



SECTIONAL @Kankakee High School, Richton Park

9:00 a.m.

Arrive @ LMS 7:30 Depart @ 7:45

Directions

- Kankakee High School is located just south of Jeffery St. (Rt.115). The bus will depart from Limestone and take Rt. 17 to Greenwich Rd and turn south. Then turn left onto 1000 S Rd./W. Jeffery St. School will be on the right (south side of the road).

ADVANCEMENT TO STATE

The winners of first place in each event in the sectional meet automatically qualify to the state meet. Also, any contestant who equals or surpasses the qualifying standards is entitled to participate at the state meet. (IESA 2014 Rule Change.) *Previously the top two finishers qualified.*

ADMISSION FEES:

All IESA post-season tournaments and events have a mandated admission fee. The fee for Sectional Track admission is as follows:

- \$2.00 for Grade School Students and Senior Citizens
- \$3.00 for High School Students and Adults.

Participating Schools: (Bolded Indicates opponents we have seen during the season.)

Beecher, Bourbonnais UGC, Bradley Central, Clifton Nash, Frankfort Hickory Creek, Frankfort Summit Hill, **Kankakee JHS**, Manteno, Matteson Colin Powell, Matteson, Momence JHS, Onarga Iroquois West, Peotone, University Park Crete Monee.

Practice Schedule for the remainder of the week:

| TUE | WED | THR | FRI | SAT |
|--|-----------------------------|--|-----------------------------|--|
| 9 Sectionals | 10 Sectionals | 11 Sectionals | 12 Sectionals | 13 Away |
| Seebach Practice After School until 5:30 | Practice a.m. 6:30- 7:50 | Seebach Practice After School until 5:30 | Practice a.m. 6:30- 7:50 | Sectionals @ Kankakee H.S. 9:00 A.M. |

MEET SCHEDULE

- Meet will begin with girls hurdles. (Girls and Guys hurdles will be run separately).
- Prelims will only be run for hurdles and the 100m dash. Top two finishers in each heat plus the next two top overall times advance to finals.
- All girl track events will be run before any guy track events. Also, guy field events must be concluded before any girl field event begins.
- Those not reported after final call has been made in the bullpen/staging area will be scratched from the event.
- All track events will be staged in the tent area just outside the track. **NO ELECTRONIC DEVICES ARE ALLOWED IN THIS AREA OR ON THE TRACK.** You may leave clothing in staging area until your event is over. Please stay in warm clothes until you enter the track if the weather is cool.

| Class AA Manual Standards | | | | |
|--|-----------|----------|-----------|----------|
| Event | 7th Girls | 7th Boys | 8th Girls | 8th Boys |
| 100 Meter Hurdles | :17.8 | — | :17.1 | — |
| 110 Meter Hurdles | — | :17.9 | — | :16.5 |
| 100 Meter Dash | :13.5 | :12.3 | :13.2 | :11.8 |
| 200 Meter Dash | :28.4 | :26.0 | :27.7 | :24.8 |
| 400 Meter Dash | 1:05.5 | :59.1 | 1:04.5 | :56.4 |
| 800 Meter Run | 2:38 | 2:24 | 2:36.5 | 2:16.5 |
| 1600 Meter Run | 5:46 | 5:16 | 5:42 | 5:02 |
| 4x100 Meter Relay | :56.0 | :52.3 | :54.8 | :49.2 |
| 4x200 Meter Relay | 2:00 | 1:51.5 | 1:56 | 1:43.5 |
| 4x400 Meter Relay | 4:39 | 4:15.6 | 4:32 | 3:57.5 |
| Pole Vault | 6-09 | 7-09 | 7-06 | 9-03 |
| High Jump | 4-07 | 5-0 | 4-09 | 5-06 |
| Long Jump | 14-08 | * 16-07 | * 15-0 | * 18-0 |
| Shot Put | 27-0 | 34-11 | 29-02 | 40-05 |
| Discus Throw | 76-01 | 102-04 | 82-06 | 124-0 |
| Starting Height for Sectional & State High Jump and Pole Vault | | | | |
| | Sect HJ | Sect PV | State HJ | State PV |
| 7 Girls | 4-01 | 5-09 | 4-05 | 6-06 |
| 8 Girls | 4-03 | 6-06 | 4-06 | 7-03 |
| 7 Boys | 4-08 | 6-09 | 4-10 | 7-06 |
| 8 Boys | 5-02 | 8-03 | 5-04 | 9-00 |

| Class AA FAT Standards | | | | |
|------------------------|-----------|----------|-----------|----------|
| Event | 7th Girls | 7th Boys | 8th Girls | 8th Boys |
| 100 Meter Hurdles | :18.04 | — | :17.34 | — |
| 110 Meter Hurdles | — | :18.14 | — | :16.74 |
| 100 Meter Dash | :13.74 | :12.54 | :13.44 | :12.04 |
| 200 Meter Dash | :28.64 | :26.24 | :27.94 | :25.04 |
| 400 Meter Dash | 1:05.74 | :59.34 | 1:04.74 | :56.64 |
| 800 Meter Run | 2:38.24 | 2:24.24 | 2:36.74 | 2:16.74 |
| 1600 Meter Run | 5:46.24 | 5:16.24 | 5:42.24 | 5:02.24 |
| 4x100 Meter Relay | :56.24 | :52.54 | :55.04 | :49.44 |
| 4x200 Meter Relay | 2:00.24 | 1:51.74 | 1:56.24 | 1:43.74 |
| 4x400 Meter Relay | 4:39.24 | 4:15.84 | 4:32.24 | 3:57.74 |
| Pole Vault | 6-09 | 7-09 | 7-06 | 9-03 |
| High Jump | 4-07 | 5-0 | 4-09 | 5-06 |
| Long Jump | 14-08 | * 16-07 | * 15-0 | * 18-0 |
| Shot Put | 27-0 | 34-11 | 29-02 | 40-05 |
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