

**Minutes of the Boys / Girls Track and Field Advisory Committee
September 11, 2013**

The IHSA Track & Field Advisory Committee met in the IHSA Office in Bloomington, Illinois, on Wednesday, September 11, 2013. The meeting began at 10:00 a.m. and concluded at approximately 2:00 p.m. Voting Committee members present were: Eric Lawson, Principal, Bureau Valley H.S.; Erin Luby, Girls T&F Coach at St. Ignatius; Andy Knowles, B&G T&F Coach at Mackinaw H.S.; Jim Aikens, Boys T&F coach, Palatine Fremd H.S.; Eric Anerino T&F Coach, Aurora (Metea Valley) H.S.; John Polka, Meet Manager; Geza Ehrentreu, Coordinator of Officials. Other guests and non-voting members present were: Jerry Parsons, Illinois Coaches Association; , Julie Cochran, IESA Asst. Executive Director, Jamie Klotz, Illinois Track & Cross Country Coaches Association-North; Mike Stokes, Illinois Track & Cross Country Coaches Association-North; Roland Brent, Illinois Track & Cross Country Coaches Association- South ;Mike Garcia, Illinois Track & Cross Country Coaches Association- South; Galen Bennett, Illinois Track and Cross Country Officials Association; Kayode Adegoke, IHSA Assistant Executive Director; Ron McGraw; IHSA Asst. Executive Director.

Unable to attend meeting: John Overstreet, AD/coach, Paxton-Buckley Loda H.S., Rod Shurtz, Boys T&F Coach at Benton H.S.

TERMS AND CONDITIONS RECOMMENDATIONS:

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

Recommendation: The qualifying standards for 2013 and 2014 are as follows:

Event	Class 1A Girls		Class 2A Girls		Class 3A Girls	
	2013	2014	2013	2014	2013	2014
Long Jump	16-4	16-4	16-11	16-11	17-3	17-6
Pole Vault	9-3	9-3	9-9	9-9	10-3	10-6
High Jump	5-2	5-2	5-2	5-2	5-3	5-3
Shot Put	35-6	35-6	36-6	37-0	37-8	37-8
Triple Jump	33-8	33-8	34-8	34-8	35-6	35-8
Discus Throw	108-0	108-0	112-3	112-3	117-6	117-6
4x800 M. Relay	10:22.24 FAT	10:22.24 FAT	10:04.00 FAT	9:58.04 FAT	9:38.24 FAT	9:38.24 FAT
4x100 M. Relay	:51.94 FAT	:51.94 FAT	:50.84 FAT	:50.84 FAT	:49.44 FAT	:49.44 FAT
3200 M. Run	12:12.24 FAT	12:12.24 FAT	11:48.04 FAT	11:40.04 FAT	11:22.04 FAT	11:16.04 FAT
100 M. High Hurdles	:16.64 FAT	:16.64 FAT	:16.04 FAT	:15.94 FAT	:15.34 FAT	:15.34 FAT
100 M. Dash	:13.04 FAT	:13.04 FAT	:12.74 FAT	:12.74 FAT	:12.54 FAT	:12.54 FAT
800 M. Run	2:26.64	2:26.64	2:23.34	2:23.34	2:19.74	2:19.74

	FAT	FAT	FAT	FAT	FAT	FAT
4x200 M. Relay	1:50.34 FAT	1:50.34 FAT	1:48.04 FAT	1:48.04 FAT	1:44.74 FAT	1:45.74 FAT
400 M. Dash	1:02.04 FAT	1:02.04 FAT	1:00.64 FAT	:59.90 FAT	:59.44 FAT	:59.44 FAT
300 M. Low Hurdles	:49.84 FAT	:49.04 FAT	:47.84 FAT	:47.84 FAT	:46.94 FAT	:46.94 FAT
1600 M. Run	5:35.14 FAT	5:35.14 FAT	5:25.74 FAT	5:25.24 FAT	5:15.24 FAT	5:14.24 FAT
200 M. Dash	:27.04 FAT	:27.04 FAT	:26.64 FAT	:26.64 FAT	:25.94 FAT	:25.94 FAT
4x400 M. Relay	4:14.34 FAT	4:14.34 FAT	4:10.04 FAT	4:10.04 FAT	4:04.24 FAT	4:04.24 FAT

	Class 1A Boys		Class 2A Boys		Class 3A Boys	
Event	2013	2014	2013	2014	2013	2014
Long Jump	21-3	21-3	21-8	21-8	22-3	22-3
Pole Vault	13-0	13-0	13-3	13-6	13-9	13-9
High Jump	6-3	6-3	6-3	6-3	6-5	6-5
Shot Put	49-3	48-0	50-11	50-11	52-11	52-11
Triple Jump	42-3	42-3	43-8	43-10	44-10	44-10
Discus Throw	143-0	143-0	148-0	149-0	155-0	156-6
4x800 M. Relay	8:24.24 FAT	8:26.24 FAT	8:15.24 FAT	8:15.24 FAT	8:00.04 FAT	7:58.04 FAT
4x100 M. Relay	:44.64 FAT	:44.54 FAT	:43.54 FAT	:43.54 FAT	:42.64 FAT	:42.64 FAT
3200 M. Run	10:04.0 FAT	10:04.0 FAT	9:49.24 FAT	9:49.24 FAT	9:29.04 FAT	9:29.04 FAT
110 M. High Hurdles	:15.44 FAT	:15.54 FAT	:14.94 FAT	:15.24 FAT	:14.74 FAT	:14.74 FAT
100 M. Dash	:11.14 FAT	:11.14 FAT	:11.04 FAT	:11.04 FAT	:10.94 FAT	:10.94 FAT
800 M. Run	2:01.24 FAT	2:01.24 FAT	1:59.04 FAT	1:59.04 FAT	1:57.24 FAT	1:57.24 FAT
4x200 M. Relay	1:33.74 FAT	1:33.74 FAT	1:31.74 FAT	1:31.74 FAT	1:29.64 FAT	1:29.64 FAT

400 M. Dash	:51.74 FAT	:51.74 FAT	:50.84 FAT	:50.84 FAT	:49.94 FAT	:49.94 FAT
300 M. Int. Hurdles	:42.00 FAT	:42.00 FAT	:40.44 FAT	:40.44 FAT	:39.84 FAT	:39.84 FAT
1600 M. Run	4:37.24 FAT	4:37.24 FAT	4:30.44 FAT	4:30.44 FAT	4:22.74 FAT	4:22.04 FAT
200 M. Dash	:22.94 FAT	:22.94 FAT	:22.54 FAT	:22.54 FAT	:22.24 FAT	:22.24 FAT
4x400 M. Relay	3:31.74 FAT	3:31.74 FAT	3:27.44 FAT	3:27.44 FAT	3:23.74 FAT	3:23.74 FAT

Rationale: Qualifying standards are reviewed annually. After review and much discussion by the members of the T&F Advisory Committee, some are modified and some remain the same.

Motion to change the qualifying standards as seen in the chart above (proposed changes in gray boxes).

Approved by Consent

ADMINISTRATIVE RECOMMENDATIONS:

1. Develop an emergency communication system to be used at the state finals.

Recommendation: Provide a system allowing the IHSA Administrator to text all coaches with information pertaining to the conduct of the meet. For example, we may text that the meet is delayed due to lightening.

Rationale: It would be beneficial to all involved if a system were implemented.

Approved by Consent

2. Provide an index card to all coaches in their team packet to present to the Head Clerk indicating their intention to scratch an athlete from an event.

Recommendation: Provide an index card to all coaches in their team packet to present to the Head Clerk indicating their intention to scratch an athlete from an event.

Rationale: If coaches are provided an opportunity to submit their scratches ahead of time, there will be no need to have them called to the clerk's tent during the meet. This will be beneficial to coaches as well as meet management.

Approved by Consent

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 2013-14

September 11, 2013

1. Post complete sectional results online.
2. Provide all coaches an index card to list their scratches to be turned in to the clerk's tent. Maybe we would not have to call each coach to the tent for no shows.
3. Clarify what the procedure is when the FAT goes down during a race at a sectional meet.
4. Allow all coaches to review all entries at the seeding meeting prior to the final seeding of the meet and allow coaches to make changes after seeing all entries.
5. In the sectional meets eliminate the prelims in the 200 and 100 and run all events as times finals as done in the 400 and 300 events.
6. Assign three field referees to the state final meets (horizontal jumps, vertical jumps, throws).
7. Use plasticine clay on all foul boards in the horizontal jumps.
8. Run the slow heats of the 3200 on the preliminary day for each class.
9. 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
10. Mandate the use of the super alley start at the sectional level.
11. Run all sectionals on 8 lane tracks without exception.
12. Need a tent for the starters.
13. Purchase a laundry basket for all competitors to put their clothes in at the start line.
14. Limit the number of meets any school may compete in out of state. They get to compete in warm weather.
15. Eliminate semi-finals in the 200 meter run at sectionals.
16. Add another class to T&F.
17. Qualify all sectional winners and then the next best 32 times.
18. Leave the qualifying method to state just as it is.
19. Coaches suggest that each sectional assignment be reviewed individually so that all schools are assigned to the most logical site. Some assignments defy logic.
20. Adjust the IHSA position concerning electronic devices in restricted areas at competitions.
21. Allow sectional host schools to conduct their sectional meet on Tuesday or Wednesday as well as Thursday or Friday.
22. Fix the viewing concern at the long/triple jump north runway.
23. Why did the discus take so long to complete if they were using the same format as the horizontal jumps?
24. If a tie exists for the final qualifying position at the state meet in the 100, 200, 400, HH and LH, do not run the extra qualifying heat as per NFHS rules but instead run an extra heat in the finals.
25. Coaches request they receive an email from the IHSA every time they update their entries like Direct Athletics.

26. Coaches request a “No athlete competing in this event button.” This would make it possible to get the red out of the School Center without trying to trick the program (which always causes problems).
27. Separate two athletes from the same school when seeding and they end up placed in the same heat. Do not separate alphabetically.
28. Change the preferred position in alley 4 to position 4A (from 4D).
29. Do not allow indoor times to be used for seeding purposes (we just changed this last year).
30. 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.
31. Allow athletes to qualify at any meet during the season since the IHSA requires FAT at sectionals.
32. Sprinters should be allowed to qualify for state based on a time they achieve in the semifinals just like the field event athletes can.
33. 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. With this technology in place, the prelims are no longer needed. in my opinion. As a member of the Interstate 8 conference, we followed the old mandatory prelims format for years. At Reed-Custer, we started using F.A.T. over a decade ago. We discussed the elimination of prelims for our conference meets and there was some resistance at first because people were reluctant to believe a finals-only format was best for the conference. After years of persuading and discussing, we finally voted to eliminate prelims and run a finals-only format only if F.A.T. was used. After the very first conference meet using this format, those who were not originally convinced about eliminating the prelims were now the staunchest supporters of the no-prelims format. With this success of the no-prelim format, the I-8 created a conference rule that eliminates prelims if F.A.T. is used. This conference rule of no prelims has been effect over five years and there is no indication it will ever change back to the prelim format. This new format does not force athletes to run extra races in the meet and it kept sprinters in particular a little fresher, both mentally and physically, knowing they do not have to run a race just to get into the finals. I have not polled athletes on their opinion of the finals-only format but the first question they have when we get to a competition is whether sprinters have to run prelims or not. Their reaction is how you might expect. If it is finals only, there is a sense of relief. If prelims are run, a disappointed look and body language tells me they are not happy.
In closing, I strongly urge you to support this proposal of eliminating prelims in the 100, 200, and high hurdles. As previously stated, the I-8 has had great success with this no-prelim format and I can only think the state series would benefit from it, too, especially with mandatory F.A.T. utilized by sectional hosts.
34. Why did the long jump begin as early as it was scheduled?
35. Why were the discus competitors at the boys meet not allowed to wear socks over their shoes? Also provided an explanation of the difference between a Games Committee and a Jury of Appeals and which of these we appoint at state.