

TRACK GUIDELINES

SECTION I. SEASON LIMITATIONS

- A. Opening Date - week 29 of the IHSA calendar.
- B. End of season - week 47 of IHSA calendar.

SECTION II. SCHEDULE

- A. Number of contests - IHSA guidelines.
- B. Type - each Conference team meets each other. The track chairperson with the advice of the track coaches shall draw up this schedule.
- C. Postponement and make-up procedures: a dual/triangular meet may be postponed by the host school due to weather, to track conditions and by either school for emergencies. Re-scheduling must be by mutual consent.

SECTION III. LEVEL OF COMPETITION

- A. There shall be two levels of competition - (1) Boys - Varsity and Freshman/Sophomore (2) Girls - Varsity and Junior Varsity.
- B. No person may be allowed to compete on two teams of levels on the same day in the same meet.

SECTION IV. GAMES/CONTESTS MANAGEMENT

- A. Procedures for conduction contests
 - 1. IHSA rules
 - 2. Upstate Eight Conference rules
 - 3. Current National Federation rules.
- B. Starting time - time designated in track master schedule unless previously, mutually agreed upon. Visiting teams should be allowed ample warm-up time, approximately 20 minutes, upon arrival.
- C. Uniform - according to IHSA terms and conditions and National Federation rule.
- D. Approved equipment - the host school shall provide equipment necessary, including starting blocks. Each school shall provide their own implements (batons, shot puts, discus, pole vault poles, and first aid kit).
- E. The host school shall provide pay for such officials as are necessary to efficiently run the meet.
- F. Order of events - regulated by rules.
- G. Dual/Triangular Meets
 - 1. Lower level first.
 - 2. Varsity level second.
- H. Coaching -regulated by rules.
- I. Dressing facilities - visiting school shall dress at home unless previous arrangements are mutually made agreed upon.

SECTION V. CHAMPIONSHIP DETERMINATION

- A. The Conference track championship will be determined at an annual meet. Girls will compete at varsity and junior varsity levels, boys will compete at varsity and freshman/sophomore levels.
- B. Dual meet results shall have no bearing on the final standings.
- C. In case of a tie, the schools shall share the trophy involved.

SECTION VI. CONFERENCE MEET

- A. The Upstate Eight Conference meet shall be held (1) Girls -Thursday of week 44 of the IHSA calendar (2) Boys - Thursday of week 45 of the IHSA calendar
- B. The site shall be determined according to the schedule of tournament hosts as adopted by the Conference athletic directors.
- C. IHSA Sectional track rules will be followed. A student may compete in only one level on the same day.
- D. Format of meet - regulated by IHSA Sectional track terms and conditions.
- E. Games Committee - the head varsity track coach from each school and the Conference track chairperson.
- F. Scoring - points will be given for the first six- (6) places in each event.
 - 1. Scoring will be 10 - 8 - 6 - 4 - 2 - 1
- G. Awards
 - 1. The varsity team champion shall receive a traveling trophy.
 - 2. Medals will be given for the first five- (5) places in each event on the varsity level.
 - 3. Ribbons will be given for the first five- (5) places in each event on the Freshman/sophomore level or Junior Varsity level.
- H. Equipment - the host school shall provide equipment necessary, including starting blocks. Each school shall provide its own implements (batons, shot puts, discus, pole vault poles, and first aide kit).
- I. Officials - arranged for by the host school. Each member school is expected to cooperate in providing volunteer help.
- J. Rules - National Federation rules and IHSA Sectional rules.
- K. Additional rules and procedures - (Boys only) beginning in 1967, the mile run shall be known as the Cliff J. Roberts Memorial Mile Run.”

SECTION VII. INDOOR CONFERENCE MEET

- A. The Upstate Eight Conference indoor championship will be held: (1) Boys - Wednesday of week 37 of the IHSA calendar (2) Girls - Thursday of week 37 of the IHSA calendar.
- B. The site will be determined by the schedule of tournament hosts as adopted by the Conference athletic directors.
- C. Format - regulated by Conference track coaches, IHSA Sectional track rules, and National Federation rules.
- D. Awards - a traveling plaque, purchased by the conference awards agents, will be presented to the winning school. Medals will be given for the first five (5) places in each varsity event. Ribbons will be given for the first five- (5) places in each lower level event.
- E. All other guidelines will follow the guidelines for the Upstate Eight Conferences meets.
- F. Scoring – Points will be given for the first six (6) in each event.

1. Scoring will be 10-8-6-4-2-1.

SECTION XIII.

All-Conference Teams – Because of individual Conference Championships, an All-Conference team is not named.

SECTION XI. COACHES' MEETING

- A. Chairperson - Athletic director as designated by the Upstate Eight Conference schedule of chairperson assignments.
- B. Meetings
 1. Pre-season: to go over schedule and review rules.
 2. Post-season/Conference Meet seeding meeting: review the season, review Conference guideline, and review proposals for the betterment of Upstate Eight Conference track.

SECTION X. SPECTATOR CONTROL

Responsibility of host school

SECTION XI. REPORTING SCORES

Not applicable