

**Minutes of the Boys/Girls Track and Field Advisory Committee  
September 9, 2015  
(Reposted October 5<sup>th</sup> following a review of the 2A qualifying standards.)**

The IHSA Track & Field Advisory Committee met in the IHSA Office in Bloomington, Illinois, on Wednesday, September 9, 2015. The meeting began at 10:00 a.m. and concluded at approximately 1:00 p.m. Voting Committee members present were: Eric Lawson, Principal, Manlius (Bureau Valley); Edward Adams, Athletic Director/Coach, Chicago (Leo); Mark Anderson, Boys T&F coach, Cary (C.-Grove); Rob Harvey, T&F Coach, Wheaton (W. Warrenville South); John Overstreet, Athletic Director, Paxton (P.-Buckley-Loda); Keith Kittell, T&F Coach, Wolf Lake (Shawnee); John Walter, T&F Coach, Camp Point (Central); John Polka, Meet Manager; Geza Ehrentreu, Coordinator of Officials. Other guests and non-voting members present were: Jerry Parsons, Illinois Coaches Association; Mark Tacchi, Illinois Track & Cross Country Coaches Association (North); Mike Garcia, Illinois Track & Cross Country Coaches Association (South); Mike Stokes, Illinois Track & Cross Country Coaches Association (North); Kayode Adegoke, IHSA Coordinator of Special Programs; Ron McGraw; IHSA Asst. Executive Director.

**TERMS AND CONDITIONS RECOMMENDATIONS:**

**1. Item VII- C: IHSA State Series T&F Qualifying Standards:**

**Recommendation:** To adopt the following qualifying standards. Sectional Qualifying Standards for the Boy's and Girls State Finals will be determined in the following manner. The Qualifying Standards for each individual and relay event will be calculated by determining the 21<sup>st</sup> place time from all sectionals. Then that time will be used to obtain an average of the last FIVE years average times in each event. Using this process, the proposed qualifying standards for the 15-16 seasons are:

Event	Class 1A Girls		Class 2A Girls		Class 3A Girls	
	2015	2016	2015	2016	2015	2016
Long Jump	16-4	16-3	16-11	<b>16-11.5</b>	17-6	17-5
Pole Vault	9-3	9-4	9-9	<b>9-7</b>	10-6	10-3
High Jump	5-2	5-1	5-2	<b>5-1</b>	5-3	5-3
Shot Put	35-6	35-7	37-0	<b>37-11</b>	37-8	38-0
Triple Jump	33-8	33-6	34-8	<b>34-9</b>	35-8	35-10
Discus Throw	108-0	107-6	112-3	<b>112-2</b>	117-6	116-8
4X800 Relay	10:22.24	10:20.72	9:58.04	<b>9:52.80</b>	9:38.24	9:36.75
4 X 100 Relay	:51:94	:51.99	:50.84	<b>:50.40</b>	:49.44	:49.50
3200 Meter Run	12:12.24	12:10.37	11:40.04	<b>11:37.20</b>	11:16.04	11:12.45
100 M-HH	:16.64	:16.62	:15.94	<b>:15.90</b>	:15.34	:15.57
100 M. Dash	:13.04	:12.97	:12.74	<b>:12.80</b>	:12.54	:12.64
800 M. Run	2:26.64	2:27.52	2:23.34	<b>2:23.30</b>	2:19.74	2:20.07
4 X 200 M. Relay	1:50.34	1:51.33	1:48.04	<b>1:47.50</b>	1:45.74	1:45.82
400 M. Dash	1:02.04	1:01.84	:59.90	<b>1:00.00</b>	:59.44	:59.29
300 M. LH	:49.04	:48.81	:47.84	<b>:47.70</b>	:46.94	:46.78
1600 M. Run	5:35.14	5:33.69	5:24.24	<b>5:20.90</b>	5:14.24	5:11.50
200 M. Dash	:27.04	:26.94	:26.64	<b>:26.30</b>	:25.94	:25.95
4 X 400 M. Relay	4:14.34	4:16.89	4:10.04	<b>4:09.10</b>	4:04.24	4:03.37

Event	Class 1A Boys		Class 2A Boys		Class 3A Boys	
	2015	2016	2015	2016	2015	2016
Long Jump	21-0	20-11	21-8	<b>21-5</b>	22-3	22-1

<b>Pole Vault</b>	13-0	12-7	13-6	<b>13-1</b>	13-9	13-7
<b>High Jump</b>	6-3	6-2	6-3	<b>6-3</b>	6-5	6-3
<b>Shot Put</b>	48-0	47-8	50-11	<b>50-11</b>	52-11	52-8
<b>Triple Jump</b>	42-3	41-7	43-10	<b>43-4</b>	44-10	44-2
<b>Discus Throw</b>	143-0	143-2	149-0	<b>145-11</b>	156-6	157-11
<b>4 X 800 M. Relay</b>	8:26.24	8:32.45	8:15.24	<b>8:11.20</b>	7:58.04	7:59.34
<b>4 X 100 M. Relay</b>	:44.54	:44.29	:43.54	<b>:43.30</b>	:42.64	:42.70
<b>3200 M. Run</b>	10:04.0	10:11.70	9:49.24	<b>9:44.80</b>	9:29.04	9:24.72
<b>110 M. HH</b>	:15.54	:15.84	:15.24	<b>:15.3</b>	:14.74	:14.98
<b>100 M. Dash</b>	:11.14	:11.32	:11.04	<b>:11.10</b>	:10.94	:11.00
<b>800 M. Run</b>	2:01.24	2:02.26	1:59.04	<b>1:59.20</b>	1:57.24	1:57.27
<b>4 X 200 M. Relay</b>	1:33.74	1:32.24	1:31.74	<b>1:30.90</b>	1:29.64	1:29.34
<b>400 M. Dash</b>	:51.74	:51.68	:50.84	<b>:51.00</b>	:49.94	:50.13
<b>300 M. Int. Hurdles</b>	:42.00	:41.57	:40.44	<b>:40.20</b>	:39.84	:39.69
<b>1600 M. Run</b>	4:37.24	4:38.49	4:30.44	<b>4:27.70</b>	4:22.04	4:21.42
<b>200 M. Dash</b>	:22.94	:23.09	:22.54	<b>:22.50</b>	:22.24	:22.30
<b>4x400 M. Relay</b>	3:31.74	3:31.52	3:27.44	<b>3:27.50</b>	3:23.74	3:23.15

**Rationale:** The advisory committee feels that changing to this system is appropriate at this time. A study has been conducted implementing this process and using state qualifier and sectional data from the previous 2 years. That study supports the implementation of this process. We will use a five year average. Other associations and IHSA swimming and diving use a method similar to the objective method proposed in this system. Using an objective system will be easier to use, easier to defend and provides fair standards for competitors. If necessary in the future, the system is adjustable by using a different average state qualifier place or a different average (i.e. 4 years instead of 5 years). The Assistant Executive Director responsible for IHSA track and field will have the responsibility and authority to modify any standards that would project an unreasonable standard performance or potentially qualify an unacceptable number of athletes. This authority would be exercised in order to protect the integrity of the meet.

The committee approved that the concept be adopted and implemented for all classes for this season. They did approve the qualifying standards as seen in the charts above for classes 1A and 3A. However, the results from the data for our newest class, 2A, left the committee interested in seeing additional numbers before approving the actual standards. Ron McGraw will reorganize the 2A data but look at a three year period instead of five. The committee unanimously believed this would be a reasonable step to take prior to approving a recommendation to adopt specific 2A standards. An addendum to these minutes will be posted once the data has been processed and reviewed by the T&F advisory committee. Passed 9-0

#### AMENDED 2A Qualifying Standards

Please note that following the T&F advisory committee recommendation to perform additional research relative to the 2A qualifying standards, the list seen in the chart above was developed. This list reflects a 3 year average of 16<sup>th</sup> place of all state qualifiers. The list was supported by the majority of the advisory committee and the IHSA staff. The entire set of 2016 qualifying standards will be presented to the IHSA Board of Directors at the October 14<sup>th</sup> Board Meeting.

**Approved by Consent**

**2. Item VI- E and F, VII-D: Order of Events-Sectional/State, Advancement of Winners:**

**Recommendation:** Committee made a recommendation to eliminate semifinal races in the 100 dash, 200 dash, and 100/110 high hurdles at IHSA sectionals.

**Rationale:** There has been growing support in recent years from sectional reports indicating that many coaches feel the need for semifinals at FAT sectional meets is no longer necessary. Passed 8-1

Approved by Consent

**3. Item VI- F: Order of Events-Sectional/State:**

**Recommendation:** Place the first and second sections of the 3200 meter run sequentially in the normal order of events.

**Rationale:** Committee concluded that the 3200 meter run be run sequentially to provide for consistency in meet administration throughout the state. This recommendation is contingent on the recommendation of semi-finals in the 100 dash, 200 dash, and 100/110 hurdles being eliminated. Passed 9-0

Approved by Consent

**4. Item II- A and B: Order of Events-Sectional/State:**

**Recommendation:** Add Wednesdays to the allowable days to conduct sectionals.

**Rationale:** Committee concluded that host managers should have the opportunity to be able to schedule sectional meets on Wednesday, Thursday, or Friday of Week 45 (girls) and 46 (boys) on the IHSA standardized calendar. The addition of Wednesday could also allow for more schools to host sectionals due to the increased flexibility and provide a larger pool of quality officials that are in great demand at this time of year. Passed 9-0

Approved by Consent

**5. Item X- A: Awards:**

**Recommendation:** At the Sectional meets, all events will be scored to eight (8) places and medals will be awarded to the first eight (8) place winners in each individual and relay event. This would include the Wheelchair Division.

**Rationale:** Committee concluded that most sectional sites are equipped with eight lane tracks and provide ample opportunity for eight finalists to compete and medal. It is assumed that the reason we continue to score/medal only six instead of 8 is that in the past six lane tracks were most common. At state we score/medal 9 as a direct result of competing on a nine lane track. Passed 9-0

Died for Lack of Motion

## ADMINISTRATIVE RECOMMENDATIONS:

- 1) **Recommendation:** Preliminary marks in the horizontal jumps and throws will not carry over to the finals at the state meet. All field events at the state meet will start over in the finals except for seeding purposes. Three trials will be contested in prelims and three additional trials in the finals each. Passed 7-1-1

**Rationale:** Committee concluded that this recommendation will allow for all field events to be similar in qualifying and scoring in the state meet. NFHS rules currently allow for the trials in the throws and horizontal jumps to carry over into the finals. Passed 7-1-1

## Died for Lack of Motion

- 2) **Recommendation:** Use the International starting line (waterfall starting line) during the IHSA state series for the 1600 and 3200 meter run.

**Rationale:** Committee concluded that coaches and athletes are more familiar throughout the season with the International start line in these distance races.

## Approved by Board

## ITEMS OF GENERAL DISCUSSION:

The committee reviewed and had the opportunity to discuss all comments and suggestions sent to Ron McGraw. All of the items on the list below were submitted to the committee. Some of the items received discussion and some did not. All items that received a motion and a second from our advisory members were voted on by the committee members.

### LIST OF DISCUSSION TOPICS FOR TRACK AND FIELD 2015-16 September 9, 2015

1. SECTIONAL EVENTS CONDUCTING SEMIFINALS:  
THE FOLLOWING RUNNING EVENTS WILL CONDUCT SEMI-FINALS AT ALL IHSA SECTIONAL T&F MEETS:  
100 Meter Dash  
200 Meter Dash  
100/110 High Hurdles

I propose that preliminary (semi-final) races in the 100, 200, and high hurdles be eliminated at the IHSA sectionals since the use of F.A.T. is now a requirement for hosting a sectional.

Committee discussed this recommendation and brought forth a recommendation.

2. Consider allowing sectional meets to be conducted on Tuesday or Wednesday as well as Thursday and Friday.  
Committee discussed this recommendation and brought forth a recommendation.
3. Use the International Starting Line during the state series in the 1600 and 3200.  
Committee discussed this recommendation and brought forth a recommendation.
4. For Pole Vault at State – Allow different warm-up heights for all flights  
Committee discussed this recommendation. No action taken.
5. For Pole Vault at State – Declare the state meet will use 2” pins.  
Committee discussed this recommendation. Ron McGraw clarified that the state meet has been using 2” pins for the past two years. No action necessary.
6. Score and medal sectional meets to 8 places instead of 6 places  
Committee discussed this recommendation and brought forth a recommendation.
7. When using Super Alleys place the top seeds on the inside of the alley rather than the outside. Change the preferred position in alley 4 to position 4A (from 4D).
8. Have only 4 jumps in the long and triple jump at sectional meets.

9. At State provide a coaches box for horizontal jumps, high jump and pole vault inside the restricted area.
10. Run the slow heats of the 3200 on the preliminary day for each class at state.
11. Place the first section of the 3200 between the high hurdles and the 200 meter dash at sectional meets. This would provide a natural rest for those that also competed in the dashes.  
**Committee discussed this recommendation and brought forth a recommendation.**
12. Coaches should be required to list the date a seed time was achieved so coaches cannot cheat when listing seed times. Coaches should not have to police other teams.  
**Committee discussed this recommendation. The committee agreed that coaches have a responsibility to attend seed meetings. The terms and conditions provide that all coaches are required to bring documentation to the seed meeting in order to support any seed time they submit. Coaches must be prepared to see that all participating coaches are submitting appropriate times to protect their athletes and the integrity of the meet. No action taken.**
13. Sprinters should be allowed to qualify for state based on a time they achieve in the semifinals just like the field event athletes can.
14. Consider placing an emphasis on conducting sectionals on Friday rather than Thursday night so the meets are not conducted on a school night.
15. Alternate 2A and 3A on Friday AM to PM  
**Committee discussed this recommendation. No action taken.**
16. Move T&F to a 4 class system
17. Require the IHSA to assign all FAT companies to sectional meets.  
**Committee discussed this recommendation. No action taken.**
18. Increase host school guarantee.
19. Allow all sectional meets to charge an entry fee to each school to pay for the cost of the FAT.
20. Integrate the wind readings on the big score board.
21. Create additional sectional sites.
22. Reduce sectional sites in 2A by combining the Chicago sectionals.
23. Require host sites to be able to conduct the pole vault.
24. Do not take heat winners to the finals.
25. Require all infields that are fenced off to be a restricted area.
26. Conduct 1A T&F as a coed at sectionals and at state. Conduct the 1A coed state meet at a location such as East Peoria.
27. Do not allow host schools to use their own FAT systems to prevent cheating.  
**Committee discussed this recommendation and was in strong disagreement with the concept. Schools have spent important and dwindling resources on this equipment and they must be allowed to make use of it. No action taken.**
28. Eliminate the multiplier from T&F.
29. Allow state qualifying to occur at other FAT timed meets during the season.
30. Coaches expressed a concern that an athlete's opportunity to qualify for the state meet comes down to one meet. Weather conditions keep out state-caliber athletes on a regular basis. We feel that having "qualifying meets" throughout the course of the season would improve the current system and improve the overall level of the state meet. Schools that host high invitationals could apply to the IHSA to become a "qualifying meet". If the host school meets the required criteria, the IHSA would approve the meet as a qualifying meet. In order to ensure legit times, qualifying meets would have to use F.A.T. In field events, the meet official would have to check each field event area making sure that it adheres to the proper specifications (the same as they do for sectionals). The host school would then submit any qualifiers from their meet to the IHSA. The standards for automatic qualification could be increased to make it more difficult for athletes meet the mark. This would help control the amount of athletes who qualify for state, but also help ensure that the best of the best are represented at the state meet. Athletes who achieve automatic qualifying marks at a qualifying meet would still be required to compete in that event at sectionals to prevent using that athlete in other events they normally would not be able to do based on the current sectional system.
31. IHSA Team State Meet Proposal:

**Goal:** To get a more accurate system to determine the 3 best teams in the state. Many times throughout the IHSA history individuals have been able to place very high in the team standings because of the structure of the meet. Thus, the state championship meet does not accurately determine the best teams in the state.

**Solution:** Conduct a team state meet the weekend after the individual state finals at EIU. Team qualifiers will be determined by their place at Sectionals. The 1<sup>st</sup> year will be a trial meet conducted by the 3A Boys schools that qualify and would like to participate.

**Structure:**

1. **Team Qualification:**

- Qualification would be determined by taking the top 2 teams from every sectional meet. Since there are 11 sectionals that would mean 22 schools would qualify to participate in the meet.
- Invites must be accepted/declined by Monday after the EIU state meet
- There would be a charge of \$250 for participation.

2. **Entries:**

- Each qualifying school would get to bring individuals or relays that have achieved a minimum qualifying mark. For this qualifying mark we are going to use the 1A qualifying standards.
- Each school would be able to bring as many athletes that have hit or exceeded that mark in each event but would be limited to 1 relay.
- The qualifying mark could be achieved at any FAT meet consisting of at least 6 schools during the outdoor season.
- For example, if my two best vaulters have cleared 11'0 but the qualifying mark is 13'0 neither could participate, but if I have three 400 runners under the qualifying mark of 51.74 all 3 could participate

3. **Scoring:**

- Individual Events: (10,8,6,5,4,3,2,1,)
- Relays: (20,16,12,10,8,6,4,2)

4. **Structure:**

- 1 Day meet on Saturday, June 6<sup>th</sup>.
- No prelims, heats are determined by seed according to past performances.
- Normal running event order

5. **Host:**

- Site: Joliet Memorial Stadium on Saturday, June 6<sup>th</sup> 2015
- Schools: Plainfield East, Plainfield North, more welcome?

**Considerations:** This would be a pilot meet for 2015 and just include the 3A Boys school that qualify and would like to participate. The goal would be to expand in the future years to include 1A /2A and girls as well. Right now, we are seeking that the IHSA approve that we are allowed to conduct this "Team Championship Meet" and then with future success of the meet have the IHSA adopt it. Nothing would change the format of the current Sectional or State Meet at EIU.

Joliet Memorial Stadium

