



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

State Track & Field Meet Policies for Schools and Officials

Meet Location: Eastern Illinois University

Meet Dates: Girls – May 21-23 Boys – May 28-30

This information was put together to allow schools & officials to familiarize themselves with procedures and information for the days of the state track meets. Best of luck!

Wristband Distribution: The Head coach may sign for the wristbands they are allotted according to the number of participants that advance to the State Final Meet (1-5 participants=2; 6-10 participants=3; 11 and above=4). Additional coach's wristbands can be purchased at the State Final Team Packet pick-up window (only if they are listed as an assistant coach at their school according who they listed in their List of Participants). Those wristbands must be signed for individually. The cost is \$20.00 (this policy will prevent a coach from having to wait in the ticket line two days). **Cash or Credit Card will be accepted this year.** Wristbands will be available through Thursday night at 7:00 p.m. **Coaches not listed in the List of Participants must purchase a daily ticket through the EIU Ticket window.**

Protection of Property:

Competitors and schools are responsible for their own property and valuables at all times during the state final meets. NEITHER THE IHSA NOR EIU WILL ACCEPT RESPONSIBILITY FOR LOST, BROKEN OR STOLEN PERSONAL ITEMS AT ANY TIME, REGARDLESS OF THE CIRCUMSTANCES. No locker rooms are provided.

Cell phones are not allowed in the Clerk's Tent.

General Meet Schedule:

Tentative Time Schedule Consult the Official State Final Meet time schedule included in the State Final Program and advise competitors to be ready to compete at scheduled times. (Note: Thursday & Friday Times are approximate.) In case of delays, the time intervals between events will be **approximately** the same unless weather conditions dictate otherwise.

MEET MANAGEMENT RESERVES THE RIGHT TO CHANGE THE MEET SCHEDULE AT ANY TIME WHEN CONDITIONS WARRANT CHANGES. COACHES MUST MONITOR ALL PUBLIC-ADDRESS ANNOUNCEMENTS AND THE IHSA TWITTER FEED (@ihsaWeather) FOR THESE ANNOUNCEMENTS.

Note: 3200 M. Run is conducted as a final on Saturday for all 3 classes, there is no prelim.

Thursday

Class 1A Field Events: HJ/LJ/TJ @ 10:00 a.m.—PV/Shot/Discus @ 11:00 a.m.
Class 1A Running Events: 11:00 a.m.

Friday

Class 2A Field Events: HJ/LJ/TJ @ 8:00 a.m.—PV/Shot/Discus @ 9:00 a.m.
Class 2A Running Events: 9:00 a.m.
Class 3A Field Events: HJ/LJ/TJ @ 12:00 p.m.—PV @ 12:30 p.m. --Shot/Discus @ 1:05 p.m.
Class 3A Running Events: 12:45 p.m.

Saturday Finals:

10:00 a.m. – 1A, 2A, 3A finals



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Contestants warming up during the meets 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 restricted areas.

First Aid/Injuries:

Athletic Training Facilities will be in the EIU training room at O'Brien Field. 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 7:00 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.

Hydration: Water and Gatorade are the only permitted drink allowed on the track facility.

Meet Clerking Information

All track competitors in a running event must report to the staging area/clerks tent at south end of track when their track event is called, unless the athlete made prior arrangements with the Meet Referee-Conflicts. No coaches are allowed in the staging area. Field event competitors must report directly to the field event competition area when their field event is called.

For long jump, high jump, triple jump, and pole vault contestants will access these events through the southeast gate. Contestants must be wearing their bib number and uniform to enter.

Clerk's Tent Access: Only competitors dressed in their uniform wearing their number will be given access to the Clerk's tent/staging area on the South End of the Track. Contestant numbers must be pinned at all four corners on the FRONT of the track uniform shirt/jersey, unless instructed to do otherwise by the Clerk of Course.

Hip Numbers: Contestants will wear lane numbers on both sides of their hips for the F.A.T. timing device. The Clerk of Course will distribute the numbers.

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.

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 Relay Clerks at the finish line immediately following the relay.

Uniform: Contestants wearing caps, hats, 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.

- **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. It is not legal for shorts to be rolled at the waistband.
- **Tights/Leotards/Visible Undergarments:** If a competitor wears any visible undergarments, they must be worn underneath the track shorts and/or track jersey. Undergarments are not subject to the uniform rule as the rules only apply to the outer school issued/approved garments. Therefore, undergarments worn by relay team members do not have to be similar in color in style (no matter the length).
- **Spikes:** All spikes must be presented and will be checked in the Clerks tent (Running Events)/venue (Field Events). Athletes will not be allowed to compete without having their spikes checked. Any athletes competing with illegal spikes will be disqualified. ¼" Pyramid Spikes on contestant shoes are the only acceptable spikes allowed in All venues of O'Brien Field/Lantz Fieldhouse. Competitors will

not be permitted to wear spikes in the hallways of Lantz building. Spikes may be worn only in the field house track area.



- 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 shot and discus. (Rule: 3-2-2)

O'Brien Field Facility Information

Track: The meet will be held on a 9-lane Royal Blue Rekortan Full-Pour Polyurethane running surface. 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.

Tape: Tape for any marking (jumpers'/throwers' markings) must be white athletic tape. NO other tape will be allowed.

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.

Common Finish line: All running events will end at the SW corner of the track on the main grandstand side: Wind direction may cause the hurdles and the 100-meter dash to be run in the opposite direction.

Lane Information: Relay markers will be available at the zones, on a limited basis, from Inspectors. A reminder: the 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. However, blocks will be available for use

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.

Unrestricted Areas: As permitted, in the current National Federation rules, unrestricted 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 shot and discus areas. Seating areas on both the east and west sides are unrestricted areas.

Participant/Fan Access: Participants wishing to gain access to the stadium seating area must do so by passing through the same check-in gates as the general spectators. To gain entry you must have a ticket –or– athletes must be wearing their participants bib number. Track Competitors who are checking into track events are required to do so through the Clerks Tent/Staging area.

Warning: The 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.



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Team Tent Set-Up Area: School team tents may be set up in the grassy area south west of the west main stands in the area designated for team tents. NO TEAM TENTS WILL BE ALLOWED IN THE AREA CONTAINING THE CLERKS TENT AND THROWS COMPETITION AREA IMMEDIATELY SOUTH OF THE STADIUM. TENTS PLACED IN RESTRICTED AREAS WILL BE REMOVED (neither the IHSA nor EIU are responsible for the condition of tents removed from the restricted areas).

EIU Ticket Office Hours: Thursday 9:00 – 2:30; Friday 7:30-3:30; Saturday 8:00-3:30

Ticket prices: \$10.00 daily. Fans who will be watching the Field Events outside of the Stadium must purchase a ticket to watch the events.

Important Meet Policy Reminders

Wireless Communication Devices are Prohibited: Competitors are prohibited from having and/or using wireless communication devices (headphones, cell phones, audio players, etc.) in the restricted competition or warm up area of the track and field complex. Any athlete in possession of or using a wireless communication device in the restricted area is subject to disqualification. The restricted area is the area inside of the stadium perimeter fences as well as the clerk's tent.

Jury of Appeals/Protests: A Jury of Appeals will be designated by the IHSA and will be utilized as described in National Federation Rule 3-5. 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 Terms and Conditions for the series. The decision of the Jury of Appeals in ruling on any such final appeals shall be final. THERE IS NO VIDEO REVIEW DURING THIS PROCESS.

Prelim Results: Complete State Final results will be available immediately after the meet on the IHSA Web Site at: www.ihsa.org.

Viewing Videos: A competitor can view video between trials or races. Viewing of such video must not delay competition and could only be done in an area approved by a meet official.

Scratch Form: Coaches will be issued scratch form in their team packet (they are also available online). The form is to be completed and presented to the Head Clerk by the head coach. Completing and submitting the form will result in the Head Coach NOT being called to the clerk's tent during the meet when his/her athlete fails to report at the appropriate time for competition in the clerk's tent.

High Jump and Pole Vault: 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 1A/2A/3A 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 Thursday and Friday after the preliminaries are concluded.

New High Jump coaches viewing area: Schools that qualify a high jumper will be provided one High Jump Pass provided in their team packet. To access a High Jump viewing area for coaches, the high jump coaches viewing area will be outside the fence on the southeast side of the track behind the hospitality tent. To access this area coaches must also have both a coaches wristband along with the IHSA High Jump coaches pass.

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. The Head Event Judge will have cards to be completed. The weigh-in will be conducted in the official's tent in the southeast corner of O'Brien Field.

Storage of Pole Vault Poles: Vaulting poles can be stored in the hospitality tent located in the southeast corner of O'Brien Field. This area is not secure. Competitors who leave their poles in the tent do so at their own risk.



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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. The implement inspection tent will serve both the shot and discus events and will be in the area containing the throws events south of the stadium.

Throwing Rings: Discus Throw and Shot Put will be from concrete surfaced rings. Competitors should wear rubber-soled shoes.

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.

Throwing Sector: The throwing sector for both the shot and discus will be 34.92 degrees

Time Limits When Contestants Leave a Field Event to Compete in Another Event: 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.

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 on the west side of the main stands of O'Brien Field. The programs will be available at approximately 10:00 a.m.

Assemble for Saturday's Parade of Competitors: (8:45 a.m. - 9:15 a.m.): Officials and contestants should be assembled at southeast entrance to O'Brien Field. 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. All officials, competitors and coaches who qualified for the State Final Meet are invited to participate in the Parade of Competitors. We will march promptly at 9:15 a.m.

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. Awards presentations will take precedence over any interview. Interviews can be completed following the awards ceremony.