



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

**2016 IHSA State Track & Field Meet Information for Schools at Eastern Illinois University
Girls Meet: May 19-21/Boys Meet: May 26-28**

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.

Please be advised, in case of inclement weather, a decision could be made to change the Track & Field State Final schedule. We are attempting to implement an emergency cell phone notification system to contact coaches. In order to notify each coach of any delays, we are requesting a cell phone number to be listed in your IHSA Schools Center from each head coach. Please make sure your cell phone number is current and listed in the **IHSA Schools Center under your IHSA Coaching Profile (you will need your USER ID and password to access/edit your coaching profile)**. Cell phone numbers will not be given out. It is solely for use in the IHSA emergency cell phone notification system.

This is a courtesy and an attempt to keep our coaches informed. IHSA is not responsible if a coach does not supply his/her cell phone number.

Official IHSA State Final Merchandise: Minerva Promotions is the **only Official IHSA** Vendor for State Final Merchandise. They will be located in the Merchandise booths located east and west of O'Brien Stadium. Their hours of operation are: **Thursday and Friday from 8:00 a.m.-6:00 p.m. and on Saturday until conclusion of the finals.** Coupons will be enclosed in the Team School Packet. 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>

Housing Information

- ◆ **TEAM DORM CHECK-IN:** Lawson Hall, when leaving the stadium, turn right on 4th street. The address is 2121 4th Street. Taylor Hall is on the left.
- ◆ **TEAM HOUSING** - 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.
- ◆ **SPECTATOR CHECK-IN:** Stevenson Hall. Eastern Illinois University offers spectators the option to stay in the residence halls and University Court Apartments. Spectators are assigned to rooms and apartments as they arrive, so it is to guests' advantage to check in early. Space is limited and the university does not guarantee all spectators will be housed in Stevenson Hall.
- ◆ **OFFICIALS/PRESS CHECK-IN:** Stevenson Hall

The following types of housing will be available:

- a) Motels in Charleston-Mattoon and surrounding area.
- b) Rooms in 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 include furnished linens, pillows, and towels. Persons using the rooms must furnish blankets and other personal items.

2016 Housing Costs – per person not per room (Tax included, Double room rates assume two people in the room):

- a) \$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
- b) **Housing Check In Location**



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Team Check In: Taylor Hall
Officials and Spectator Check-in: Stevenson Hall

Housing and Cooperative 11:00 p.m. Curfew: University personnel from University Housing & Dining will provide limited supervision. Both the University and the IHSAA insist that schools using this type of housing must arrange to have accredited faculty representatives stay with their student/athletes and provide proper supervision at all times.

Coaches, **you** are responsible for the supervision of your competitors at all times during your visit to Charleston and the State Final Meet. The IHSAA 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 those boys/girls 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: Taylor, Thomas, Lawson, McKinney, Andrews and Carman Hall desks will be open from 7:00 a.m. until midnight. The desk will provide change and answer questions.

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 we have to change the lock when the 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.

Breakfast Location: 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.

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 or 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 provide proper supervision at all times. 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.

STATE FINAL MEET INFORMATION

- **2016 Team Packet Distribution Location and Access to O'Brien Stadium: Coaches may pick-up school packets at the south ticket window on the west side of O'Brien Stadium (parking and vendor lot).** IHSAA 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 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.



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Any unclaimed packets can be picked up after 1:00 p.m. Friday will be at the North ticket window on the west side of O'Brien Stadium. Track athletes are not allowed to enter Gate #9.

- **Correction of Misspelled Names or Yr. in School:** If there is an error in the spelling of the name or year in school of a competitor from your school in the State Final program, **please make sure the coach notifies the IHSA Staff at the Team Packet Distribution Window. Written changes can be given to the Clerk of Course/Head Judge before the start of the Heat/Flight/Section**, so the corrections can be made on the field event cards/official results.
- **Contestant Number will allow access to State Final Meet:** A contestant number will be issued to each competitor who qualifies for the State Final. A competitor dressed for competition and wearing their number will be admitted to the competition area. A person with only the competitor number will only be admitted to the fan seating area. **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.**
- **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. To gain entry without a ticket all athletes must present their participants bib number. **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.**
- **Coaches Passes:** Passes for Coaches will be distributed according to the following formula: 1-5 qualifiers, school receive two (2) coaches passes; 6-10 qualifiers, school receives three (3) coaches passes; 11-above qualifiers, school receives four (4) coaches passes. Only coaches listed on the school's On-Line List of Participants will be considered eligible to receive a coach's pass. No more than four (4) Coach Passes will be issued to any school.
- **Coaches Access:** Coaches must present their **Coaches Wristband** in order to be admitted to the main bleacher seating 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 only!
- **Note:** Only coaches **who are listed** on the On-line List of Participants submitted before the sectional will be issued a coaches pass (according to the above formula). **However, any coach listed must meet all IHSA Coaching By-law Requirements and its subsections. (By-law 2.070).** Coaches who do not meet By-law 2.070, the State of Illinois Concussion mandate and the PES Examination requirement are not eligible to coach and cannot be entered on the On-line List of Participants.
- **Practicing at O'Brien Stadium:**
 - ◆ **Class 1A Practice Schedule: Wednesday, 4:00 p.m. – 7:00 p.m.** 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 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 1A meet– 7:00 p.m.** 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 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 Stadium 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.



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- **Field Events: IMPORTANT NOTICE FOR GIRLS FIELD EVENTS-** The girls will jump and throw from both rings and runways in their semi-finals. Steps have been taken to secure an appropriate number of officials to enable the use of both rings and runways in all semi-finals. PLEASE REFER TO THE SCHEDULE POSTED ONLINE ON THE IHSA T&F PAGE.
- **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 Stadium. 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.
- **Bib Numbers:** Competitors must wear the bib on the FRONT of the jersey/uniform and pinned on all four corners.
- **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 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. 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 E.I.U are responsible for the condition of tents removed from the "NO TEAM TENT AREA.")**
- **Tentative 2014 Track & Field State Final Time Schedule**—The Final State Time Schedule will be posted on the IHSA Website by Tuesday after the Sectional Meets once the number of heats have been determined in each event.
 - Wednesday, 4:00 p.m. – 7:00 p.m. – Track opens for 1A practice
 - Thursday, 11:00 a.m. – 1A running prelims
 - Thursday, 5:00 p.m. (approx.) – 7:00 p.m. - Track open for 2A and 3A practice
 - Friday, 9:00 a.m. – 2A and 3A running prelims
 - Saturday, 10:00 a.m. – 1A, 2A, 3A finalsLook for additional details on the IHSA T&F site in the near future

Consult the State Final Meet time schedule included in the State Final Program and 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 COACHES 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 a given event **must** report to the staging area/clerks 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. **(No coaches are 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 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.

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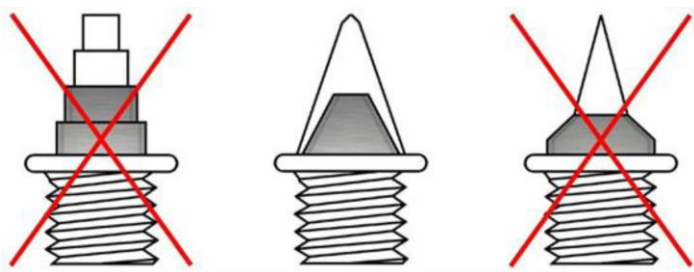
- **Tape:** Tape for any marking on the track (relay exchange zones, jumpers'/throwers' markings) must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk risk disqualification.
- **Contestant Uniform:** Contestants wearing caps, hats, 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. If two or more competitors on a relay team wear visible undergarments under the track shorts and/or track jersey, the visible undergarments must be similar in color and design, but not necessarily the same length.

- **1/4" Pyramid Spikes on contestant shoes are the only acceptable spikes allowed in All venues of O'Brien Stadium/Lantz Fieldhouse (Running Events and Field Events):**

The meet will be held on a 9-lane Royal Blue Rekortan Full-Pour Polyurethane running surface. Track & Field competitors must wear track shoes with PYRAMID spikes **no longer than 1/4 inch**.

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.

- ◆ Acceptable spikes: only 1/4" pyramids



- ◆ 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.
- ◆ **Discus Throw and Shot Put** will be from concrete surfaced rings. Competitors should wear rubber-soled shoes. 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 **may 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 STADIUM** (In case field events must be held inside, competitors may wear rubber-soled shoes or shoes with spikes no longer than 1/4 inch.)
- **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 POSSESSION 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 Stadium.



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- **Storage of Pole Vault Poles:** Vaulting poles can be stored in the hospitality tent located in the south east corner of O'Brien Stadium. This area is not secure. Competitors who leave their poles in the tent do so at their own risk.
- **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.
- **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.
- **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 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.
 - ◆ **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.
- **Prelim Results:** Complete State Final results will be available immediately after the meet on the IHSA Web Site at: www.ihsa.org. Results will be posted on the Bulletin Boards on the north and west main stands at O'Brien Stadium. They are not to be removed.
- **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.
- **Viewing Videos:** 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.
- **Scratch Cards:** Coaches will be issued scratch cards in their team packet (they may also be printed from online). The cards are 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.



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- **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, 1600 Meter Run, 3200 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 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 located 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

- **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 Stadium. The programs will be available at approximately 10:00 a.m. when they are delivered.
- **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 Stadium. 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



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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 managements need to keep the awards program moving will take precedence over any interview. Interviews can be completed following the awards ceremony.