Meet Dates: Girls- May 21-24 Boys- May 28-31

This information was put together to allow schools to familiarize themselves with procedures and information prior to the state track meets. We hope your stay is enjoyable. EIU representatives will be wearing housing staff shirts. Please contact them if you have any questions.

State Final Free Digital Programs/Heat Sheets (Available Wednesday, prior to the State Meet): You can download a digital program prior to arriving at the state meet at the following link: https://www.ihsa.org/Resources/State-Programs

Official IHSA State Final programs will not be sold on-site at events, as a free digital version is available for viewing. However, fans interested in a hard copy of the traditional program have the option to order one thanks in part to a partnership with **PIP Printing**. For ordering information, visit PIP's IHSA store by going to https://ihsa.four51storefront.com/print/catalog. These printed programs will be mailed to you the week following the state final.

EASTERN ILLINOIS UNIVERSITY STATE FINAL MEET PREPARATION

Hotel Information: Charleston/Mattoon Area: https://hotelguides.com/colleges/illinois/eastern-illinois-university.html

Dorm Reservations: 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, check and credit card (Visa, Mastercard & Discover). Eastern Illinois University will make dormitory rooms available both weekends. Visit: http://castle.eiu.edu/ihsa/ or Call EIU Housing at (217) 581-3923.

Team Dorm Check-In:

- Taylor Hall, 2121 4th St., Charleston, IL 61920
- Lawson Hall: 2151 4th St, Charleston, IL 61920

Breakfast: Taylor Dining Center each morning of the State Track Meet. Schools are urged to take advantage of the special eating accommodations. **Dining hours:**

7:00 a.m.-10:00 a.m.; Thursday, 6:30 a.m.-10:00 a.m. Friday; 7:00 a.m.-10:00 a.m. Saturday.

Dorm 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.

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. 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 of 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 always provide proper supervision. 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.

Dorm Curfew: 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 the State Final Participants 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.

Housing Desk Operations will be open from 7:00 a.m. until midnight. The desk will provide change and answer questions.

Kraig Garber
Email: kgarber@ihsa.org

Cheryl Lowery
Email: clowery@ihsa.org

Room 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 locks must be changed when a 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.

Spectator Housing: Eastern Illinois University offers spectators the option to stay in the residence halls and University Court Apartments. Spectators are assigned to rooms and apartments on a first come first served basis. Space is limited and the university does not guarantee a specific dorm.

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 not include furnished linens, pillows, and towels.** The beds are twin XL. Persons using the rooms must furnish blankets and other personal items.

Officials/Press Housing Check-In: Stevenson Hall.

IHSA Official State Final Merchandise: Minerva Promotions is the **only Official IHSA** Vendor for State Final Merchandise. They will be in the Merchandise trailer located east and west of O'Brien Field. Hours of operation: **Thursday and Friday from 8:00 a.m.-6:00 p.m. and on Saturday until conclusion of the finals**. You can view and pre-purchase State Track Merchandise that will be sold at the venue by using the following link(s):
Girls Track: http://www.minervapromotions.com/ihsa/spring-events/track-field-girls.html
Boys Track: http://www.minervapromotions.com/ihsa/spring-events/track-field-boys.html

IHSA STATE FINAL MEET PREPARATION/ INFORMATION

STATE FINAL BIB NUMBERS:

ATHLETES ARE ISSUED (1) ONE BIB NUMBER FOR THE ENTIRE STATE FINAL WEEKEND.

BIB NUMBERS ARE NOT RE-ISSUED FOR FINALS COMPETITION.

BIB NUMBERS ARE NOT REQUIRED FOR AFTER MEET/NIGHTLY PRACTICES, BUT ARE REQUIRED TO BE WORN UPON ENTRY INTO THE STADIUM DURING THE MEET.

Qualifier Entries: Your qualifiers have been auto advanced through athletic.net to the state final meet, so you don't need to do anything to enter or register them for the state meet.

School Packet Distribution Location: South ticket window on the west side of O'Brien Field (parking and vendor lot). and Packets will not be needed for practice on Wednesday night. 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 Field):

***Wednesday**: 4:00 p.m. -7:00 p.m.*
***Thursday**: 8:00 a.m. - 6:00 p.m.*
***Friday**: 6:30 a.m. – 1:00 p.m.*

Coaches - Only coaches entered through your Coach Data Form in Schools Center, your Principal or Athletic Director can pick up your team's packet. No one else will be permitted to pick up your team's packet. IHSA By-laws require that teams or individuals competing in IHSA contests must be represented by the appropriate IHSA certified coach/personnel.

Any unclaimed packets can be picked up after 1:00 p.m. Friday will be at the EIU North spectator ticket window on the west side (parking/vendor lot) of O'Brien Field. Track athletes are not allowed to enter Gate #9.

Athlete Access to O'Brien Field: Athletes must enter through the Clerks tent for access to O'Brien Field:

Heat Sheets: Heat sheets will be generated and will be available on the respective IHSA Girls & Boys Track and Field webpage through the State Series Information and Results link. There will not be a hard copy provided with your team packet, so feel free to print your own in advance of the meet.

Meet Delays: In case of delays, the time intervals between events will be **approximately** the same unless weather conditions dictate otherwise. If weather related delays occur, every effort will be made to complete the meet on the scheduled day as there will NOT be state final rain dates. **All delays will be posted on X/Twitter @IHSAWeather. Please be advised, in case of inclement weather, a decision could be made to change the Track & Field State Final schedule.**

X (Twitter) @ihsaweatherNotifications is a courtesy and an attempt to keep our coaches informed. IHSA will not be held not responsible if a coach or athlete does not check their X/Twitter feed.

COMPETITOR/QUALIFIER BIB NUMBER POLICY

- **For Competition:** Competitors must wear the bib on the FRONT of the jersey/uniform and pinned on all four corners., unless directed by the clerk
- **For Stadium Seating**: EIU Gatekeepers have been instructed to ensure the bib number must be worn on an ANY athlete's person entering the stadium seating area.

One (1) competitor bib number will be assigned to each qualifier. The bib will be used throughout the State Final weekend for competition and/or entry into stadium seating. NEW NUMBERS WILL NOT BE ISSUED FOR SATURDAY FINALS!

1.) Qualifiers: Bib 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. A competitor dressed for competition and wearing their number will be admitted to the competition area**. New numbers will not be issued for Saturday Finals.**

2.) Extra Qualifier Athletes: To gain entry without a ticket all athletes must be wearing their assigned bib number. EIU Gatekeepers/Ticket Takers will NOT ALLOW ADMITTANCE TO STADIUM SEATING UNLESS ATHLETES ARE WEARING THEIR ASSIGNED CONTESTANT NUMBER or PURCHASE A TICKET. Bib Numbers must be pinned on all four corners on their clothing (not backpacks) for access to the stadium seating.

3.) Practice: Bib numbers are not required for practice after the previous meet has concluded.

Competitor Access: On Thursday-Saturday at the State Finals, contestants will be permitted access to the track only through the clerks tent/staging area at the south end of the track. Participants wishing to gain access to the stadium seating area must do so by passing through the same check-in gates used by all fans on the west side of the stadium. **Track Competitors will not be permitted to enter at the Southeast gate – they will be required to go around and enter through the Clerks Tent/Staging area**. 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**.

COACH WRISTBAND POLICY

Head Coach wristbands, Assistant Coach Wristbands will only allow access for your coaching staff according to the wristband allotment determined by the number of athletes you advanced to the state final. Since tickets can be purchased digitally, the IHSA will not be selling coaches wristbands at the packet pick-up window. The allotted coaches wristbands in your team packet is based on your number of qualifiers. Those wristbands are for the entire weekend. Wristbands that have been discarded will not be replaced. A ticket of admission must be purchased for the coach who lost or threw away off their wristband.

1-5 Qualifiers = 2 coaches' passes
6-10 Qualifiers = 3 coaches' passes
11 or more Qualifiers = 4 coaches' passes (no more than 4 coaches' wristbands will be allowed for any school).

Coaches' wristbands will grant coaches access to the spectator seating areas in O'Brien Field, the Shot Put and Discus competition areas and access to the high jump viewing area for coaches (with High Jump pass). Schools with a High Jump qualifier will be given a High Jump pass, included in the school packet.

WRISTBANDS WILL NOT BE REPLACED, they must be kept on until you no longer require access to the state final venue.

If wristband quantities are not sufficient due to the numbers on your coaching staff, coaches can purchase a digital ticket through the following link: https://gf1.glitnirticketing.com/gfticket/web/ev_list.php?event_list_id=25

The coach signing for the team packet must confirm the appropriate number of wristbands in their packet at school packet pick-up area before they walk away from the

window. All allotted wristbands (as stated in the Coach Wristband Policy) will be included in the school packet.

Coaches Data Form: All coaches' names will be taken from the IHSA Schools Center "Coaches data Form". The data will be compiled from the Coaches Data Form, **not your Athletic.net account**. All schools must complete the Coaches Data Form in the IHSA Schools Center, not later than the List of Participant Declaration deadline. If a coach is not in your drop-down menu, they are missing one or more of the components of being a "Certified Coach" and must comply before they will appear in the drop-down list.

- **Coaches Access:** Coaches must present their **Coaches Wristband** to be admitted to the main bleacher seating area as well as the throws area on the west side. No coaches will be permitted to enter the Southeast gate or go onto the infield. The **Coaches Wristband** is for stadium seating and the throws area only!
- **Note:** Only coaches **who are listed** on the IHSA Coaches Data Form in the IHSA Schools Center submitted before the sectional will be issued a coaches pass (according to the formula).

Any school who doesn't complete the "Coach Data Form" will be given one pass, if the Head Coach is listed in the IHSA Schools Center. No more wristbands will be issued.

Practicing at O'Brien Field–EIU Athletic Trainers will not be available.

Class 1A Practice Schedule: Wednesday, 4:00 p.m. – 7:00 p.m. Schools may use the track and field facilities at O'Brien Field for practice and warm-up. These practice sessions are not the responsibility of the IHSA or 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 roars, go indoors!).

Class 2A/3A Practice Schedule: Thursday, Following the Class 1A Prelims and the Special Olympics Unified State Final– 7:00 p.m. Schools may use the track and field facilities at O'Brien Field for practice and warm-up. These practice sessions are not the responsibility of the IHSA or 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 roars, go indoors!).

Practice Schedule for all classes: Friday, Following the 2A/3A meet– 7:00 p.m. Schools may use the track and field facilities at O'Brien Field for practice and warm-up. These practice sessions are not the responsibility of the IHSA or 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 roars, go indoors!).

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.

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.

First Aid/Injuries: Athletic Training Facilities will be in the EIU training room at O'Brien Field, located under the main bleachers. 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.

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

Team Tent Set-Up Area: School team tents may be set up in the grassy area southwest 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. The area marked as a, "no team tent area" is that area bordered by a fence to the east, the clerks tent to the north, the discus rings to the south and west including the new discus rings. This will be a "no team tent area." Tents placed in this area will be removed (neither the IHSA nor EIU are responsible for the condition of tents removed from the "no team tent area.")**

Kraig Garber
Email: kgarber@ihsa.org

Cheryl Lowery
Email: clowery@ihsa.org

TENTATIVE
TRACK & FIELD STATE FINAL TIME SCHEDULE

Official State Time Schedule will be posted on the IHSA Website by Tuesday prior to the State Meets once the number of heats has been determined in each event.

Practice Schedule: Wednesday, May 21 (Girls), May 28 (Boys)

4:00 p.m. – 7:00 p.m. Schools may use the track and field facilities at O'Brien Field for practice and warm-up. These practice sessions are not the responsibility of the IHSA or 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 roars, go indoors!).

4:00 p.m. – 10:00 p.m.: Dorm Registration and check in at Taylor Hall.

4:00 – 7:00 p.m.: Coaches may pick up school packets at the south ticket window on the west side of O'Brien Field (parking lot side of stadium)

7:00 p.m.: State Final Manager, Head Officials and Games Committee meeting in the Lantz Building Varsity Room.

Thursday, May 22 (Girls), May 29 (Boys)
1A Semifinals

8:00 – 10:00 a.m.: 1A Schools only, may use track and field facilities at O'Brien Field for practice and warm-up.

8:00 a.m. – 6:00 p.m.: Coaches may pick up school packets at the south ticket window on the west side of O'Brien Field (parking lot side of stadium).

10:00 a.m.: High Jump, Long Jump, Triple Jump to follow the Long Jump

11:00 a.m.: Pole Vault, Shot Put, Discus to follow the Shot Put

11:50 a.m.: National Anthem

12:00 p.m.: 1A competition begins in all running events.

Class 1A Track Order of Events

4 x 800-Meter Relay Semifinals
4 x 100-Meter Relay Semifinals
(10-Minute Warm Up for Hurdles)
100-Meter High-Hurdles/110-Meter High-Hurdles Semifinals
100-Meter Dash Semifinals
800-Meter Run Semifinals
4 x 200-Meter Relay Semifinals
400-Meter Dash Semifinals
300-Meter Low Hurdles Semifinals
1600-Meter Run Semifinals
200-Meter Dash Semifinals
4 x 400-Meter Relay Semifinals

Practice Schedule following the Boys Class 1A Meet: The Special Olympics Unified State Final Championships will be held immediately following the Class 1A Boys State Preliminaries. Approximately 7:00 p.m. the Boys Class 2A/3A schools will be allowed on the track for practice (weather permitting). Schools may use the track and field facilities at O'Brien Field for practice and warm-up. These practice sessions are not the responsibility of the IHSA or 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 roars, go indoors!).

Friday, May 23 (Girls), May 30 (Boys)
2A, 3A Semifinals

7:00 a.m. – 8:30 a.m.: 2A and 3A schools only, may use track and field facilities at O'Brien Field for practice and warm-up.

7:00 a.m. – 1:00 p.m.: Coaches may pick up school packets at the south ticket window on the west side of O'Brien Field (parking lot side of stadium). Unclaimed packets will be left at the southwest gate of O'Brien Field.

8:00 a.m.: High Jump, Long Jump, Triple Jump to follow Long Jump

9:00 a.m.: Pole Vault, Shot Put, Discus Throw to follow Shot Put

9:50 a.m.: National Anthem

10:00 a.m.: The semifinals will be run in two parts. Part 1 will be Class 2A events and Part 2 will be Class 3A events. Class 2A track and field events will begin at **8:00 a.m.** Class 3A track events will begin at approximately **2:00 p.m.**, or later in case of delays. Class 3A field events should refer to the complete schedule for approximate starting times. The schedule of field events indicates the approximate starting times to be used as a guide.

Format for Girls/Boys field events: The Pole Vault will utilize both runways for flights 1 and 2, Flight 3 will begin as soon as flight 1 is completed. **Sixty (60) minutes** of warm-up will be permitted prior to the start of each flight.

Both runways will be utilized in the Long Jump and Triple Jump for flights 1 and 2 with the 3rd and 4th flights following on the first available runway. The Triple Jump will follow the Long Jump. Both circles in the Shot Put and Discus will be used with flights 1 and 2 starting at the same time with the 3rd and 4th flight to follow on the first available ring.

In the Long and Triple Jump: The wind direction will determine the layout of the runways. When practical, competitors will jump with the wind.

The final designations for number of flights, runways and times will depend on the number of qualifiers. Coaches must be alert for the time schedule and flight assignments that will be included in their school packets.

If there are more than 9 qualifiers in a specific event within the Wheelchair Division, those students will compete in semifinals on Friday. Athletes in the Wheelchair Division competing in field events will be integrated into flights in Class 2A on Friday but will be placed within the Wheelchair Division for awards and advancement to the finals. Athletes competing in the Wheelchair Division in Track events will compete in heats immediately preceding the equivalent heat in Class 2A on Friday. For example, a semifinal in the Wheelchair Division. In the 100-Meter will be run immediately preceding the 100-Meter dash run in the 2A class.

Class 2A Field Events

8:00 a.m.: High Jump, Long Jump, Triple Jump to follow the Long Jump

9:00 a.m.: Pole Vault, Shot Put, Discus Throw to follow the Shot Put

Class 2A Track Order of Events
(Class 2A semifinals in the Track events will begin at 9:00 a.m.)

4 x 800-Meter Relay Semifinals
4 x 100-Meter Relay Semifinals
(10-Minute Warm Up on Hurdles)
100-Meter High-Hurdles/110-Meter High-Hurdles Semifinals
100-Meter Dash Semifinals, Wheelchair Division (if necessary)
100-Meter Dash Semifinals
800-Meter Dash Semifinals, Wheelchair Division (if necessary)
800-Meter Run Semifinals
4 x 200-Meter Relay Semifinals
400-Meter Dash Semifinals, Wheelchair Division (if necessary)
400-Meter Dash Semifinals
300-Meter Low Hurdles Semifinals
1600-Meter Run Semifinals
200-Meter Dash Semifinals, Wheelchair Division (if necessary)
200-Meter Dash Semifinals
4 x 400-Meter Relay Semifinals

Class 3A Field Events
(Times Approximate And Dependent on the end of the 2A Events – Be prepared to go early!)

12:00 p.m.: Long Jump, High Jump, Triple Jump to follow the Long Jump
12:30 p.m.: Pole Vault
1:05 p.m.: Shot Put, Discus Throw to follow the Shot Put (approx. 2:45 p.m.)

Class 3A Track Order of Events
(Class 3A Semifinals in the Track events will begin at approximately 2:00 p.m.)

4 x 800-Meter Relay Semifinals
4 x 100-Meter Relay Semifinals
(10-Minute Warm Up for Hurdles)
100-Meter High-Hurdles/110-Meter High-Hurdles Semifinals
100-Meter Dash Semifinals
800-Meter Run Semifinals
4 x 200-Meter Relay Semifinals
400-Meter Dash Semifinals

300-Meter Low Hurdles Semifinals
1600-Meter Run Semifinals
200-Meter Dash Semifinals
4 x 400-Meter Relay Semifinals

Note: The times for the semifinals are approximate. The Games Committee will determine when a break may be taken if the events are running ahead of schedule.

Practice Schedule: Following the 2A/3A meet– 7:00 p.m.

Schools may use the track and field facilities at O'Brien Field for practice and warm-up. These practice sessions are not the responsibility of the IHSA or 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 roars, go indoors!).

Saturday, May 24 (Girls), May 31 (Boys)
(Finals in all events)

7:00 a.m. – 8:45 a.m.: The track is open for warm-ups to all finalists.
9:15 a.m.: Parade of Competitors (followed by Competitor Oath and recognition of head officials, honorary referees, and National Anthem)

If there are nine or fewer students qualifying from Sectionals for a specific event within the Wheelchair Division, then that event will take place on Saturday.

If entries require preliminaries for Athletes in the Wheelchair Division competing in field events, the athletes will be integrated into flights in Class 2A on Friday. Those that qualify for the finals will be placed within the Wheelchair Division for finals and awards on Saturday. Athletes competing in the Wheelchair Division in Track events will compete in heats immediately preceding the equivalent heat in Class 2A on Friday (if entries require preliminaries). Those that qualify for the finals will be placed within the Wheelchair Division for finals on Saturday in heats immediately preceding the events for athletes without disabilities. The Wheelchair Division will have 100-meter, 200-meter, 400-meter, and 800-meter track events, and shot put and discus.

Field Events Finals – 1A followed by 2A followed by 3A

1A
10:00 a.m.: Pole Vault
10:00 a.m.: Shot Put
10:00 a.m.: Long Jump
10:00 a.m.: High Jump
Triple Jump – To follow the Long Jump
Discus – To follow the Shot Put

2A (Approximate start times – be ready to go)
10:00 a.m.: Pole Vault
10:45 a.m.: Shot Put
10:00 a.m.: Long Jump
12:00 p.m.: High Jump
Triple Jump - To follow the Long Jump
Discus - To follow the Shot Put

3A (Approximate start times – be ready to go)
11:30 a.m.: Shot Put
11:00 a.m.: Long Jump
12:00 p.m.: Pole Vault
2:00 p.m.: High Jump
Triple Jump - To follow the Long Jump
Discus - To follow the Shot Put

Track Events

10:00 a.m.
Class 1A 3200-Meter Run, Section No. 1
Class 2A 3200-Meter Run, Section No. 1
Class 3A 3200-Meter Run, Section No. 1
11:00 a.m.
Class 1A 4 x 800-Meter Relay
Class 2A 4 x 800-Meter Relay
Class 3A 4 x 800-Meter Relay
11:40 a.m.
Class 1A 4 x 100-Meter Relay
Class 2A 4 x 100-Meter Relay

Kraig Garber
Email: kgarber@ihsa.org

Cheryl Lowery
Email: clowery@ihsa.org

Class 3A 4 x 100-Meter Relay

12:10 p.m.
Class 1A 3200-Meter Run, Section No. 2
Class 2A 3200-Meter Run, Section No. 2
Class 3A 3200-Meter Run, Section No. 2

1:10 p.m.
Class 1A 100-Meter High-Hurdles/110-Meter High-Hurdles
Class 2A 100-Meter High-Hurdles/110-Meter High-Hurdles
Class 3A 100-Meter High-Hurdles/110-Meter High-Hurdles

1:35 p.m.
Wheelchair Division - 100 Meter Dash
Class 1A 100-Meter Dash
Class 2A 100-Meter Dash
Class 3A 100-Meter Dash

1:55 p.m.
Wheelchair Division - 800 Meter Dash
Class 1A 800-Meter Run
Class 2A 800-Meter Run
Class 3A 800-Meter Run

2:25 p.m.
Class 1A 4 x 200-Meter Relay
Class 2A 4 x 200-Meter Relay
Class 3A 4 x 200-Meter Relay

2:55 p.m.
Wheelchair Division - 400 Meter Dash
Class 1A 400-Meter Dash
Class 2A 400-Meter Dash
Class 3A 400-Meter Dash

3:15 p.m.
Class 1A 300-Meter Low-Hurdles
Class 2A 300-Meter Low-Hurdles
Class 3A 300-Meter Low-Hurdles

3:35 p.m.
Class 1A 1600-Meter Run
Class 2A 1600-Meter Run
Class 3A 1600-Meter Run

4:05 p.m.
Wheelchair Division - 200 Meter Dash
Class 1A 200-Meter Dash
Class 2A 200-Meter Dash
Class 3A 200-Meter Dash

4:20 p.m.
Class 1A 4 x 400-Meter Relay
Class 2A 4 x 400-Meter Relay
Class 3A 4 x 400-Meter Relay

5:00 p.m.
Awards

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.

TWO-CALL SYSTEM-BE READY TO COMPETE

Consult the State Final Meet time schedule available at the respective Girls/Boys IHSA Track & Field webpages to 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. **Meet management reserves the right to change the meet schedule at any time when they determine conditions warrant changes. Coaches must monitor all public address announcements as any changes will be communicated over the public address system and/or through the automated emergency cell phone notification system. It is the coach's responsibility to monitor the meet at all times, provide his/her cell phone number for emergency notifications and to present his/her athletes to the appropriate check-in location at the time determined by meet management.**
All Track competitors in their respective event **must** report to the staging area/Clerk's tent at south end of track when their track event is called, unless the athlete has made arrangements with the referee in charge of conflicts. (**Coaches are NOT allowed in the staging area**.) Field event competitors **must** report to the field event competition area when their field event is called.

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.

Relays: Reminder that the four (4) designated runners must be from among the no more than eight (8) competitors listed on the online Athletic.net List Of Participant Declarations 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 ensure proper credit is given to your relay runners on the official results and by the public address announcer at the stadium.

Contestant Uniform: 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.

- **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.

Coaches: It is the responsibility of the athlete to be prepared prior to checking in for the event in which they will be competing. That includes wearing the correct spikes.

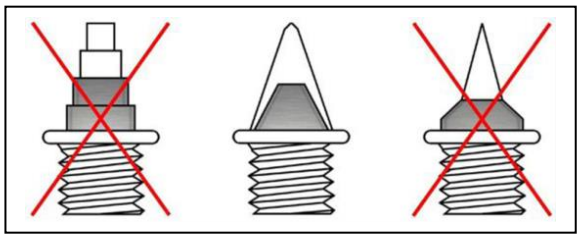
Please ensure your athletes are prepared prior to checking in for the High Jump event. Spikes will not be provided at the event. An athlete's spikes must be attached to their shoes, before entering the track.

Remember, we are guests of Eastern Illinois University, and we will respect their requirement.

¼" Pyramid Spikes (see picture below) on contestant shoes are the only acceptable spikes allowed in All venues of O'Brien Field/Lantz Fieldhouse (Running Events and Field Events): The meet will be held on a 9-lane Royal Blue Rekortan Full-Pour Polyurethane running surface. 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. 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 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 **must wear pyramid spikes no longer than 1/4 inch** or rubber-soled shoes. **NO CHRISTMAS TREE TYPE OR NEEDLE SPIKES** ARE **ALLOWED IN THE FIELD EVENTS AT O'BRIEN FIELD.** (In case field events must be held inside, competitors may wear rubber-soled shoes or shoes with spikes no longer than 1/4 inch.)

High Jump Marks: Only tape will be used for marks on the High Jump runway. The tape will be removed after each flight. *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.*



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

Protection of Property: Competitors and schools are responsible for their own property and valuables at all times during the state final meets. DO NOT BRING CELL PHONES, IPODS AND OTHER VALUABLES TO THE TRACK AND FIELD MEETS. THE IHSA and E.I.U. WILL ACCEPT NO RESPONSIBILITY FOR LOST, BROKEN OR STOLEN PERSONAL ITEMS AT ANY TIME, REGARDLESS OF THE CIRCUMSTANCES. LEAVE THESE ITEMS AT HOME OR IN THE POSESSION OF YOUR COACH OR OTHER TRUSTED INDIVIDUAL. DO NOT BRING THEM TO THE COMPETITION AREAS! THIS NOTICE IS TRUE REGARDLESS OF THE CIRCUMSTANCES. DO NOT BRING PERSONAL ITEMS TO THE COMPETITION AREA!!! Competitors are encouraged to dress in their rooms before coming to the stadium whenever possible since no locker rooms are provided.

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.

Wireless Communication Devices is 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.

Pole Vault & High Jump Warm Up & Starting Heights: PV & HJ warm up and starting heights are available on the respective Girls and/or Boys IHSA Track and Field webpages

through the State Series Information and Results link. Once the qualifying height for Saturday has been established, then that information will be published at the same location.

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 may be made with chalk or tape. 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.

Long Jump/Triple Jump: The wind direction will determine the layout of the runways.

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)

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.
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.

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 Term and Condition for the series. The decision of the Jury of Appeals in ruling on any such final appeals shall be final.

Meet Results and Saturday Qualifiers: Complete State Final Preliminary and Final results will be available immediately after the meet on the IHSA Web Site at: www.ihsa.org; under the State Series Information and Results link.

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.

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

Competitor Video Review: A competitor is allowed to 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.

IHSA WILL NOT VIEW VIDEO FOR DISPUTES OF AN OFFICIALS RULING.

Scratch Verification Report: Coaches will be issued a scratch form in their team packet (also available online on the track activity page). 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 days competition when his/her athlete fails to report at the appropriate time for competition in the clerk's tent.

RUNNING EVENT INFORMATION

Lane Information: No marks are to be put on the track for relays – 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.
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 yellow triangles pointed inward. Running South to North with start on white and marks are yellow triangles pointed North.

Boys 110-Meter High Hurdles: Run North to South with start on white line and hurdle marks are black triangles pointed inward. Running South to North with start on white and marks are black triangles pointed North. (common hurdle marks between the finish lines)

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

200-Meter Dash: N-S; Start on white staggered lines located on the Northeast corner of the track and finish at common finish. S-N; Start on the Black staggered lines in the SW corner and finish at the end of the back stretch.

300-Meter Low Hurdles: Start on white staggered lines located on the Southeast corner of the track, hurdle marks are red triangles pointed inward.

400-Meter Dash: Start on white staggered lines located on the Southeast corner of the track and finish at common finish.

Please note: 800-Meter Run and 4x800-Meter Relay: These races are run in alleys with a one-curve stagger starting on solid white staggered waterfalls and breaking at the end of the first curve at the green break line. The alleys will be lanes 1-4, and lanes 5-9. In the 4x800 Meter Relay, the exchanges are made within the black common exchange zone at the start/finish line.

4x100-Meter Relay: This race is run with a two-curve stagger starting on white 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 white staggered lines with black inserts. The first runner will be in lanes exchanging within black staggered triangles. The second runner remaining in their assigned lane will break at the end of the first curve at the green break line. The second and third exchanges are made within the black common exchange zone at the start/finish line.

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

SHOT & DISCUS INFORMATION

- **Impounded Shots and Discuses**: Legal implements will be provided at the competition areas to be used by competitor(s) whose shot put 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. THE NEW INSPECTION SCHEDULE IS INCLUDED IN THE OFFICIAL TIME SCHEDULE IN THE STATE FINAL PROGRAM AND POSTED ON THE IHSA TRACK WEBSITE.**
- **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

SATURDAY FINALS INFORMATION

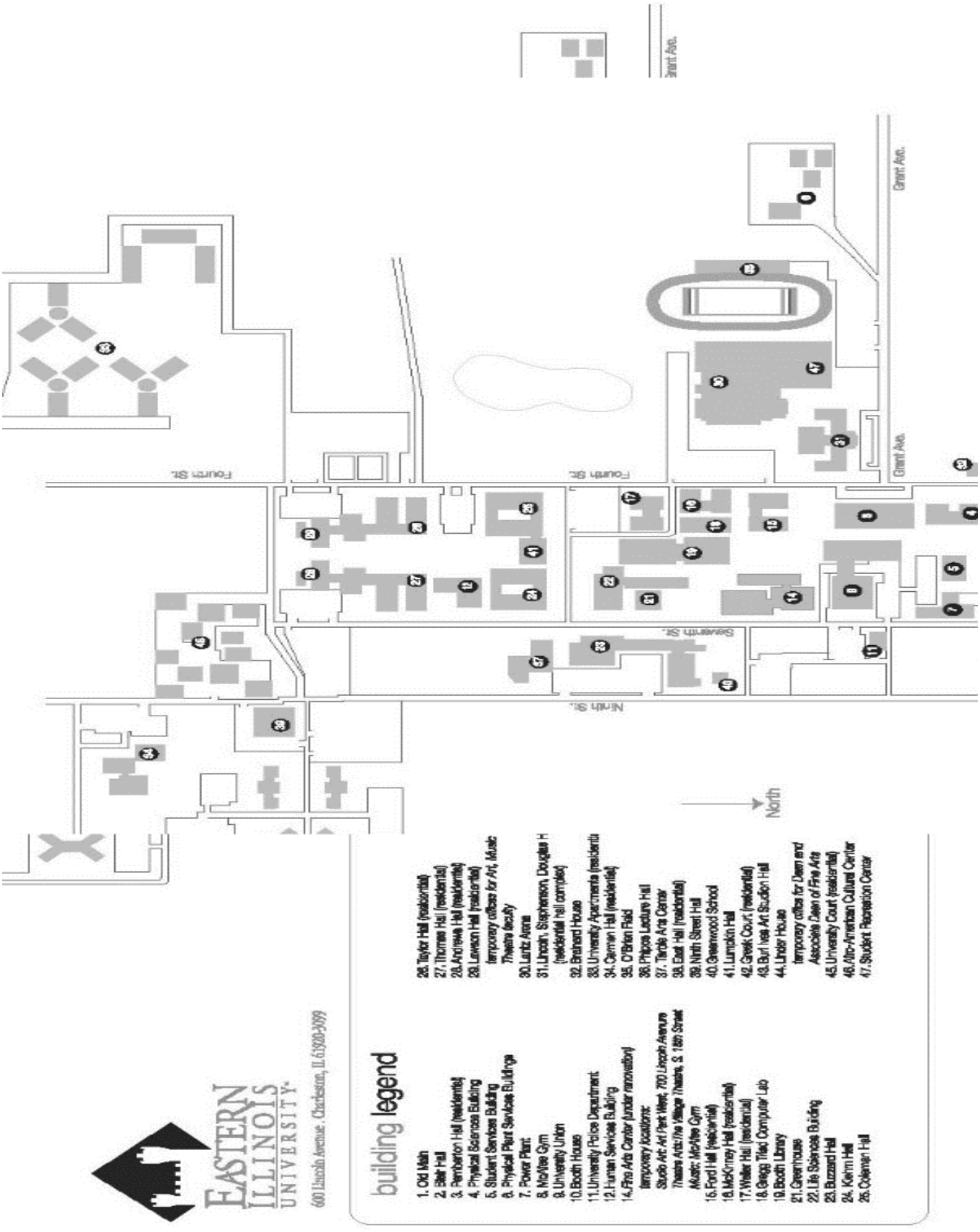
Assemble for Saturday's Parade of Competitors: (8:45 a.m. -9:15 a.m.): Officials and contestants should be assembled at southeast entrance to O'Brien Field. Except for the meet officials being at the front, there is no special line-up. Coaches and contestants will line up on a first come-first serve 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.

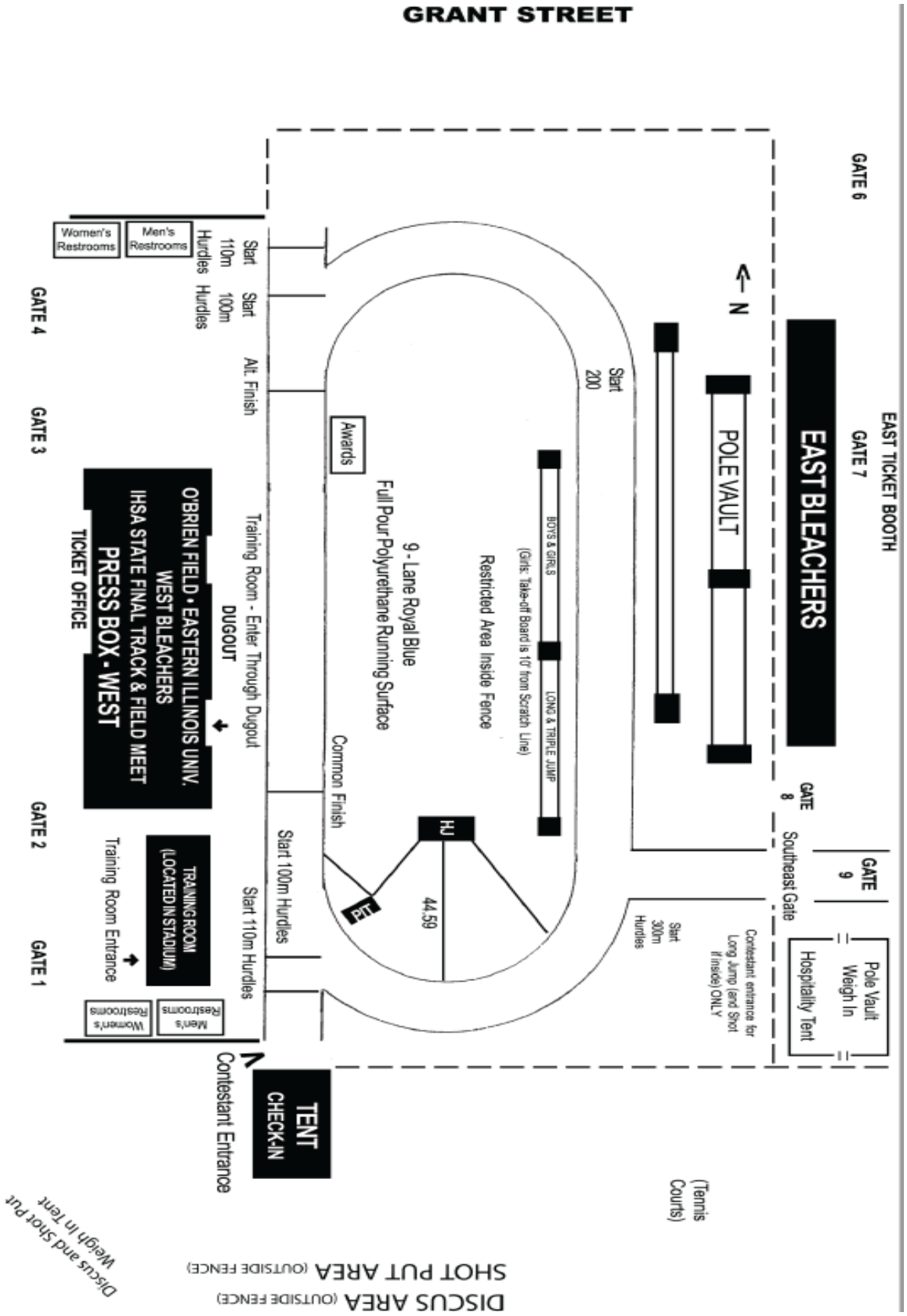
Awards Presentations on Saturday: If an athlete in track & field events or relay team from your school places in the Finals on Saturday, please instruct your competitors to **report to the press interview area adjacent to the Awards Stand in the infield of O'Brien Field immediately** after their event is finished to be awarded their medallions. Marshals will assist athletes and media in this regard. Meet management will keep the awards presentation moving and will take precedence over any interview. Interviews can be completed following the awards ceremony.

Kraig Garber
Email: kgarber@ihsa.org

www.ihsa.org

Cheryl Lowery
Email: clowery@ihsa.org


Grant Ave.
Fourth St.
Seventh St.
Ninth St.
North
EASTERN ILLINOIS UNIVERSITY
600 Lincoln Avenue, Charleston, IL 61920-3099
building legend
1. Old Main
2. Blair Hall
3. Pemberton Hall (residential)
4. Physical Sciences Building
5. Student Services Building
6. Physical Plant Services Building
7. Power Plant
8. McAfee Gym
9. University Union
10. Booth House
11. University Police Department
12. Human Services Building
14. Fine Arts Center (under renovation)
temporary locations:
Studio Art: Art Park West, 700 Lincoln Avenue
Theatre Arts: The Village Theatre, S. 16th Street
Music: McAfee Gym
15. Ford Hall (residential)
16. McKinney Hall (residential)
17. Weller Hall (residential)
18. Gregg Tilden Computer Lab
19. Booth Library
21. Greenhouse
22. Life Sciences Building
23. Buzzard Hall
24. Klehm Hall
25. Coleman Hall
26. Taylor Hall (residential)
27. Thomas Hall (residential)
28. Andrews Hall (residential)
29. Lawson Hall (residential)
temporary offices for Art, Music
Theatre faculty
30. Lantz Arena
31. Lincoln, Stephenson, Douglas H
(residential hall complex)
32. Brainard House
33. University Apartments (residentia
34. Carman Hall (residential)
35. O'Brien Field
36. Philpott Lecture Hall
37. Tarble Arts Center
38. East Hall (residential)
39. Ninth Street Hall
40. Greenwood School
41. Lumpkin Hall
42. Greek Court (residential)
43. Burl Ives Art Studios Hall
44. Linder House
temporary office for Dean and
Associate Dean of Fine Arts
45. University Court (residential)
46. Afro-American Cultural Center
47. Student Recreation Center



Kraig Garber
Email: kgarber@ihsa.org

www.ihsa.org

Cheryl Lowery
Email: clowery@ihsa.org

Pole Vault Entry Card

(Type or Print)

Date: _____ **Meet Location**: _____

_____ _____

(School Name) **(City)**

First Name	Last Name	Year in School	Current Weight of Vaulter

The National Federation is requiring that all coaches verify their Pole Vaulter(s) are competing at a legal weight relative to the pole they are using for competition**.** Your signature indicates your athlete(s) are in compliance**.**

Coach's Name: _____

Coach's Signature: _____

IHSA Track & Field Official Competitor Scratch Verification Report

This report must be turned into the gatekeeper at the rear of the Clerks tent to report any scratches from any event. This is the only acceptable form to report scratches. Scratches on any other form will result in the coach being called to the tent. Additional forms can be acquired through the gatekeeper at the rear of the Clerks tents.

Class (circle one): **1A** **2A** **3A**

Competitor Number	Competitors Name	Event	Heat/Flight

School (Name, City)_____

Head Coach Signature_____

Head Coach (printed)_____

Head Coach (cell phone)

Kraig Garber
Email: kgarber@ihsa.org

www.ihsa.org

Cheryl Lowery
Email: clowery@ihsa.org