

# IHSA T&F SEEDING PROCEDURES

## IHSA SECTIONAL AND STATE FINAL TRACK AND FIELD MEETS

All Managers: The recommended computer software for conducting sectional meets is Hy-Tek. The seeding procedures that follow will be used for all IHSA Sectional Meets.

## INSTRUCTIONS FOR SEEDING SECTIONAL T&F MEETS

### SEEDING RUNNING EVENTS AT ALL IHSA SECTIONAL T&F MEETS:

#### **NO SECTIONAL RUNNING EVENTS WILL CONDUCT SEMIFINALS:**

BE AWARE THAT THE FOLLOWING RUNNING EVENTS **WILL NO LONGER CONDUCT SEMI-FINALS** AT ANY IHSA SECTIONAL T&F MEET:

100 Meter Dash

200 Meter Dash

100/110 High Hurdles

#### **ALL RUNNING EVENTS WILL BE CONDUCTED AS FINALS AT ALL IHSA SECTIONAL T&F MEETS:**

In seeding the sectional running events listed above which are conducted as finals, 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 shown below.

## **SECTIONAL EVENTS CONDUCTED AS FINALS:**

### **ALL RUNNING EVENTS WILL BE CONDUCTED AS FINALS AT ALL IHSA SECTIONAL T&F MEETS:**

100 Meter Dash  
200 Meter Dash  
100/110 High Hurdles  
4 X 800 Meter Relay  
4 X 100 Meter Relay  
3200 Meter Run  
800 Meter Run  
4 X 200 Meter Relay  
400 Meter Dash  
300 Meter Intermediate Hurdles  
1600 Meter Run  
4 X 400 Meter Relay

In seeding the sectional running events listed above which are conducted as finals, 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 shown below.

#### **Preferred Lane List:**

Use the following key to determine preferred lanes:

Preferred Lanes – 6 lane track: 3,4,2,5,1,6  
Preferred Lanes – 7 lane track: 4,5,3,6,2,7,1  
Preferred Lanes – 8 lane track: 4,5,3,6,2,7,1,8  
Preferred Lanes – 9 lane track: 5,6,4,7,3,8,2,9,1

#### **Preferred Alleys List:**

Use the following key to determine preferred alley positions:

Preferred Alley Positions - 9 lane track: Alley 1 – positions 12-8-4  
Alley 2 – positions 11-7-3  
Alley 3 – positions 10-6-2  
Alley 4 – positions 13-9-5-1

(If Using Super Alleys)

Alley 1 – Positions 2,4,6,8,10,12,14,16,17,18  
Alley 2 – Positions 1,3,5,7,9,11,13,15

Preferred Alley Positions - 8 lane track: Alley 1 – positions 12-8-4  
Alley 2 – positions 11-7-3  
Alley 3 – positions 10-6-2  
Alley 4 – positions 9-5-1

Preferred Alley Positions - 6 lane track: Alley 1 – positions 9-6-3  
Alley 2 – positions 8-5-2

<https://ihsaorg.sharepoint.com/sites/TRandField/Shared Documents/General/Track & Field/2021-2022/2022 SEEDING PROCEDURES.docx>

Alley 3 – positions 7-4-1

**Example of Preferred Alleys and Positions for Sectional Meets**

**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			
27	24	21						
ALLEY #1		ALLEY #2		ALLEY #3				

**Example of Preferred Alleys and Positions for Sectional Meets**  
**8 Lane Track**

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	
						9	5	1
						21	17	13
				10	6	2		
				22	18	14		
		11	7	3				
		23	19	15				
12	8	4						
24	20	16						
ALLEY #1		ALLEY #2		ALLEY #3		ALLEY #4		

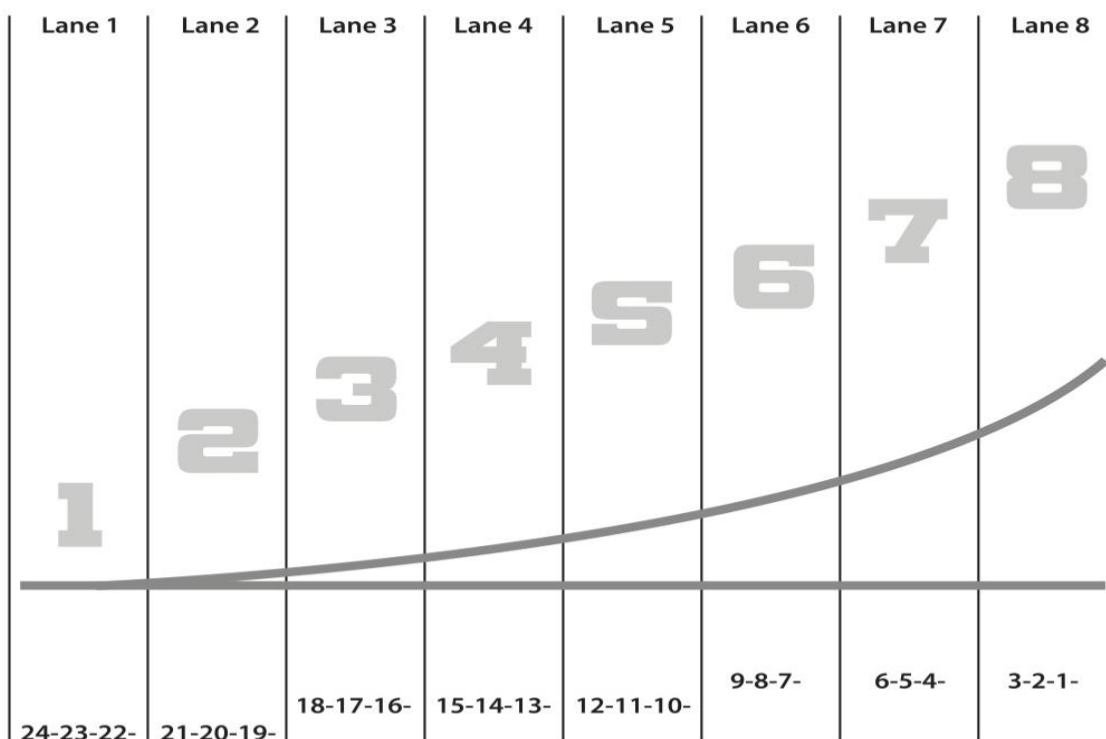
### 9 Lane Track – Super Alley Seeding for State Series

**Note: At sectional meets use the existing alleys painted on your track. Do not attempt to create super alleys.**

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9
					15, 13	11, 9	7, 5	3, 1
					<b>Alley #2</b>			
18, 17     16, 14     12, 10     8, 6     4, 2								
<b>Alley #1</b>								

The 1600 and 3200 Meter Runs will be conducted as a final at the sectional meets. At the state meet, only the 3200 will be conducted as a final. Both the 1600 and 3200 will be started from the International Start Line (waterfall) AND NOT FROM ALLEYS. Both events will be seeded with the fastest time seeded at the top outside point of the arc (just as in an alley start). Competitors will then be seeded by next best time to the left of the number 1 seed, working toward the inside of the track.

In the 3200 Meter Run, if necessary, two (2) sections are run. The field will be split into two sections. The break points used to split the field into two sections are determined by the natural breaks in the reported entry times. They do not necessarily create an even split of the runners participating. If less than 6 competitors report for the first section, that section will not be run and the competitors will be assigned to the second section.



### International Waterfall Start

Place the best time in position one, lane eight

Place the second best time in position two, lane eight, etc.



## SEEDING FIELD EVENTS AT ALL IHSA SECTIONAL T&F MEETS:

### Sectional Seeding of the:

Long Jump

Pole Vault (conduct as a final)

High Jump (conduct as a final)

Shot Put

Group the competitors into an appropriate number of flights based upon the total number of entries. Competitors will be placed into a flight based upon their entry performance provided to the IHSA by the school at the time of the official online entry process. If for example there are 24 total entries, the best 12 will make up the final flight. The first flight will be made up of the remaining 12 entries. The order of competition in all flights will be to start with the worst entry performance in that flight and continue in ascending order with the best entry performance competing last.

### EXAMPLE: 24 total entries

Flight Number 1	Flight Number 2
24 (worst of 24 entries)	12
23	11
22	10
21	9
20	8
19	7
18	6
17	5
16	4
15	3
14	2
13	1 (Best of 24 entries)

*At sectional meets, in the long jump, triple jump, shot put and discus, each competitor will get three (3) preliminary attempts. Following the preliminary attempts, the top nine (9) plus ties for 9<sup>th</sup> will advance to the finals where they will get three additional attempts. Trials that meet or exceed the IHSA State Qualifying Standard in the preliminaries or finals will qualify a competitor to participate in the IHSA State Meet.*

NOTE: At sectional meets the Pole Vault and High Jump will be conducted as a final.



## Sectional Seeding of the:

Triple Jump

Discus

Please note that these events are seeded in reverse of the Long Jump and Shot Put.

Grouping the competitors into an appropriate number of flights based upon the total number of entries. Competitors will be placed into a flight based upon their entry performance provided to the IHSA by the school at the time of the official online entry process. Please note that these events are seed in reverse of the Long Jump and Shot Put. If for example there are 24 total entries, the best 12 will make up the first flight. The last flight will be made up of the remaining 12 entries. The order of competition in all flights will be to start with the worst entry performance in that flight and continue in ascending order with the best entry performance competing last. The purpose for this reversal is to attempt to avoid competition conflicts between the multi-event athletes. The games committee has the authority to modify this grouping/seeding if their meet situation deems an adjustment necessary.

### EXAMPLE: 24 total entries

Flight Number 1	Flight Number 2
12	24 (worst entry)
11	23
10	22
9	21
8	20
7	19
6	18
5	17
4	16
3	15
2	14
1 (best entry)	13

*At sectional meets, in the long jump, triple jump, shot put and discus, each competitor will get three (3) preliminary attempts. Following the preliminary attempts, the top nine (9) plus ties for 9<sup>th</sup> will advance to the finals where they will get three additional attempts. Trials that meet or exceed the IHSA State Qualifying Standard in the preliminaries or finals will qualify a competitor to participate in the IHSA State Meet.*

**Sectional Seeding of the:**

High Jump

Pole Vault

Please note that these events are seeded similar to the Triple Jump and Discus. These events will be conducted as a final at the sectional meets.