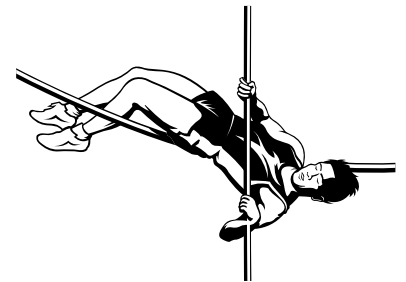


**Idaho High School Activities Association**

**2009  
Girls & Boys  
State Track Manual**



**United Dairymen of Idaho  
The Official Sponsor of IHSAA State Championship Events**

## 2008-2009 State Tournament Host Hotels

The following hotels have agreed to serve as the 2008-2009 State Tournament Host Hotels by providing complimentary rooms for tournament officials. We appreciate their generous support and urge all IHSAA member schools to patronize these Partners in Youth Development.

### EAST BOISE

Cambria Suites	2970 W Elder St	208-344-7444
Hampton Inn, Airport	3270 S Shoshone St	208-331-5600
Hampton Inn & Suites, Boise/Downtown	495 S Capitol Blvd	208-331-1900
Holiday Inn	3300 Vista Ave	208-344-8365
Holiday Inn Express, Boise	2613 S Vista Ave, Boise	208-388-0800
DoubleTree Club Hotel	475 W Park Center Blvd	208-345-2002
Residence Inn by Marriott	1401 Lusk Ave	208-344-1200
SpringHill Suites, Park Center	424 E Park Center Blvd	208-342-1044

### WEST BOISE / NAMPA

Country Inns & Suites	3355 E Pine Ave, Meridian	208-639-3300
Courtyard by Marriott	1789 S Eagle Rd, Meridian	208-888-0800
Hampton Inn & Suites, Meridian	875 S Allen St, Meridian	208-887-3600
Hampton Inn & Suites, Nampa	5750 Franklin Rd, Nampa	208-442-0036
Harrison Plaza Suites	409 S Cole Rd, Boise	208-375-7666
Hyatt Place	925 N Milwaukee, Boise	208-375-1200
Mr Sandman Inn & Suites	1575 S Meridian Rd, Meridian	208-887-2062
Oxford Suites	1426 S Entertainment Ave, Boise	208-322-8000
Rodeway Inn	1115 N Curtis Rd, Boise	208-376-2700
Shilo Inns & Resorts		
Nampa Suites	1401 Shilo Dr, Nampa	208-465-3250
Nampa Blvd	617 Nampa Blvd, Nampa	208-466-8993
Boise Airport	4111 Broadway Ave, Boise	208-343-7662
Boise Riverside	3031 Main St, Boise	208-344-3521
Sleep Inn	1315 Industrial Rd, Nampa	208-463-6300
SpringHill Suites	6325 N Cloverdale Rd, Boise	208-939-8266

### COEUR D'ALENE AREA

Coeur d'Alene Inn	506 W Appleyway, Coeur d'Alene	208-765-3200
Red Lion Templin's Resort	414 E First Ave, Post Falls	208-773-1611

### LEWISTON AREA

Holiday Inn Express	2425 Nez Perce Dr, Lewiston	208-750-1600
Red Lion Hotel	621 21 <sup>st</sup> St, Lewiston	208-748-1000

### POCATELLO AREA

Call Pocatello Convention and Visitors' Bureau		208-235-7659
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### TWIN FALLS AREA

Burley Inn	800 N Overland Ave, Burley	208-678-3501
Shilo Inn	1586 N Blue Lakes Blvd, Twin Falls	208-733-7545

### IDAHO FALLS AREA

Comfort Inn	195 S Colorado Ave, Idaho Falls	208-528-2804
Shilo Inn	780 Lindsay Blvd, Idaho Falls	208-522-9016

## DISTRICT OR QUALIFYING MEETS

### 5A

District I-II

Site: Lewiston H.S.  
Mgr: Tim Sperber  
Date: May 7-8

District III

Site: BSU  
Mgr: Cliff Rice  
Date: May 7-8

District IV-V-VI

Site: Highland HS  
Mgr: Pat Tiede  
Date: May 6-7

### 4A

District I-II

Site: Lewiston H.S.  
Mgr: Tim Sperber  
Date: May 7-8

District III

Site: Kuna H.S.  
Mgr: Lupe Galindo  
Date: week of May 4

District IV-V

Site: Minico H.S.  
Mgr: Tim Perrigot  
Date: May 6-7

District VI

Site: Rigby H.S.  
Mgr: Ted Anderson  
Date: May 4-6

### 3A

District I-II

Site: Timberlake H.S.  
Mgr: Tim Cronnelly  
Date: May 7 & 8

District III

Site: Payette H.S.  
Mgr: Box Dixon  
Date: week of May 4

District IV

Site: Filer H.S.  
Mgr: LaRell Patterson  
Date: May 6-7

District V

Site: Marsh Valley H.S.  
Mgr: Mike Welch  
Date: May 7

District VI

Site: Shelley H.S.  
Mgr: Dave Hadley  
Date: May 7-8

### 2A

District I-II

Site: Kamiah H.S.  
Mgr: Todd Nygaard  
Date: May 8-9

District III

Site: Parma H.S.  
Mgr: Greg Asbury  
Date: week of May 4

District IV

Site: Gooding H.S.  
Mgr: Brian Hardy, Valley  
Date: May 6-7

District V

Site: Grace H.S.  
Mgr: Rich Condie  
Date: May 5-6

District VI

Site: West Jefferson H.S.  
Mgr: Tobee Christiansen  
Date: May 7-8

### 1A

District I-II

Site: Kamiah H.S.  
Mgr: Todd Nygaard  
Date: May 8-9

District III

Site:  
Mgr:  
Date: May

District IV

Site: Gooding H.S.  
Mgr: Brian Hardy, Valley  
Date: May 6-7

District V-VI

Site: Firth H.S.  
Mgr: Kim Williams  
Date: May 6

## REPRESENTATION

<b>5A</b>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	3*	1
	III	8	4
	IV-V-VI	4*	2
	At Large	<u>0</u>	<u>1**</u>
	Total	16	8

\* Next best mark between Dist. I-II and IV-V-VI will qualify for state

\*\*Next best mark statewide will qualify for state

<b>4A</b>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	2*	1
	III	5*	2
	IV-V	5**	2
	VI	2**	1
	At Large	<u>0</u>	<u>2***</u>
	Total	16	8

\* Next best mark between Dist. I-II and Dist. III will qualify for state.

\*\* Next best mark between Dist. IV-V and Dist. VI will qualify for state.

\*\*\* Next 2 best marks statewide will qualify for state.

<b>3A</b>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	4	1
	III	3*	1
	IV	3*	1
	V	2*	1
	VI	3*	1
	At Large	<u>0</u>	<u>3**</u>
	Total	16	8

\*Next best mark between Dist. III, IV, V and VI will qualify for state.

\*\*Next 3 best marks statewide will qualify for state

<b>2A</b>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	2*	1
	III	4	1
	IV	2	1
	V	4	1
	VI	3*	1
	At Large	<u>0</u>	<u>3**</u>
	Total	16	8

\*Next best mark between Dist. I-II and Dist. VI will qualify for state.

\*\* Next 3 best marks statewide will qualify for state.

<b>1A</b>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	4*	2
	III	4*	2
	IV	4*	2
	V-VI	2	1
	At Large	<u>1**</u>	<u>1**</u>
	Total	16	8

\* Next best marks between Dist. K-II, III and IV will qualify for state.

\*\* Next best mark statewide will qualify for state.

**Note:** In case of a tie in a relay in any classification, the IHSAA office will flip a coin to determine the representative.

**NOTE:** Individuals who attain the state meet qualifying standard in a preliminary or final heat at district or regional competition qualify for state competition. Those who meet the qualifying standard in a preliminary heat at district or regional competition and have qualified for the final heat at the district or regional competition must compete in that final heat (Honest Effort Rule).

Individuals may qualify for the state track meet by meeting or bettering the eighth best qualifying time or mark made by individuals who have automatically qualified for the state meet.

**NOTE:** Please do not call us — we will call your school by Noon on Tuesday, May 12, 2009 if your athletes qualified. You may also check the IHSAA website: [idhsaa.org](http://idhsaa.org) for the seedings which will be posted Sunday evening, May 10.

### **Hardship Qualifiers for State Competition**

Individual qualifiers must meet the criteria in #1 and either #2 or #3:

1. Meet or surpass the state qualifying mark (an average of the last three years third place marks at the state meet) in their particular event/s in a sanctioned meet no greater than four weeks prior to the state meet. All meets require a certified starter and referee.
2. Provide proof that they were physically unable to compete at their district/regional meet. Such proof must be a letter from a physician, chiropractor, nurse practitioner or any medical practitioner licensed by the state, stating the nature of the injury/illness that prevented the athlete from competing at the district/regional meet, and also stating the athlete is released to compete in the state meet. Such proof must be presented to the Manager of their respective district/regional meet, by the head coach or athletic director prior to the conclusion of the meet so the athlete's name can be included on the list of "Special Qualifiers."
3. Compete in the particular qualified event at their district/regional meet and fail to qualify by place or mark because of an incident beyond the athlete's control that the meet referee deems a hardship to the athlete in question. An example would be an athlete in an obvious qualifying place that is fouled or interfered with and is unable to finish the race at all or finish in a qualifying place.
4. The Honest Effort Rule: If an athlete does not compete in the finals, after qualifying for the preliminaries, he/she will not be allowed to compete in any further events in the district/regional meet, unless due to an injury/illness certified by a licensed medical practitioner or some other act beyond the athlete's control (e.g., vehicle accident or death in the family). Those athletes not having a certified injury/illness will also not advance to the State Meet if they scratch from a final. Special qualifying marks in the preliminaries will only be used as we have in the past.

### **MODIFICATION FOR IDAHO ATHLETES & TEAMS**

All track and field meets shall be governed by the National Federation Track and Field Rules as published by the NFHS (National Federation Edition) unless changed or modified by the Board of Directors.

The following have been approved as being in the best interest of the participants and will be observed in the Idaho high school state meet.

1. No contestant shall be permitted to enter more than four of the individual track or field events.
2. No contestant shall be permitted to compete in more than four track or field events.
3. A 4-turn stagger will be used in the 4x200 relay, a 3-turn stagger in the 4x400 relay and a 1-turn stagger in the 4x800 relay.
4. The various relay events are to be considered as a team (school) event. Members of a relay team may be changed from district to the state meet.
5. The 1600 M medley relay is run in this order: 200, 200, 400 and 800 meter legs. The 800 M medley relay is run in this order: 100, 100, 200 and 400.
6. An athlete may run in four relays, provided he/she does not enter any other event.
7. If a competitor exceeds participation limitations, all individual and team points earned by that competitor in any event shall be forfeited.
8. Idaho students may not compete in any track and field event other than the events listed below without the written consent of the IHSAA.
9. An individual who qualifies for state competition in four individual events will not be allowed to scratch an individual event and compete on a relay team.
10. At the state track meet, the two-alley start with waterfall shall be used to begin the 800, 1600 and 3200 meter runs.

### **SCORING**

1st place	10 pts	5th place	4 pts
2nd place	8 pts	6th place	3 pts
3rd place	6 pts	7th place	2 pt
4th place	5 pts	8th place	1 pt

## AWARDS

Team: Trophies are awarded to the champion, runner-up, third, and fourth place teams in each classification at the completion of their respective competition. If a tie occurs, trophies will be given to each school that ties for that place. A trophy will not be given to the next place. Example: two teams tie for third place; each team will receive a third place trophy. A fourth place trophy will not be awarded.

Individual: The top six finishers in each event shall receive a medal immediately upon completion of the event. If the athlete is not available to pick up his/her medal at the appointed time, the award may be picked up by the coach; no medals will be given to athletes after the awards ceremony. The medals that are not picked up will be mailed to the school.

## PICTURES OF THE AWARDS CEREMONY

Individual award pictures will be taken and sold by Nish's Photography.

1904 Grange Street, Suite #3, Caldwell 83605 1-800-717-6474 or 454-466

## SUBSTITUTIONS

Substitutions will be permitted in the State Meet when the regular qualifier is unable to participate. The next place winner is first eligible as a substitute. Such substitutions must be made through the IHSAA office prior to 12:00 p.m. the Wednesday preceding the State Meet. Substitutions will not be allowed after this time.

## ADMISSION

General Admission: \$5.00 per day

Discount Admission: \$4.00 per day

(senior citizens, students in grades 1-6 and students in grades 7-12 with an activity card may purchase the discount tickets and passes.)

Coaches must have their IHSAA activity card to be admitted free. Report to the IHSAA pass gate for a ticket upon displaying the card. Spouses will be admitted with coaches on their pass. **Tickets will be issued from 10:00 A.M. - 8:00 P.M. on Thursday at the head table for those coaches who present their activity card. If tickets are issued for three days, the IHSAA pass is invalid for further use and will be noted as such at the pass gate.**

Participants must have their number to be admitted free.

Managers must have a ticket to be admitted free. A maximum of one manager's ticket per day, per school will be provided and may be issued on Thursday.

Each year our gate people report problems encountered by coaches and athletes wanting free admission without proper passes. Coaches, we need your assistance to make a difficult job easier. Please do not ask for exceptions.

## COACHES' PACKETS

Each school with a contestant(s) in the boys' competition and each school with a contestant(s) in the girls' competition will have a coach's packet which will contain one copy of the printed program, a number for each contestant, a general information sheet, and a relay sheet which must be filled out and returned immediately. Packets will be available at the announcing table on Wednesday, May 13 from 2:00-8:00 and on Thursday, May 14 after 10:00 A.M.

## RUNNING EVENTS MISCELLANEOUS

1. 5A and 4A prelims will be held on Thursday evening. 3A, 2A and 1A prelims will be run Friday afternoon. The finals for 5A and 4A will be held Friday evening after the Parade of Athletes. Finals for 3A, 2A and 1A will be held on Saturday morning.
2. Participants reporting to the clerk must enter the track from the **northeast** gate. Follow the designated route to the clerk.
3. Coaches: Please instruct your contestants to report to the clerk before each race. If they do not report, they will be scratched!
4. All warm-ups will be done outside the stadium.
5. Spikes may be 1/4" or 5-7mm. Spikes will be available for purchase at a cost of \$.20 at the table where team packets are picked up.
6. Blocks will be furnished.
7. Coaches: Please instruct your athletes to remain in their lanes after a race and to return to the finish line. Caution your runners not to run on the lines and to stay in their lanes after completing relay exchanges.
8. Relay members: After you have exchanged the baton, leave the track with caution; be careful not to interfere with any other team.

9. Right leg lead 300 meter hurdlers should be cautioned not to run the inside of their lane on the curve which could contribute to a trail leg violation.
10. Any time a runner changes course, he/she must not interfere with anyone.
11. Anyone lapped in the 1600 Meter Run or 3200 Meter Run shall continue to run his/her normal course.
12. **Event:**

800 Meter Run	- Two alley - Dual waterfall - One turn stagger
1600 Meter Run	- Two alley - Dual waterfall - One turn stagger
3200 Meter Run	- Two alley - Dual waterfall - One turn stagger
400 Meter Relay	- Lanes all the way
800 Meter Relay	- Lanes all the way - 4 turn stagger
Sprint Medley Relay	- Lanes through two turns
1600 Meter Relay	- Lanes through 3 turns - 3 turn stagger
3200 Meter Relay	- Lanes through 1 turn – 1 turn stagger
13. Individuals who advance from preliminaries to finals will advance in the following manner: The top individual from each heat will advance, plus the next best times from all heats.

### **FIELD EVENTS MISCELLANEOUS**

1. Rule 7, Section 2, Article 5 will be enforced.
2. A warm-up period will be given between each classification in all field events.
3. By IHSAA Board of Directors ruling, it is mandatory that all shot and discus contestants in the State Track Meet use a shot and/or discus provided or approved by the IHSAA.
4. In the high jump and pole vault, a competitor who has passed three consecutive heights after the competition has begun will be permitted a warm-up jump without the crossbar in place.

### **GENERAL INFORMATION**

1. All coaches and participants are requested to stay in the stands except during the pole vault. PLEASE HELP US WITH THIS REQUEST - INSTRUCT YOUR ATHLETES!.
2. Only athletes participating or receiving awards will be allowed on the field. Please report back to stands immediately after receiving awards.
3. No coaches are allowed on the field for any reason without permission from John Billetz, Ty Jones or Tim Perrigot.
4. All questions concerning rule interpretations should be directed to the referees, Jerry Kleinkopf , Bob Ranells and Tim Dunne. They may be contacted by coming to the announcing table.
5. If you do not understand the "uniform" rule, ask Mr. Ranells before a race.
6. Coaches will not be allowed to view the photos of the finish. If you have a question on the outcome, please contact John Billetz, Ty Jones or Tim Perrigot and the photo will be reviewed by the games committee.
7. Everyone must wear his/her number. The only exception will be in the high jump, where permission must be obtained from the head judge for the exception.
8. The Varsity Center is available for injuries only.
9. Please - no first aid kits on the artificial turf. Analgesic balm, etc. reacts chemically to the turf and turns it black.
10. Dressing rooms will be available, but we encourage you to have your athletes dress elsewhere if possible.
11. No towels will be furnished.
12. The Jury of Appeals will serve as the final Board of Appeals.
13. No hats of any kind are to be worn by athletes during participation in any event. Track uniforms are to be worn in all events. Any deviation must be approved by the referee before competition. Headbands must meet the following criteria: Must be white in color; must be worn on the forehead and be a maximum of 2"; Must be moisture-absorbing, nonabrasive and unadorned except for a logo. (One visible manufacturer's logo/trademark/reference or school

logo/mascot is permitted on the headband and shall be limited to 2 ¼ square inches and shall not exceed 2 ¼ inches in any dimension.) Only one item is permitted on the head.

14. Headsets and other audio type equipment are not to be brought onto the field. This equipment must be left in the stands or bullpen area. We will not be responsible for any lost equipment.
15. The IHSAA office hopes to have the track and field open for use on Wednesday, May 13 from 3:00 to 8:00 P.M., and on Thursday, May 14 from 8:00 A.M. to 2:00 P.M., depending upon BSU track practice. The track will be open for team use on Friday and Saturday mornings from 7:00-9:15. The field event competition area will be closed at 12:00 p.m. to prepare for the 5A/4A competition that starts at 3:00 p.m.

**PARADE OF ATHLETES**

The Parade of Athletes will be held late on Friday afternoon.

1. Please have your athletes and coaches by the north gate by 4:30 p.m.
2. Any returning state champions will be introduced and will lead the parade carrying the large American flag horizontally.
3. Athletes are to be dressed in regular track warm-ups. No hats of any kind, please!
4. The first event for the evening session will begin 15 minutes after the field has been cleared.

**ORDER OF THE 3200 METER AND 1600 METER RUNS**

1. The 3200 meter runs will be run as follows:
 

Thursday evening	Friday 9:30 A.M.
5A Girls	3A Girls
5A Boys	3A Boys
4A Girls	2A Girls
4A Boys	2A Boys
	1A Girls
	1A Boys
2. The 1600 meter runs will be run during the finals.
 

Friday evening	5A and 4A
Saturday	3A, 2A and 1A

**LONG JUMP / TRIPLE JUMP PIT ASSIGNMENTS**

	<u>Pit I</u>	<u>Pit II</u>	<u>Pit III</u>	<u>Pit IV</u>
Thursday				
3:00 P.M.	4A BTJ	4A GTJ	5A GTJ	5A BTJ
7:00 P.M.	3A BTJ	3A GTJ	2A GTJ	2A BTJ
Friday				
9:00 A.M.	3A BLJ	3A GLJ	1A BLJ	1A GLJ
10:30 A.M.	1A BTJ	1A GTJ	2A BLJ	2A GLJ
12:00 P.M.	4A BLJ	4A GLJ	5A BLJ	5A GLJ

# 2009 STATE TRACK SCHEDULE OF EVENTS

Boise State University - May 14, 15 and 16

## Thursday, May 14

4:00 p.m. **Medley and 4x800 Relay FINALS** (4A Girls; 4A Boys; 5A Girls; 5A Boys)

5:15 p.m. **5A & 4A Prelims**

100 Meter Hurdles: 5A Girls, 4A Girls

110 Meter Hurdles: 5A Boys, 4A Boys

100 Meter Dash: 5A Girls & Boys; 4A Girls & Boys

400 Meter Dash: 5A Girls & Boys; 4A Girls & Boys

300 Meter Hurdles: 5A Girls; 4A Girls; 5A Boys; 4A Boys

200 Meter Dash: 5A Girls; 4A Girls; 5A Boys; 4A Boys

**3200 M Run FINAL** (5A Girls; 4A Girls; 5A Boys; 4A Boys)

### Field Events

	<u>Pit I</u>	<u>Pit II</u>	<u>Pit III</u>	<u>Pit IV</u>	<u>High Jump 1</u>	<u>High Jump 2</u>	<u>Discus 1</u>	<u>Discus 2</u>	<u>Shot Put 1</u>	<u>Shot Put 2</u>	<u>Pole Vault 1</u>	<u>Pole Vault 2</u>
<b>THURSDAY</b>												
3:00 p.m.	4A BTJ	4A GTJ	5A GTJ	5A BTJ			4A G	5A B	4A B	5A G	4A G	4A B
5:00 p.m.					4A B	4A G	5A G	4A B	5A B	4A G		
6:00 p.m.											5A G	5A B
7:00 p.m.	3ABTJ	3A GTJ	2A GTJ	2A BTJ	1A B	1A G	1A G	3A B	1A B	3A G		
<b>FRIDAY</b>												
9:00 a.m.	3A BLJ	3A GLJ	1A BLJ	1A GLJ	2A B	2A G	3A G	2A B	3A B	2A G	2A B	2A G
10:30 a.m.	1A BTJ	1A GTJ	2A BLJ	2A GLJ	5A B	5A G	2A G	1A B	2A B	1A G		
12:00 p.m.	4A BLJ	4A GLJ	5A BLJ	5A GLJ	3A B	3A G					3A B	3A G
5:30 p.m.											1A B	1A G

### Track Events

#### Friday, May 15

9:30 a.m.

**3200 M Run** (3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys)

11:30 a.m. **3A, 2A, 1A Prelims**

100 Meter Hurdles: 3A Girls, 2A Girls, 1A Girls

110 Meter Hurdles: 3A Boys, 2A Boys, 1A Boys

100 Meter Dash: 3A Girl/Boys; 2A Girls/Boys; 1A Girls/Boys

400 Meter Dash : 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

300 Meter Hurdles: 3A/2A/1A Girls; 3A/2A/1A Boys

200 Meter Dash: 3A/2A/1A Girls; 3A/2A/1A Boys

**Medley Relay FINAL** (3A, 2A, 1A Girls; 3A, 2A, 1A Boys)

4:45 p.m.

**Parade of Athletes**

5:30 p.m.

**5A & 4A Finals**

100 Meter Hurdles: 5A Girls, 4A Girls

110 Meter Hurdles: 5A Boys, 4A Boys

4 x 200 Relay: 5A Girls, 5A Boys; 4A Girls, 4A Boys

100 Meter Dash: 5A Girls, 5A Boys; 4A Girls, 4A Boys

800 Meter Run: 5A Girls, 5A Boys; 4A Girls, 4A Boys

4 x 100 Relay: 5A Girls, 5A Boys; 4A Girls, 4A Boys

400 Meter Dash: 5A Girls, 5A Boys; 4A Girls, 4A Boys

Break

300 Meter Hurdles: 5A/4AGirls; 5A/4A Boys

200 Meter Dash: 5A Girls, 5A Boys; 4A Girls, 4A Boys

1600 Meter Run: 5A Girls, 5A Boys; 4A Girls, 4A Boys

4 x 400 Relay: 5A Girls, 5A Boys; 4A Girls, 4A Boys

**Team Awards**

#### Saturday, May 16

9:30 a.m.

**3A, 2A and 1A Finals**

100 Meter Hurdles: 3A, 2A, 1A Girls

110 Meter Hurdles: 3A, 2A, 1A Boys

4 x 200 Relay: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

100 Meter Dash: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

800 Meter Run: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

4 x 100 Relay: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

400 Meter Dash: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

Break

300 Meter Hurdles: 3A, 2A, 1A Girls; 3A, 2A, 1A Boys

200 Meter Dash: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

1600 Meter Run: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

4 x 400 Relay: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

**Team Awards**

## 2009 IHSAA STATE TRACK QUALIFYING STANDARDS

EVENT	2006 3rd	2007 3rd	2008 3rd	QUALIFYING STANDARD	
	place mark	place mark	place mark	FAT Time or Field Mark	Hand Time
<b>5A BOYS</b>					
110m HH	15.28	15.32	15.32	15.31	15.07
300m IH	40.11	39.78	39.78	39.89	39.65
100m	11.14	11.17	11.02	11.11	10.87
200m	22.34	22.35	22.33	22.34	22.10
400m	50.42	50.72	49.52	50.22	49.98
800m	1:57.41	1:58.74	1:58.35	1:58.17	1:57.93
1600m run	4:26.77	4:22.19	4:24.75	4:24.57	4:24.33
3200m run	9:51.82	9:45.42	9:46.45	9:47.91	9:47.67
Shot Put	47' 10"	53' 5.75"	53' 5.75"	51' 7"	
Pole Vault	14' 0"	14' 0"	14' 0"	14' 0"	
High Jump	6' 2"	6' 0"	6' 0"	6' 0"	
Long Jump	21' 11"	21' 8.5"	21' 8.5"	21' 9"	
Triple Jump	43' 2"	44' 6"	44' 6"	44' 0"	
Discus	143' 1"	153' 0"	166' 1"	154' 0"	
<b>4A BOYS</b>					
110m HH	15.37	16.05	15.59	15.67	15.43
300m IH	40.48	40.19	41.10	40.59	40.35
100m	11.26	11.28	11.33	11.29	11.05
200m	22.43	22.81	22.78	22.67	22.43
400m	50.38	50.73	51.42	50.84	50.60
800m	1:57.34	1:57.62	2:00.57	1:58.51	1:58.27
1600m run	4:24.93	4:30.79	4:30.08	4:28.60	4:28.36
3200m run	9:40.30	9:57.73	9:56.09	9:51.37	9:51.13
Shot Put	51' 2.5"	52' 11"	47' 5"	50' 6"	
Pole Vault	13' 0"	13' 6"	13' 0"	13' 2"	
High Jump	6' 4"	6' 2"	6' 2"	6' 2"	
Long Jump	21' 2.25"	21' 1"	20' 2"	20' 9"	
Triple Jump	43' 8"	43' 1.5"	42' 7"	43' 1"	
Discus	147' 3"	151' 6"	135' 8"	144' 9"	
<b>3A BOYS</b>					
110m HH	15.73	15.63	15.95	15.77	15.53
300m IH	40.80	40.57	41.77	41.05	40.81
100m	11.50	11.22	11.35	11.36	11.12
200m	22.88	22.55	22.73	22.72	22.48
400m	49.94	50.25	51.02	50.40	50.16
800m	2:00.09	2:03.47	1:59.63	2:01.06	2:00.82
1600m run	4:36.24	4:44.53	4:40.11	4:40.29	4:40.05
3200m run	9:58.65	10:10.50	10:05.27	10:04.81	10:04.57
Shot Put	47' 6"	49' 5.75"	47' 3.5"	48' 1"	
Pole Vault	12' 6"	12' 6"	12' 6"	12' 6"	
High Jump	6' 0"	6' 0"	6' 0"	6' 0"	
Long Jump	20' 2.75"	21' 2.75"	19' 6.75"	20' 4"	
Triple Jump	42' 3.75"	42' 11"	43' 0"	42' 8"	
Discus	143' 1"	138' 5"	140' 11"	140' 9"	
<b>2A BOYS</b>					
110m HH	16.02	15.52	15.40	15.65	15.41
300m IH	41.21	41.40	40.21	40.94	40.70
100m	11.63	11.51	11.61	11.58	11.34
200m	23.42	22.85	22.82	23.03	22.79
400m	51.82	51.64	51.72	51.73	51.49
800m	2:00.86	2:00.49	2:00.69	2:00.68	2:00.44
1600m run	4:38.13	4:36.67	4:41.43	4:38.74	4:38.50
3200m run	10:17.29	10:03.35	10:10.15	10:10.26	10:10.02
Shot Put	49' 10"	51' 8"	46' 1"	49' 2"	
Pole Vault	13' 6"	12' 6"	12' 6"	12' 10"	
High Jump	6' 0"	6' 0"	6' 0"	6' 0"	
Long Jump	20' 4"	20' 4.75"	20' 7.5"	20' 5"	
Triple Jump	41' 9.75"	43' 7"	41' 5.25"	42' 3"	
Discus	139' 6"	141' 2"	144' 0"	141' 6"	
<b>1A BOYS</b>					
110m HH	15.99	16.11	15.84	15.98	15.74
300m IH	41.48	42.70	40.91	41.70	41.46
100m	11.93	11.43	11.47	11.61	11.37
200m	23.46	23.29	22.86	23.20	22.96
400m	51.74	52.52	51.27	51.84	51.60
800m	2:03.29	2:04.12	2:03.43	2:03.61	2:03.37
1600m run	4:48.17	4:42.13	4:44.44	4:44.91	4:44.67
3200m run	10:18.77	10:03.73	10:16.35	10:12.95	10:12.71
Shot Put	47' 6.5"	47' 11.5"	45' 1"	46' 10"	
Pole Vault	11' 6"	12' 0"	11' 0"	11' 6"	
High Jump	6' 0"	6' 0"	6' 2"	6' 0"	
Long Jump	20' 6.25"	20' 4.25"	20' .5"	20' 3"	
Triple Jump	40' 8"	40' 11.75"	41' 8"	41' 1"	
Discus	138' 5"	145' 0"	144' 7"	142' 8"	

## 2009 IHSAA STATE TRACK QUALIFYING STANDARDS

EVENT	2006 3rd	2007 3rd	2008 3rd	QUALIFYING STANDARD	
	place mark	place mark	place mark	FAT Time or Field Mark	Hand Time
<b>5A GIRLS</b>					
100m H	15.12	15.23	15.20	15.18	14.94
300m H	46.73	46.08	46.39	46.40	46.16
100m	12.56	12.46	12.49	12.50	12.26
200m	26.02	25.64	25.70	25.79	25.55
400m	58.71	58.96	58.52	58.73	58.49
800m	2:17.19	2:19.22	2:17.98	2:18.13	2:17.89
1600m run	5:11.07	5:07.38	5:13.96	5:10.80	5:10.56
3200m run	11:36.35	11:10.45	11:26.94	11:24.58	11:24.34
Shot Put	35' 2"	36' 11"	37' 9"	36' 7"	
Pole Vault	10' 6"	10' 6"	10' 0"	10' 4"	
High Jump	5' 2"	5' 0"	5' 0"	5' 0"	
Long Jump	17' 2.75"	16' 8"	17' .25"	16' 11"	
Triple Jump	34' 10.25"	35' 4.25"	34' 3.5"	34' 10"	
Discus	119' 9"	110' 10"	113' 8"	114' 9"	
<b>4A GIRLS</b>					
100m H	16.31	16.41	16.23	16.32	16.08
300m H	48.00	47.56	47.65	47.74	47.50
100m	12.83	13.10	12.87	12.93	12.69
200m	26.21	26.68	26.15	26.35	26.11
400m	58.68	60.42	60.00	59.70	59.46
800m	2:22.05	2:26.31	2:24.68	2:24.35	2:24.11
1600m run	5:18.91	5:19.74	5:22.78	5:20.48	5:20.24
3200m run	11:35.43	11:50.97	11:45.97	11:44.12	11:43.88
Shot Put	39' 9"	37' 8"	41' 9.5"	39' 8"	
Pole Vault	10' 0"	9' 6"	9' 6"	9' 8"	
High Jump	5' 0"	5' 0"	5' 0"	5' 0"	
Long Jump	16' 9"	17' 1.25"	17' 1"	16' 11"	
Triple Jump	35' 7.5"	35' 7.75"	35' 7.75"	35' 7"	
Discus	119' 9"	113' 4"	122' 6"	118' 6"	
<b>3A GIRLS</b>					
100m H	16.65	16.90	16.69	16.75	16.51
300m H	47.59	48.76	48.46	48.27	48.03
100m	13.26	13.26	13.07	13.20	12.96
200m	27.12	27.19	23.23	25.85	25.61
400m	61.94	61.83	60.22	61.33	61.09
800m	2:21.17	2:25.23	2:27.14	2:24.51	2:24.27
1600m run	5:32.76	5:34.09	5:31.48	5:32.78	5:32.54
3200m run	12:27.38	12:03.07	11:56.21	12:08.89	12:08.65
Shot Put	37' 7.75"	34' 1.5"	33' 2.75"	35' 0"	
Pole Vault	10' 0"	9' 0"	8' 6"	9' 2"	
High Jump	5' 2"	5' 0"	5' 0"	5' 0"	
Long Jump	16' 9.5"	16' 7.5"	16' 5"	16' 7"	
Triple Jump	34' 9"	33' .5"	32' 8"	33' 5"	
Discus	110' 1"	106' 3"	107' 5"	107' 11"	
<b>2A GIRLS</b>					
100m H	16.34	17.33	16.55	16.74	16.50
300m H	49.64	49.56	46.97	48.72	48.48
100m	13.13	13.03	12.82	12.99	12.75
200m	26.47	26.88	26.40	26.58	26.34
400m	59.93	60.49	61.03	60.48	60.24
800m	2:25.44	2:23.10	2:28.13	2:25.56	2:25.32
1600m run	5:23.78	5:23.24	5:29.21	5:25.41	5:25.17
3200m run	11:41.31	12:00.00	11:56.40	11:52.57	11:52.33
Shot Put	34' 8"	33' 0"	35' 2.5"	34' 3"	
Pole Vault	9' 0"	9' 6"	9' 0"	9' 2"	
High Jump	5' 4"	5' 0"	4' 10"	5' 0"	
Long Jump	16' 9"	16' 2.5"	17' 0"	16' 7"	
Triple Jump	33' 11"	34' 8.5"	33' 8.75"	34' 1"	
Discus	102' 10"	113' 7"	113' 11"	110' 1"	
<b>1A GIRLS</b>					
100m H	17.00	17.01	16.91	16.97	16.73
300m H	48.82	48.93	48.53	48.76	48.52
100m	13.38	13.02	13.06	13.15	12.91
200m	27.20	26.92	26.88	27.00	26.76
400m	61.74	61.83	61.19	61.59	61.35
800m	2:26.56	2:27.33	2:27.25	2:27.05	2:26.81
1600m run	5:47.88	5:42.32	5:42.64	5:44.28	5:44.04
3200m run	12:47.72	12:50.22	12:41.80	12:46.58	12:46.34
Shot Put	33' 8"	33' 5"	33' 2.5"	33' 5"	
Pole Vault	8' 6"	8' 3"	7' 6"	8' 1"	
High Jump	4' 10"	4' 10"	5' 0"	4' 10"	
Long Jump	16' 2"	15' 11.5"	16' 3.25"	16' 1"	
Triple Jump	33' 2.75"	33' 5.5"	35' 2.5"	33' 11"	
Discus	102' 3"	105' 4"	113' 1"	106' 10"	

(Qualifying standards are the third place marks averaged over the previous three years.)

# FINISH LINE PHOTOS

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**School:** \_\_\_\_\_ **5A** **4A** **3A** **2A** **1A** (circle one)  
Female Male (circle one)

Indicate # of copies requested if you want more than one copy of an event

800 M Run \_\_\_\_\_ 1600 M Run \_\_\_\_\_ 3200 M Run \_\_\_\_\_  
Finished: \_\_\_\_\_ Finished: \_\_\_\_\_ Finished: \_\_\_\_\_  
Hip #: \_\_\_\_\_ Hip #: \_\_\_\_\_ Hip #: \_\_\_\_\_ if known

100 Hurdles Prelim Heat#: \_\_\_\_\_ Finals: \_\_\_\_\_ Lane # \_\_\_\_\_  
110 Hurdles Prelim Heat#: \_\_\_\_\_ Finals: \_\_\_\_\_ Lane # \_\_\_\_\_  
300 Hurdles Prelim Heat#: \_\_\_\_\_ Finals: \_\_\_\_\_ Lane # \_\_\_\_\_

100 M Dash Prelim Heat#: \_\_\_\_\_ Finals: \_\_\_\_\_ Lane # \_\_\_\_\_  
200 M Dash Prelim Heat#: \_\_\_\_\_ Finals: \_\_\_\_\_ Lane # \_\_\_\_\_  
400 M Dash Prelim Heat#: \_\_\_\_\_ Finals: \_\_\_\_\_ Lane # \_\_\_\_\_

Photos of relays are for final leg only

4x100 Relay \_\_\_\_\_ Finished: \_\_\_\_\_ Hip # (if known) \_\_\_\_\_  
4x200 Relay \_\_\_\_\_ Finished: \_\_\_\_\_ Hip # (if known) \_\_\_\_\_  
4x400 Relay \_\_\_\_\_ Finished: \_\_\_\_\_ Hip # (if known) \_\_\_\_\_  
Girls Medley Relay \_\_\_\_\_ Finished: \_\_\_\_\_ Hip # (if known) \_\_\_\_\_  
Boys Medley Relay \_\_\_\_\_ Finished: \_\_\_\_\_ Hip # (if known) \_\_\_\_\_

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