Minutes of the Boys/Girls Track and Field Advisory Committee September 10, 2014

The IHSA Track & Field Advisory Committee met in the IHSA Office in Bloomington, Illinois, on Wednesday, September 10, 2014. The meeting began at 10:00 a.m. and concluded at approximately 1:00 p.m. Voting Committee members present were: Edward Adams, Athletic Director/Coach, Chicago (Leo); Jim Aikens, Boys T&F coach, Palatine (Fremd); Eric Anerino, T&F Coach, Aurora (Metea Valley); John Overstreet, Athletic Director, Paxton (P.-Buckley-Loda); Keith Kittell, T&F Coach, Wolf Lake (Shawnee); John Polka, Meet Manager; Geza Ehrentreu, Coordinator of Officials. Other guests and non-voting members present were: Jerry Parsons, Illinois Coaches Association; Galen Bennett, Illinois Track & Cross Country Coaches Association; Julie Cochran, IESA Asst. Executive Director, Mike Garcia, Illinois Track & Cross Country Coaches Association; Kayode Adegoke, IHSA Coordinator of Special Programs; Ron McGraw; IHSA Asst. Executive Director.

Unable to attend meeting: Eric Lawson, Principal, Bureau Valley H.S; Jared Schmidt, T&F Coach, Liberty; Roland Brent, Illinois Track & Cross Country Coaches Association.

TERMS AND CONDITIONS RECOMMENDATIONS:

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

Recommendation: The F.A.T. qualifying standards for 2015 shall remain unchanged from 2014.

	Class 1A Girls		Class 2A Girls		Class 3A Girls	
Event	2014	2015	2014	2015	2014	2015
Long Jump	16-4	16-4	16-11	16-11	17-6	17-6
Pole Vault	9-3	9-3	9-9	9-9	10-6	10-6
High Jump	5-2	5-2	5-2	5-2	5-3	5-3
Shot Put	35-6	35-6	37-0	37-0	37-8	37-8
Triple Jump	33-8	33-8	34-8	34-8	35-8	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	9:58.04 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	11:40.04 FAT	11:40.04 FAT	11:16.04 FAT	11:16.04 FAT
100 M. High Hurdles	:16.64 FAT	:16.64 FAT	:15.94 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 FAT	2:26.64 FAT	2:23.34 FAT	2:23.34 FAT	2:19.74 FAT	2:19.74 FAT
4x200 M. Relay	1:50.34 FAT	1:50.34 FAT	1:48.04 FAT	1:48.04 FAT	1:45.74 FAT	1:45.74 FAT
400 M. Dash	1:02.04 FAT	1:02.04 FAT	:59.90 FAT	:59.90 FAT	:59.44 FAT	:59.44 FAT
300 M. Low Hurdles	:49.04 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	5:25.24 FAT	5:25.24 FAT	5:14.24 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	2014	2015	2014	2015	2014	2015
Long Jump	21-0	21-0	21-8	21-8	22-3	22-3
Pole Vault	13-0	13-0	13-6	13-6	13-9	13-9
High Jump	6-3	6-3	6-3	6-3	6-5	6-5
Shot Put	48-0	48-0	50-11	50-11	52-11	52-11
Triple Jump	42-3	42-3	43-10	43-10	44-10	44-10
Discus Throw	143-0	143-0	149-0	149-0	156-6	156-6
4x800 M. Relay	8:26.24 FAT	8:26.24FAT	8:15.24 FAT	8:15.24 FAT	7:58.04 FAT	7:58.04 FAT
4x100 M. Relay	:44.54 FAT	:44.54FAT	: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	:15.54 FAT	:15.54FAT	:15.24 FAT	:15.24 FAT	:14.74 FAT	:14.74 FAT
100 M. Dash	:11.14 FAT	:11.14FAT	:11.04 FAT	:11.04 FAT	:10.94 FAT	:10.94 FAT
800 M. Run	2:01.24 FAT	2:01.24FAT	1:59.04 FAT	1:59.04 FAT	1:57.24 FAT	1:57.24 FAT
4x200 M. Relay	1:33.74 FAT	1:33.74FAT	1:31.74 FAT	1:31.74 FAT	1:29.64 FAT	1:29.64 FAT
400 M. Dash	:51.74 FAT	:51.74FAT	:50.84 FAT	:50.84 FAT	:49.94 FAT	:49.94 FAT
300 M. Int. Hurdles	:42.00 FAT	:42.00FAT	:40.44 FAT	:40.44 FAT	:39.84 FAT	:39.84 FAT
1600 M. Run	4:37.24 FAT	4:37.24FAT	4:30.44 FAT	4:30.44 FAT	4:22.04 FAT	4:22.04 FAT
200 M. Dash	:22.94 FAT	:22.94FAT	:22.54 FAT	:22.54 FAT	:22.24 FAT	:22.24 FAT
4x400 M. Relay	3:31.74 FAT	3:31.74FAT	3:27.44 FAT	3:27.44 FAT	3:23.74 FAT	3:23.74 FAT

<u>Rationale:</u> The committee typically reviews the qualifying standards annually and makes changes as deemed necessary. The committee reviewed a system, currently being constructed, that is expected to modify the qualifying standards process, and is tentatively scheduled for approval and implementation during the 2015-2016 school year. The committee voted 7-0 to keep the current qualifying standards the same for the 2014-2015 school year.

Approved by Consent

ADMINISTRATIVE RECOMMENDATIONS:

1. Instead of using three calls to check-in during the state meet, move to a first and final call.

<u>Recommendation:</u> Provide a more consistent and fair system for getting athletes to check into their respective events.

<u>Rationale:</u> The three call announcement may have been causing slight confusion between some coaches/ athletes. Moving to a first and final call should eliminate the ambiguities of understanding when to report to an event. The Terms and Conditions make it clear that all athletes are to report to the Clerk upon hearing the first call.

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. The committee members elected to discuss some of the items and not to discuss others. This is always the committee's prerogative. 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 2014-15

September 10, 2014

- 1. Instead of allowing 2 entries per event, per school, allow each school to distribute their 28 individual entries among the different events. For example, a school may have 4 athletes capable of running the qualifying time in the 100m dash and none in the 1600m run. Allow them to replace the 1600m entries with additional entries in the 100m, it's what's best for kids.
- 2. Run the 100 M hurdles before the 100 meter dash. Rationale: The hurdles could already be on the track.
- 3. Allow state qualifying to occur at other FAT timed meets during the season.
- 4. Consider placing an emphasis on conducting sectionals on Friday rather than Thursday night so the meets are not conducted on a school night.
 - The committee discussed this request; host schools will continue to have the option to conduct sectionals on either night.
- 5. When using Super Alleys place the top seeds on the inside of the alley rather than the outside.
 - The committee discussed this recommendation and concluded it's a philosophical opinion/preference, and both approaches have been used at some time in the past. No action taken.
- 6. Have only 4 jumps in the long and triple jump at sectional meets. Rationale: Faster, some facilities not well lighted.
- 7. Rotate teams between different sectionals, so it's not the same 15-16 schools every year.
- 8. At State provide a coaches box for horizontal jumps, high jump and pole vault.
 - The committee discussed the recommendation and concluded logistics during the state meet would make it very difficult to accommodate these events.
- 9. For Pole Vault at State Predetermine a height to clear for finals since you have two flights competing at the same time.
- 10. For Pole Vault at State Restrict the size of umbrellas used by competitors so coaches can see steps on the approach since there is no coaches' box.
- 11. Run the slow heats of the 3200 on the preliminary day for each class at state.
- 12. 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.
 - The committee discussed this recommendation. Sectional meet managers already have this option to be used at at their discretion.

- 13. Coaches suggest that each sectional assignment be reviewed individually so that all schools are assigned to the most logical site. Some assignments defy logic.
- 14. Allow sectional host schools to conduct their sectional meet on Tuesday or Wednesday as well as Thursday or Friday.
- 15. 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).
- 16. Change the preferred position in alley 4 to position 4A (from 4D).
- 17. 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.
- 18. Sprinters should be allowed to qualify for state based on a time they achieve in the semifinals just like the field event athletes can.
- 19. Coaches are interested in seeing relays count for double points like they do in swimming. It was pointed out that this is how they are handled in many other states in track and field. There have been several occasions that state trophies have been won by teams that purely have 1 stud who scores all of the points, but teams are not made from one person.
- 20. A second alternative proposed by coaches for determining team champions is to adopt a similar system to golf where only the top 2 or 3 teams from each sectional get points to score for the team trophy. Individuals and teams would still compete for medals at the state meet but only those teams that placed in the top 3 at their sectional score points.
- 21. 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

22. 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. 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 for over 10 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 and jumpers, in particular a little fresher, both mentally and physically, knowing they do not have to run a race just to get into the finals. This no prelim concept must be catching on since more and more conferences are adopting it. The Chicago Catholic League, Sangamon Valley Conference, Vermillion Valley Conference, and DuPage Valley Conference, I heard, already conduct their respective conference meets with no prelims. The Fox Valley Conference is now considering changing to the no prelim concept, as well.

I have data from all the invitationals and conference meets Reed-Custer participated in this year. That data will accompany this proposal.

I have heard some reasons for retaining the prelims in sectionals. Again, these are not my thoughts but they have been heard.

- #1. "The state meet is a sprinter's meet." My comment: What does that have to do with running prelims? So we are going to run prelims to slow them down? We are going to run an unnecessary race and risk injury? So are we just punishing sprinters then?
- #2. "Too many coaches submit false times for better heat positions." My comment: Make coaches prove where the time was set. If they cannot produce it, sorry. Or how about putting a cheating coach on probation for a year or suspending a coach for a year if he/she cheats on times?

To be honest, I have not heard one valid reason for keeping prelims. Every coach I have discussed this with has been in total agreement that prelims are not necessary when F.A.T. is utilized. Most of the coaches I have shared this information with are in Class A and Class AA. Whether or not this is true or not, but I have heard Class AAA boys coaches are the most resistant to changing to a no prelim format. A poll of all IHSA member school head track and field coaches might shed a little more light into whether my proposal is sound or not.

This year's Class A sectionals average from 14-17 teams. I checked Class AA and Class AAA and the number of teams seem consistent at all three levels. That is not a huge increase in schools than what we have in the I-8 meet. There may be an additional heat or two but we already have that currently in place with races 400 meters and up at the sectionals. So the additional heats would not extend the time of the meet significantly. In reality, there will actually be three less races run if a finals-only format is utilized since there will be no need to run finals in the 100, 200, and high hurdles. And with sectionals being segregated by gender, recovery time can be an issue and eliminating extra races would only be beneficial to the athletes. Also, the IHSA gives host schools a choice of what day to run their sectionals. Why not give the host schools the authority to run prelims or not?

Another advantage of not running prelims is that it eliminates A LOT of check-in/check-out problems with field events and allows that portion of the meet to run more effectively. The majority of your jumpers are going to be running semifinal races, so eliminating those heats frees them up and allows whoever is running the field events to do so smoothly. For sectionals, you could do field events at 4pm and even bump running finals up to 5:30.

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 and other invitationals have 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. Stop watches and cinder tracks have been replaced with F.A.T. systems and all-weather tracks. So why don't some of the ways of conducting track meets change with the times, too?

- The committee discussed this recommendation and concluded that it was in the best interest to keep prelims in sectionals.
- 28. At the State Meet, allow the athletes to enter the Clerks tent between the Second Call and the Third Call without be disqualified. Presently, the athlete could be disqualified if he enters after the Second Call. Rationale: The current situation is not reasonable. If the athlete could be disqualified if he enters the Clerks tent after the Second Call, then why is there a Third Call?
 - The committee discussed these concerns. It was decided that going forward, the state meet will make a first call and a final call. The third call will be eliminated.
- 29. At the State Meet, presently all four (4) runners in a relay needs to check in together at the Clerks tent. Allow less than the four to check in.

Rationale: What if one or two of the members of the relay are receiving an award or competing in another event. This is putting the relay team in jeopardy of being disqualified if they don't check in before the second call.

- The committee discussed these concerns. At state we have officials in the clerk's tent dedicated to helping athletes with multiple event conflicts. No action taken.
- 30. Time Schedule for running events at the IHSA Sectional Track needs to be required.

Rationale: This would allow plenty of rest for the athletes to compete at a high level.

Rationale: Jumping off of a painted line in the Long Jump is a disadvantage for the Long Jump athletes.

31. When a 7-lane track has been assigned a Sectional, there needs to be two heats in the finals of the 100, 110 HH, and 200. Take 14 athletes to the finals. This number doesn't need to be 14 but take at least 8 to the finals. This would require two heats.

Rationale: Allows for more athletes to hit the qualifying standard.

32. IHSA State Meet Restructuring Suggestions:

Reason: 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.

For example, an athlete of Pekin scored 31 points for his team at the state meet last year, Pekin had no other state finalist and he earned the 3rd place trophy for his team by himself. Throughout the year however, Pekin was never considered a top team and did not place near the top in their conference or sectional meet.

Another possible scenario for this year, Plainfield Central place 6th out of 8 teams in the Southwest Prairie Conference and will probably be in the bottom half of team scoring at Sectional meet, but because of 2 individuals they have the possibility to place in the top 5 as a team at the state meet. Doesn't seem right, a team that hasn't even come close to winning a meet all season long as a team and is in the bottom half of their conference and sectional has the possibility to bring home a team trophy from the state meet. Crazy!

Possible Solutions: (I won't be able to describe every aspect in these structures but it is a start and you can probably get the jist of it).

- 1. Run the state track meet much like cross country does their state meet, with a combination of individual and team qualifiers. Of course this would be very comprehensive and the meet would be much larger but if things are spread out over 3 days it would be possible. You could keep sectionals the same and still have qualifying marks or change it and limit the total number to a certain amount.
- a. **Team Qualifying** = take the top 1 or 2 scoring teams out of each sectional. Each team gets to bring their top 2 athletes in each event to compete, much like a normal conference or sectional meet. They also have to run/declare their top 2 at the sectional meet so each runner that might compete at the state meet has a seed time.
- b. **Individual Qualifiers Option A** = Still have marks/times that athletes need to hit at Sectionals in order to qualify as an individual (keeping sectionals meaningful). The only way an individual can qualify is by hitting the mark, no more top 2 automatically goes (eliminate it). Of course if an individual's team qualifies then it doesn't matter their mark, they are going as part of the team. This means a sectional meet could have no individual qualifiers in an event besides the top 2 from the team qualifier. (Which would make for a more competitive state meet)
- c. Individual Qualifiers Option B = eliminate qualifying marks and just take the top 15 from across all sectional performances that are not part of a team qualifier and they goes as individuals. Only marks from the sectional meet could make you top 15 (still making the sectional meet very meaningful but you would not know if you qualify until probably Sunday). If you then had 1 or 2 teams from each sectional and they get to run their top 2 you would always have a set number competing at state. It might be large but if you go with Option B for the scoring below it could work.
- d. **Scoring at the State Meet Option A** = (this is where it could get tricky). Individual and team qualifiers would run together in the same heats based on their seed times. There would still be prelims and take top 9 to finals. However, you would only score the top 8 of the team qualifiers in an event. So, If I have an athlete take 3rd in the 100m and they were part of a team qualifier and the 1st and 2nd place athletes were just individual qualifiers then he would earn 10 points towards the team scoring. The 2 finishers ahead of him would still be individual champions in their event. Then you would just go down from there to determine the top 8 team placers.
- e. **Scoring at the State Meet Option B** = the problem with option A is of course you are not going to get 8 team qualifiers in the final on Saturday to score 8 places. The only way I can think of how to change this is to eliminate prelims. Just base everything off of seeds from sectional performances and create heats that way. 1A would run on Thur, 2A on Friday, 3A on Saturday. Then just following the scenario from Option A. The top 8 or 9 times are in the fastest heat and get to compete against each other. But if 3rd place was part of a team qualifier but 1st and 2nd were not he would get the 10 pts. Then just go down from there to fill in the top 8 team places. Meaning you could have someone from the 3rd fastest heat take 8th place as part of team scoring and score a point for their team. Confusing but makes sense after thinking about it.
- 2. This solution is probably the easiest when it comes to formatting the state series but probably not what's best for the athlete. In this format I would propose doing something similar to how wrestling conducts their state series.
- a. The sectional meet is run exactly how it is now and the Individual State Meet is the following weekend at EIU like it is now (Nothing changes).
- b. The only difference would be conducting a Team State Meet the weekend after individual state. The top 2 teams out of each Sectional would qualify to send their top 2 in each event and 1 relay. This means you would have about 20 teams competing for a state title and about 40 athletes in each event. I would say no prelims, 1 day meet at a different location than EIU.
- c. The only problem with this is it extends the season 1 week longer or you have to start the conference meet 1 week earlier. Also, this would be really tough on the athletes. It would extend their Peaking Phase another week for athletes that would compete at the individual state and team state. This is something that could hinder performances by the time many athletes get to the team state meet because they are simply worn out and breaking down.

None of these options are fail safe or without problems and I wasn't able to describe everything fully and in exact detail but I think the various options above are much better in determining the best teams from the state of Illinois than what we currently have.

33. 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 1st 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 6th.
- No prelims, heats are determined by seed according to past performances.
- Normal running event order

5. **Host:**

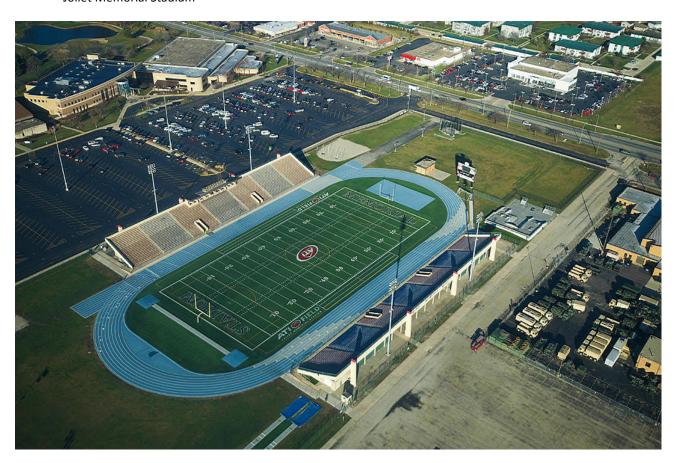
- Site: Joliet Memorial Stadium on Saturday, June 6th 2015
- Schools: Plainfield East, Plainfield North, more welcome?

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.

The committee discussed the concepts seen above proposing a new IHSA Team T&F Championship. Ron McGraw pointed out that in order for such a championship to be contested the week following state T&F; a change to the current season limitation by-law would be

required. Such a decision would be the responsibility of the membership through the annual legislative process. It was also pointed out that such a meet could currently be conducted by any coach or group of coaches during the Summer Contact day period. Direct involvement by the IHSA office would not be necessary. Only schools that have officially closed for the summer would be eligible to compete during the summer contact day period.

Joliet Memorial Stadium



The committee discussed this recommendation. In order for this type of meet to exist, the submitter would need to make a change to our by-laws due to the current season limitation.