

ARTICLE XXXII: TRACK & FIELD (Boys and Girls)

The National Federation of State High School Rules and Records Book shall be used unless otherwise stated in this book...including the **IHSA's "Lightning Rule"**. The rule basically states that if lightning or thunder occurs during a contest play is halted for 30 minutes. If more lightning or thunder takes place, the time clock reverts back to the 30 minute wait, etc.. **EVERY COACH SHOULD OBTAIN A RULE BOOK THROUGH THE IHSA.**

Section 1. INTENT TO PARTICIPATE:

a. Intent to participate in track should be filed with the SIJHSAA by the January 15 deadline for the return of the INTENT-TO- PLAY form. Failure to mark the Intent form shall be considered as a negative response. No team shall be allowed to enter track after March 1.

Section 2. ENTRIES and ELIGIBILITY:

- a. A member school may enter two(2) contestants per event, other than the relays. Each school may enter only one 4-member relay team per relay event.
- b. An eligible individual contestant may compete in any 4 events.
- c. The eligibility requirements for track shall be the same as for all other SIJHSAA sponsored sports.
- d. Each team should have a current eligibility list available at all meets.

Section 3. RULES COMMITTEE:

- a. Each Regional and State Track Meet shall have its own rules(games) committee, appointed by the meet manager, whose duty it shall be to rule on any/all problem that arise at that meet.
- b. The rulings of the starter and of the rules committee shall be final.

Section 4. ADVANCEMENT TO STATE MEET:

- a. All first and second place finishers, and those who tie for 2nd, in the regional meets advance to the State.
- b. All other finishers who equal or better the QUALIFYING TIMES/DISTANCES shall also advance to the State meet.
- c. Meet Records are sometimes broken by merely hundredths of a second, but that's the nature of track...narrowness of victories and defeats.
- d. Scoring at the state meet's(8 lanes) shall be 10-8-6-5-4-3-2-1.
- e. Scoring at the regional meets shall be 10-8-6-4-2-1
- f. All relays advancing to the state meet will list all participants in the relay.

Section 5. DATES:

- a. Regional organizational meetings: Wed. of week 42
- b. Regionals: Sat. of week 42 thru Sat.. of week 43
- c. State: 2nd Saturday in May.

Section 6. UNIFORMS:

A. Members of any participating team must wear school issued shirts of the same color. All contestants shall wear shoes. **READ THE RULE BOOK ON UNIFORMS!!**

Section 7. ELECTRONIC ENTRY/FAX-E-MAIL REGIONAL ORGANIZATION is permitted in leu of a regional organizational meeting.

ARTICLE XXXIII: ORDER OF EVENTS & QUALIFYING STANDARDS

Times, distances and heights cannot be rounded up or down to meet the qualifying standards. They must equal or better the listed standards.

Boys State Track Qualifying Marks

Event	Class S	Class S	Class L	Class L
	Manual	F.A.T.	Manual	F.A.T.
Pole Vault	N/A	N/A	8' 6"	8' 6"
High Jump	5' 2"	5' 2"	5' 3"	5' 3"
Long Jump	16' 6"	16' 6"	17' 9"	17' 9"
Shot Put	38'	38'	41'	41'
Discus	110'	110'	112'	112'
100m Hurdles	16.5	16.74	15.4	15.64
4X200m 7th Grade Relay	1:56	1:56.24	1:48	1:48.24
4X100m Relay	N/A	N/A	49.0	49.24
400m Dash	59.0	59.24	56.5	56.79
1600m Run	5:20	5:20.24	5:08	5:08.24
4X200m Varsity Relay	1:49	1:49.24	1:42.5	1:42.74
7th Grade 100m Dash	13.0	13.24	12.3	12.54
8th Grade 100m Dash	12.8	13.04	11.8	12.04
800m Run	2:25	2:25.24	2:18	2:18.24
200m Dash	26.0	26.24	25.0	25.24
4X400m Relay	4:15	4:15.24	4:00	4:00.24

Girls State Track Qualifying Marks

Event	Class S	Class S	Class L	Class L
	Manual	F.A.T.	Manual	F.A.T.
Pole Vault	N/A	N/A	6' 9"	6' 9"
High Jump	4' 6"	4' 6"	4' 7"	4' 7"
Long Jump	14' 6"	14' 6"	14' 9"	14' 9"
Shot Put	28'	28'	29'	29'
Discus	75'	75'	79'	79'
100m Hurdles	18.5	18.74	17.5	17.74
4X200m 7th Grade Relay	NA	NA	2:00.0	2:00.24
4X100m Relay	57.0	57.24	54.0	54.24
400m Dash	1:06.5	1:06.74	1:04.5	1:04.74
1600m Run	6:03	6:03.24	5:56	5:56.24
4X200m Varsity Relay	1:59	1:59.24	1:56	1:56.24
7th Grade 100m Dash	14.0	14.24	13.5	13.74
8th Grade 100m Dash	14.0	14.24	13.3	13.54
800m Run	2:42	2:42.24	2:37	2:37.24
200m Dash	28.5	28.74	28.0	28.24
4X400m Relay	4:48	4:48.24	4:37	4:37.24

ARTICLE XXXIV: RECORDS

Records may be established in the finals. Wind is not figured in, as the SIJHSAA has never used wind measuring devices. To find a listing of the current track records, check the track section of the website.

ARTICLE XXXV: SCORING

Scoring at the regionals shall be 10-8-6-4-2-1. Scoring at the state meet (8 lanes) is 10-8-6-5-4-3-2-1.

ARTICLE XXXVI: TRACK REGULATIONS

Every coach should obtain a rule book through the IHSA.

PRELIMS: NO Prelims in any events. (Passed by the SIJHSAA Board of Control 10-18-17)

HURDLES: 100 meter hurdles shall consist of 10 hurdles. The distance from the starting line to the first hurdle shall be 42'8". Distance between the hurdles shall be 27'10". Distance from the last hurdle to the finish line shall be 34'11". Height of the hurdles shall be 30 inches.

HIGH JUMP: SIJHSAA recommended minimum beginning heights: Regionals(4-0 girls and 4-6 boys) and State(4-0 girls and 4-10 boys).

POLE VAULT: Recommended minimum beginning heights:(Regional 7-6 boys/5-6 girls and State 8-0 boys/6-0 girls).

SHOT PUT: Each contestant shall receive 4 puts. All puts will be recorded and considered in determining the places of finish and the breaking of ties. The weight of the shot shall be 8 pounds. Lead shots are illegal. Rubber and plastic covered 8 pound shots are legal.

DISCUS: Attempts are the same as for the shot put. A rubber, wood, or metal discus weighing 1 Kilo or 2 lbs. 2 oz. with a diameter of 7-1/2" to 7-1/8" shall be used and should be checked by the judges before competition begins. Throwing from a discus cage in the State Series shall be mandatory and is recommended for all other meets.

LONG JUMP: Each contestant shall be given 4 trials. All jumps shall be recorded and considered in determining finishes and the breaking of ties.

BREAKING OF TIES: The breaking of ties in the field events shall be done in accordance with the National Federation of High Schools Rules and Records Book.

RELAY & SUBSTITUTION: All relays must list each participant in the relay. Substitutes may be used in the State Track Meets providing they are on the eligibility list and have not already entered four events in the State Meet.

SCRATCH MEETING: Scratches and replacements may be made at the "scratch meeting" prior to the beginning of the regional meet. NOTE: THIS IS A SCRATCH MEETING ONLY, NOT A MEETING TO ARGUE OVER ORDER OF EVENTS, TIME SCHEDULES, ETC...

FALSE STARTS: NO FALSE STARTS ARE PERMITTED.

AWARDS: In the state meets, 8 individual medallions are given in each event and 4 team trophies are awarded after the meet. (AT THE STATE MEET ONLY: Duplicate medals will be given for all ties)