



INTRODUCTORY NOTE: This bulletin has been prepared to give you a quick reference guide of changes for the upcoming Girls and Boys Track & Field Seasons. Coaches must refer to their IHSA Schools Center and the Track Manual for Schools for complete instructions and any Coaching Deadlines to remain eligible to compete this school term. Please email IHSA Assistant Executive Director Kraig Garber (kgarber@ihsa.org) with any questions about official rule interpretations or recommendations for rule changes for next year.

INFORMATIONAL TOOLS FOR COACHES AND OFFICIALS

1. Keep your **personal information** current in the IHSA Schools and Officials Center. This is how IHSA communicates with you during the season. You must check the IHSA Schools & Officials Center frequently during the season to complete IHSA coaching and official's requirements.
2. Head Coaches and Officials must view the online Rules Interpretation Presentation (Schools & Officials Center). If you have trouble getting credit after viewing, contact Cheryl Lowery (clowery@ihsa.org) at the IHSA Office before viewing again.
3. Read the Track Manual for Schools that can be found in the "Resources" section of the Track & Field page of the IHSA website (www.ihsa.org). This manual, along with many other resources found in this section, provides an abundance of information pertaining to the track & field season.
4. **Do Not Ignore emails YOU RECEIVE from the IHSA Office.** If you are receiving email notifications from our office, do not ignore them. You may be risking your eligibility. As a coach and official we require/expect for you to meet all deadlines to remain eligible.
5. **Sectional On-Line List of Participants Declarations and Coaching Staff:** If a school does not submit all or part of the Sectional Online List of Participants by the deadline, the IHSA administrator for Track & Field may permit late LOP entries with a \$100 penalty fee. The IHSA administrator for Track & Field may waive the \$100 penalty fee for extenuating circumstances. Other penalties for failing to complete the Sectional Online List of Participants by the deadline could include, but not be limited to being ruled ineligible to coach and/or athletes being ruled ineligible to compete in the State Series. Entered schools that do not submit their Sectional Online List of Participants are consequently ruled ineligible for the State Final Series and will be withdrawn from the state series. A \$500.00 penalty fee will be assessed for failure to withdraw before the LOP deadline, and the school will be locked out from entering through the School's Center during the next school term.
6. **All Coaches must have the CPR/AED Education completion date posted in their IHSA Schools Center by the school administrator.**

NFHS TRACK & FIELD RULE CHANGES

To view changes, please use the following link: <https://nfhs.org/sports-resource-content/track-and-field-rules-changes-2025/>

IHSA TRACK & FIELD TERMS & CONDITIONS CHANGES:

To view action taken by the Track Advisory Committee Meeting: <https://www.ihsa.org/Portals/0/2024-2025%20TR%20Advisory%20Minutes.pdf>

IHSA IMPORTANT REMINDERS

1. **Uniform - In Illinois** the uniform (top & bottom) worn by cross country teams and track and field RELAY TEAMS must be SIMILAR, NOT IDENTICAL. **Undergarments** do not apply to the uniform rule. The uniform rule in Illinois is interpreted to provide some flexibility for schools under the pressure of tight budgets. When interpreting uniforms for cross country teams and track and field relay teams consider the following: Are the uniforms being worn similar enough so that a person standing at the finish line can easily determine that the competitors running for the same school are teammates? Ultimately, this is a judgement call that will be made by the meet referee, common sense should prevail.
2. **Uniform DQ** - In Illinois, we do not disqualify a competitor for a uniform first violation after they have passed through the clerk's inspection and are racing or have finished their race (unless alterations are made after the competitor passes inspection). In this case they would be disqualified for unsporting conduct.
3. **Legal in Illinois:** Jewelry, watches, Removable Arm Sleeves, Calf Sleeves, Wrist Sweat Bands, Bi-Cep bands
4. **Painted Bodies or Faces and Temporary Tattoos** are prohibited and contestants wearing such will not be permitted to compete or participate in awards ceremonies.
4. **Video Replay and Television Monitoring Equipment:** Use of video replay or television monitoring equipment from sources other than the equipment approved by the IHSA (or meet manager) WILL NOT be used to make decisions related to the state series meets. Only IHSA state meet officials, including the games committee (when called upon by the meet referee to do so), will have the authority to review ONLY the IHSA official video results.
5. **Pole Vault:** All schools conducting the pole vault MUST have in place a box pad meeting the ASTM Standard approved by the NFHS. **YOU MAY NOT POLE VAULT WITHOUT THE PAD!**



6. **Throwing Events:** The safety of participants, coaches, spectators, and officials is of utmost importance during throwing events. Please use the following link to view safety guidelines for the throwing events: https://ihsa.org-my.sharepoint.com/personal/kraig_ihsa_org1/_layouts/15/guestaccess.aspx?docid=06c945855be8841909a78ec3051c7e888&authkey=AaD5Ec-3bsJkTbzCB6m95Xw

2025 IHSA BOYS/GIRLS ABLE-BODIED & WHEELCHAIR ATHLETES QUALIFYING STANDARDS

| 2024-2025 IHSA State Qualifying Standards | | | | | | |
|---|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| Event | 1A Girls | 1A Boys | 2A Girls | 2A Boys | 3A Girls | 3A Boys |
| LJ | 5.00m (16-5) | 6.35m (20-10) | 5.10m (16-9) | 6.47m (21-3) | 5.43m (17-10) | 6.80m (22-4) |
| PV | 2.76m (9-1) | 3.70m (12-2) | 2.97m (9-9) | 3.88m (12-9) | 3.20m (10-6) | 4.16m (13-8) |
| HJ | 1.52m (5-0) | 1.85m (6-1) | 1.54m (5-1) | 1.87m (6-2) | 1.57m (5-2) | 1.93m (6-4) |
| SP | 10.79m (35-5) | 14.37m (47-2) | 10.66m (35-0) | 14.88m (48-10) | 11.17m (36-8) | 15.82m (51-11) |
| TJ | 10.18m (33-5) | 12.54m (41-2) | 10.56m (34-8) | 12.95m (42-6) | 11.09m (36-5) | 13.48m (44-3) |
| DISC | 33.45m (109-9) | 43.05m (141-3) | 33.42m (109-8) | 44.42m (145-9) | 35.20m (115-6) | 47.09m (154-6) |
| 4 X 800 | 10:35.51 | 8:33.28 | 10:14.34 | 8:20.60 | 9:39.14 | 7:59.23 |
| 4 X 100 | :52.12 | :44.33 | :50.59 | :43.51 | :48.92 | :42.62 |
| 3200 | 12:26.55 | 10:12.64 | 11:47.44 | 9:57.04 | 11:11.19 | 9:27.68 |
| 100 HH 110 HH | :16.86 | :16.26 | :16.62 | :15.61 | :15.48 | :15.26 |
| 100 | :12.95 | :11.24 | :12.64 | :11.05 | :12.42 | :10.94 |
| 800 | 2:28.15 | 2:01.53 | 2:25.12 | 2:00.71 | 2:18.94 | 1:57.40 |
| 4 X 200 | 1:51.76 | 1:33.09 | 1:48.87 | 1:31.33 | 1:44.81 | 1:29.72 |
| 400 | 1:01.94 | :51.92 | 1:00.75 | :51.17 | :59.38 | :50.44 |
| 300 LH 300 IH | :49.72 | :42.73 | :48.74 | :41.55 | :46.88 | :40.40 |
| 1600 | 5:36.90 | 4:37.35 | 5:24.58 | 4:32.20 | 5:11.78 | 4:21.89 |
| 200 | :26.96 | :23.03 | :26.29 | :22.59 | :25.56 | :22.30 |
| 4 X 400 | 4:19.68 | 3:33.66 | 4:13.85 | 3:30.40 | 4:05.32 | 3:24.94 |

Athletes with Disabilities Wheelchair Track & Field Qualifying Standards:

| Event | Wheelchair Athletes | |
|-------|---------------------|-------------|
| | Boys | Girls |
| SP | 1.83m (6-0) | 1.22m (4-0) |
| DISC | 4.75m (15-0) | 2.44m (8-0) |
| 100 | :40 | :45 |
| 800 | 6:00 | 6:30 |
| 400 | 3:00 | 3:15 |
| 200 | 1:25 | 1:35 |

Note: The field event qualifying standards above show both the metric distances/heights along with the English distances/heights in parenthesis. The metric measurements will be used in determining qualifying marks for all field events. The English measurement conversions in parenthesis are only listed for convenience and are not necessarily exact conversions. Therefore, at the sectional meets, the metric distances/heights are what will be used to

determine if a qualifying standard has been met by a competitor. In other words, the English conversions listed in parenthesis will not be used or considered to determine if a qualifying standard was met.

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| IHSA TRACK & FIELD IMPORTANT DATES |
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- September 4:** 2024 Track & Field Advisory Committee Meeting
- December 10:** First date of Officials Online Part 1 exam/Rules Presentation begin through the IHSA School & Officials Center.
Track & Field Manual posted (School's Center and Cross-Country Activity web pages).
- January 20:** Practice may begin
- February 1:** School Participation Team/Individual Entry Deadline. The policy for Original School Entry Deadlines, Late Entries, and Late Withdrawals shall be the policies and procedures regarding entry for all IHSA-sponsored sport/activities. For complete instructions, please login to the IHSA Schools & Officials Center with your Official Representative USER ID and Password. Click on the activity tracker and click the button to add sports for the upcoming spring.
- February 3:** 1st Contest Date.
Online Rules Presentation/Officials Exams deadline.
Official's availability calendar deadline
- February 4:** Probation and Suspension calculated
- February 5:** Officials Assignment process begins
- March 3:** Coaches can begin adding their roster to Athletic.net

School Sectional Assignments will be posted mid-March

Girls: <https://www.ihsa.org/Sports-Activities/Girls-Track-Field/State-Series-Information-Results>

Boys: <https://www.ihsa.org/Sports-Activities/Boys-Track-Field/State-Series-Information-Results>
(School's Center and Cross-Country Sport/Activity web pages)

IHSA Will ASSIGN Three (3) licensed officials for each Sectional for those who made themselves available through their Officials Center availability calendar.

May10 (Girls) and May 17 (Boys) MIDNIGHT DEADLINE:

Track & Field Sectional Entries/Roster declarations - **Athletic.net**

AND

Coaches Data Form & Six Contest Verification via **IHSA Schools Center; Coaches Sport/Activity Tracker**

- May 13:** IHSA Girls Track & Field Online Seeding Meeting (failure to withdraw after this deadline \$500.00 penalty)
- May 14-16:** IHSA Girls Track & Field Sectional Meets
- May 20:** IHSA Boys Track & Field Online Seeding Meeting (failure to withdraw after this deadline \$500.00 penalty)
- May 21:** IHSA Girls State Final Practice/School Packet Pick-up begin Wednesday at 4:00 p.m.
- May 21-23:** IHSA Boys Track & Field Sectional Meets:
- May 22-24:** IHSA Girls State Meet
- May 28:** IHSA Boys State Final Practice/School Packet Pick-up begin Wednesday at 4:00 p.m.
- May 29-31:** IHSA Boys State Meet
- September 3:** 2025 Online Advisory Committee Meeting