...they will have to walk across 4<sup>th</sup> street for breakfast...five minute walk from Stevenson Hall...Signs will be posted on the sidewalk directing you to breakfast.

◆ **Officials Breakfast and Packet Pick-up:** Packet pick up for officials will be done during a breakfast meeting in the University Ballroom each day on both weekends (Thursday: 7:45 a.m., Friday: 6:30 a.m. and Saturday: 6:30 a.m.) Officials will park in the Stevenson parking lot...officials will walk across 4<sup>th</sup> street for packet pick-up and breakfast. Signs will be posted on the sidewalk directing you to breakfast. If you will not come to breakfast, contact Cheryl Lowery at the IHSA Office to make arrangements for your shirt and wristband to be picked up at O'Brien Stadium (west side, at the South Ticket window).

◆ **Officials Uniform**

1. A starter's sleeve must be a solid color: red, yellow or orange.
2. White collared shirts, short or long sleeved.
3. Blue, black, khaki or gray pants, no jeans or sweat pants.
4. Blue jacket with a red, yellow, or orange sleeve customized to the coat, or a plain blue jacket with a separate starter's sleeve.
5. Blue or red sport coat may be worn, tie is optional.
6. If not acting as the starter or referee, wear apparel provided by the meet management or white shirt with pants as in No. 3.
7. Officials patches must be worn according to VI-A patches in the current IHSA Sports Officials Handbook.

◆ Major officials are licensed with the IHSA. Only IHSA Athletic Officials licensed in Track and Field may receive pay to officiate boys and/or girls interscholastic track and field meets, including expenses. (Major officials include the Referee, Starter, Referee-Starter.)

**SECTIONAL HOSTS, TRACK COACHES AND/OR ATHLETIC DIRECTORS INFORMATION:**

- ◆ List of Participants due on **MONDAY at noon** the week of the sectional meets.
- ◆ Sectional seeding meetings will be conducted on **TUESDAY** the week of the sectional meets.
- ◆ Sectional T&F meets must be conducted on **WEDNESDAY, THURSDAY OR FRIDAY.**
- ◆ Prior to a track and field meet, all competition areas, facilities and equipment must be inspected and prepared in adherence to proper safety measures that insure the safety of competitors, officials, coaches and fans.
- ◆ **F.A.T. must be used at all Sectional Meets.**
- ◆ **Order of Events:** This will serve as a reminder that if the competing schools (or conference) do not mutually agree to use the same Order of Events used in the state meet series or some other mutually agreeable Order of Events, the Order of Events included in Rule 1 of the Track and Field Rules shall be used.
- ◆ **Sectional Managers are required to use the Computer Data File supplied by the IHSA Office for use in their Seeding Meeting/Sectional Meets. Managers should not request information from schools assigned to their Sectional and schools should not respond to the request of a Sectional Manager to provide such information.**
- ◆ The following are available:
  - (a) F.A.T system
  - (b) Starting blocks
  - (c) Official implements for each event;
  - (d) One tape measure for each field event; and,
  - (e) Official score sheets including flight cards and heat cards.

**TRACK & FIELD STATE FINAL TIME SCHEDULE:**

- Wednesday, 4:00 p.m. – 7:00p.m. – Track opens for 1A practice
- Thursday, 11:00 a.m.– 1A prelims
- Friday, 9:00 a.m. – 2A and 3A prelims
- Saturday, 10:00 a.m. – 1A, 2A, 3A finals
- **State Final Time Schedules will be released after the number of heats have been determined from the Sectional Winners. A tentative Time Schedule is included in the Terms and Conditions in your school and manager's manuals.**
- Look below for additional details relative to practice times at O'Brien Stadium.

**Team Packet Pick-up will be at the South Ticket window on the west side of O'Brien Stadium (parking lot side)**

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

**Wednesday:** 4:00 p.m.-7:00 p.m.

**Thursday:** 8:00 a.m. - 6:00 p.m.

**Friday:** 8:00 a.m. – 1:00 p.m. (after this time, packets will be available at the EIU ticket window (parking lot side of O'Brien Stadium))

**IMPORTANT NOTICE REGARDING USE OF THE E.I.U. FACILITY FOR PRACTICE FOLLOWING THE MEETS:**

Schools may use the track and field facilities at O'Brien Stadium for practice and warm-up. These practice sessions are not the responsibility of the IHSA nor of EIU. Athletes and coaches use the facilities to practice at their own risk. Coaches will be responsible for the safety of their athletes/staff. Coaches must be aware of the weather and react according to IHSA severe weather safety guidelines. If it rains, go indoors!

**Practice Schedule (State Final):**

On **Wednesday afternoon**, **1A competitors** will be permitted to warm-up on the track from **4:00 p.m. until 7:00 p.m.**, and between **8:00 a.m. and 10:00 a.m.**, on **Thursday morning**. On **Thursday night** from approximately **5:00 p.m. until 7:00 p.m.** (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 **Friday evening** the track will be open following the 2A/3A meet from approximately **6:30 p.m. – 7:00 p.m.** prior to the start of the Race Under the Lights event. On **Saturday morning** the track will be open from **7:00 a.m. until 8:45 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 7:00 p.m. on Wednesday and Thursday after all special warm-up times.