

IHSA T&F SEEDING PROCEDURES

IHSA SECTIONAL AND STATE FINAL TRACK AND FIELD MEETS

All Managers: The seeding procedures that follow will be used for all IHSA Sectional Meets.

NO SECTIONAL RUNNING EVENTS WILL CONDUCT SEMIFINALS

THE FOLLOWING SECTIONAL EVENTS WILL BE CONDUCTED AS FINALS:

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

Seeding Sectional running events will be done in the following manner:

- The participants will first be divided into the appropriate number of heats/sections as determined by what the track can accommodate.
- The fastest times will be seeded together to be run in the last heat/section for that event.
- The next fastest times will be seeded together in the next to last heat/section and so on.
- Once the heats/sections are determined, the competitors will be seeded into their lane/alley/waterfall position using the charts shown below.

Preferred Lane List:

For events conducted in lanes (including the 4x400 Meter Relay), 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

At the State Final Meet, Super Alleys will be used for the 4x800 Meter Relay and 800 Meter Run, and the International Waterfall Start will be used for the 1600 Meter Run and 3200 Meter Run. Where possible, the starting methods for these events shall be conducted as they will occur at the State Final Meet. However, when conducting these events at the Sectional Meets, the start shall be based on the markings available on the track. In other words, no markings shall be hand drawn/marked onto the track to establish a certain starting method.

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
 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
		17 14 11		25	22 19
9 6 3		26 23 20			
18 15 12					
27 24 21					
ALLEY #1		ALLEY #2		ALLEY #3	

[illegible]

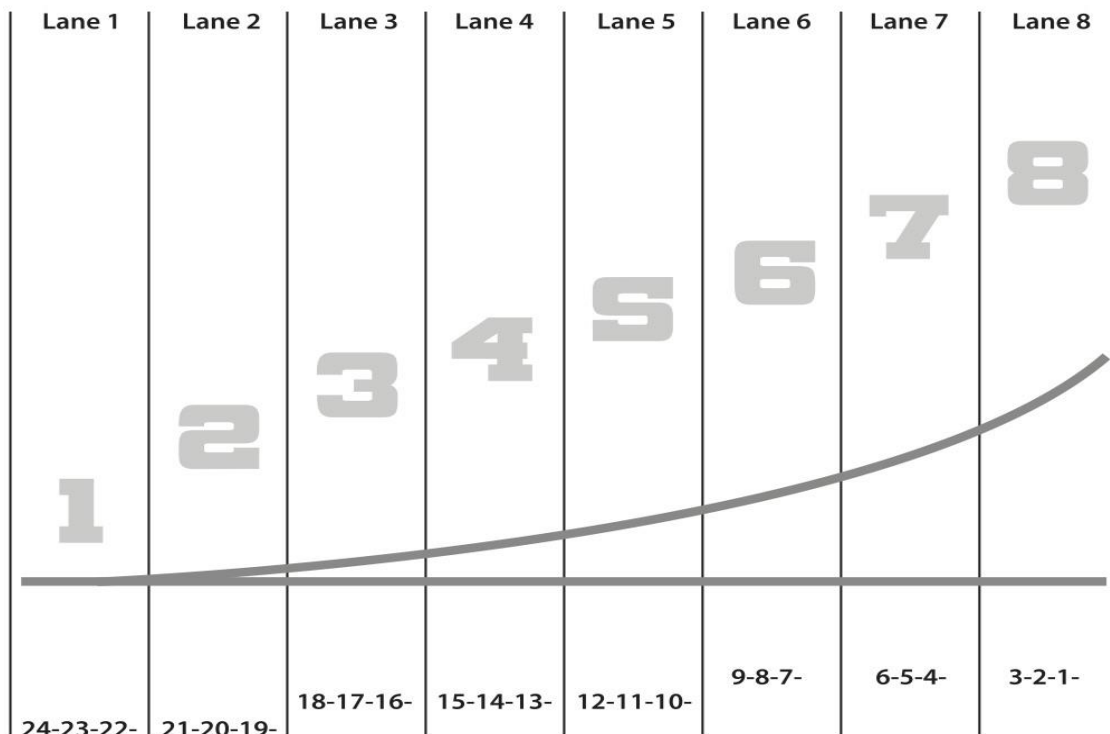
9 Lane Track – Super Alley Seeding for State Series

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

[illegible]

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 Waterfall Start Line 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 two (2) sections are run, 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, then the remaining competitors from that section 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 best entry performance that is auto populated by Athletic.net 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 shortest 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 (Shortest mark 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 mark of 24 entries)

At the sectional meet In the Long Jump, Triple Jump, Shot Put and Discus, each competitor will get three (3) attempts in the preliminaries. Nine (9) contestants plus ties for ninth shall advance to competition in the finals for three (3) more attempts. The competitor order in the finals will start with the competitor who qualified with the shortest preliminary mark and end with the competitor who had the best preliminary mark. 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 best entry performance that is auto populated by Athletic.net at the time of the official online entry process. . Please note that these events are seeded 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 shortest 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 (Shortest mark entry)
11	23
10	22
9	21
8	20
7	19
6	18
5	17
4	16
3	15
2	14
1 (Best mark entry)	13

At the sectional meet In the Long Jump, Triple Jump, Shot Put and Discus, each competitor will get three (3) attempts in the preliminaries. Nine (9) contestants plus ties for ninth shall advance to competition in the finals for three (3) more attempts. The competitor order in the finals will start with the competitor who qualified with the shortest preliminary mark and end with the competitor who had the best preliminary mark. 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.