IAC TRACK AND FIELD BY-LAWS

General:

1. All IAC member schools shall conform to the New York State eligibility rules as outlined in the NYSPHSAA handbook from the year and the IAC Constitution.
2. Eligibility lists must be mailed as per Section 17,1B, C, and D page 12 of the IAC Constitution
3. The NYSPHSAA handbook, the National Federation Track & Field Rules, and all conference rules as agreed upon will govern meet standards
4. The order of events for a dual/triangular/quad meet shall be as in the IAC Track & Field booklet.
5. Both boys and girls may enter four events in league competition, as well as in Section IV Class Meet, State Qualifying meet, and the NYSPHSAA Championship meet.

   > Under NFHS Rule 4-2, Participation and Entry Limitations, a contestant shall not compete in more than four events, including relays. A contestant exceeds the participation limit whenever he/she reports to the clerk of the course, or the field event judge, in the excess event. The contestant may be listed on relay teams(s) but is not a competitor until he/she reports to the clerk of the course.

   > **Contestants may officially enter**
   >
   > - Four Individual events No relays allowed.
   > - Three Individual events May be listed on any number of relays but compete in only one relay.
   > - Two Individual events May be listed on any number of relays but compete in only two relays.
   > - One Individual event May be listed on any number of relays but compete in only three relays.

6. A listing of the competitors and the events they will participate in is to be given to the opposing coach before the beginning of a dual/triangular/quad meet.
7. The conference schedule shall consist of at least one track and field meet against each participating school on one's division. Other meets may help fill out the schedule, but will not count towards the division title race. In the event, due to scheduling difficulties, two teams face each other more than once in a season; the first contest will count in the division standings.
8. Dual meets will determine the IAC Division Champions. IAC Team and Individual awards will be presented at the IAC Championship Meet. Protest must first go to the meet Grievance Committee appointed by the League Coordinator. If not satisfied, the protest may be entered with the IAC as per page 7, item 6 of the IAC League Constitution. A $10.00 fee must accompany each protest and the Athletic Director, High School Principal must sign as well as the protesting coach.
9. IAC League Records can only be set in accredited meets. The IAC Record Application Form found in the Track & Field booklet must be submitted to the league coordinator no later than three weeks after the record was set.
10. **Scratch one Scratch All:**
    - Rule takes affect once rosters are exchanged at dual meets
    - If using an online entry system prior to a dual meet then a scratch can occur once coaches have met at the meet site and made final changes.
    - After any changes then rule takes effect.
    - If using online entry system opposing coach(es) may request the home team's roster at time of submission of entries

11. **Events not contested:** If a school cannot contest an event due to a lack of equipment or an unsafe facility (non-weather related) etc., the home school must provide prior notification in advance of the meet to all participating schools. The event in question will not count towards points in the meet. If an official deems a part of facility unsafe and an event can't be contested, prior to meet, then appropriate point will be awarded to visiting team(s) based on team rosters handed in prior to start of meet. Prior notification can be made at the preseason meeting for schools aware of such issues.

IAC Championship:

- Remove the IAC Pentathlon and allow schools the opportunity to offer this as an additional opportunity at their own discretion.
- Move the IAC Steeplechase from a single day event to the Championship Meet as the first event on Day
- Online entries are due two days prior to the meet. Team rosters will be sent out soon after all entries are received. Any changes must occur within 24 hours of first submission. After that period only scratches will be allowed.
- Team roster sheets will be turned in once coaches arrive at meet sight. These will be used for any scratches and proof that teams are there. After the team rosters are handed in then the scratch one scratch rest rule takes effect.
- If a two day meet occurs then scratching any time on day one does not affect the entries for the day two.
- Voting for MVPs for the Championship meet: Each school gets one vote for all 4 categories. In case of a tie when there are more the two athletes on the ballot, those that voted for other than the tied athletes will resubmit accordingly. If a tie occurs with only 2 athletes then it will be broken based on how high they are on positions on section 4 leaderboard.

IAC All Star Selection:

- IAC Overall All Stars are determined at the IAC Championship Meet. Places 1-3 are determined to be First Team All Stars, Places 4-6 are determined to be Second Team All Stars.
- IAC Small School and Large School All Stars are determined at the IAC Championship Meet. Places 1-3 are determined to be First Team All Stars, Places 4-6 are determined to be Second Team All Stars.

IAC Track & Field
Varsity Order of Events

3200 Meter Relay G then B
100/110 Meter Hurdles G then B
100 Meters G then B
1500/1600 Meters G then B
400 Meter Relay G then B
400 Meters G then B
400 Meter Hurdles G then B
800 Meters G then B
200 Meters G then B
3000/3200 Meters G then B
1600 Meter Relay G then B

Shot Put G/B
Discus B/G
Long Jump B/G
Triple Jump G/B
High Jump G/B
Pole Vault B/G

Modified Order of Events

55 Meter Hurdles G then B
100 Meters G then B
1500 Meters G then B
400 Meter Relay G then B
400 Meters G then B
200 Meter Hurdles G then B
800 Meters G then B
200 Meters G then B
800 Meter Relay G then B
1600 Meter Relay G then B

Shot Put G (6 lbs) then B (4K)
Discus B then G (4K)
Long Jump B then G
Triple Jump G then B
High Jump G then B
Pole Vault B then G

- An athlete may enter a maximum of 3 events per day; no more than two track events or two field events may be entered each day. If an athlete is participating in tow running events, the total distance may not exceed 2300 meters (Total distance refers to specific events, not total distance of heats). An athlete is limited to one running event if the distance of that event exceeds 2300 Meters. For this reason, the boys run a 1500 Meter Race instead of 1600 Meters so that distance athletes may compete in both the 1500 and the 800 Meter races. (1600 + 800 = 2400 and thus would exceed the 2300 Meter Rule).

- A 4K shot put must be used for boys and a 6lb girls must be used for girls. The shot may be rubber or metal
- Modified Track and Field Athletes need 10 Practices Prior to a Scrimmage and 15 Practices Prior to a Contest.
- The 1600 Meter Relay and the 2300 Meter Rule were approved by the NYSPHSAA during the 2003 Spring Season.

- Modified Athletes are permitted to participate in the Pole Vault.

- Modified Athletes are permitted to wear spikes. Approved by the NYSPHSAA during the 2018 Spring Season.

IAC Championship Meet Information
May 17th and 18th

- Online entries are due two days prior to the meet **(May 15th 5:00pm).** Team rosters will be sent out soon after all entries are received. Any changes must occur within 24 hours of first submission **(May 16th 5:00pm).** After that period only scratches will be allowed.

- Team roster sheets will be turned in once coaches arrive at meet sight. These will be used for any scratches, as well as relay names with alternates. After the team rosters are handed in then the scratch one scratch rest rule takes effect.

- If a two day meet occurs then scratching any time on day one does not affect the entries for the day two.

- Coaches will be assigned to help in a field event, or can request an event they would prefer.

- Voting for MVPs for the Championship meet: Each school gets one vote for all 4 categories. In case of a tie when there are more the two athletes on the ballot, those that voted for other than the tied athletes will resubmit accordingly. If a tie occurs with only 2 athletes then it will be broken based on how high they are on positions on section 4 leaderboard.

- IAC Overall All Stars are determined at the IAC Championship Meet: Places 1-3 are determined to be First Team All Stars, Places 4-6 are determined to be Second Team All Stars.

  IAC Small School and Large School All Stars are determined at the IAC Championship Meet. Places 1-3 are determined to be First Team All Stars, Places 4-6 are determined to be Second Team All Stars

3rd Entrant, ALL 3 Must Meet Standard

EVENT	GIRLS FAT	GIRLS HAND	BOYS FAT	GIRLS HAND
100 Meter	14.24	14.00	12.94	12.70
100/110 Meter Hurdles	19.24	19.00	19.24	19.00
200 Meter	30.24	30.00	25.74	25.50
400 Meter	1:08.24	1:08.0	57.24	57.0
400 Meter Hurdles	1:18.24	1:18.0	1:07.24	1:07.0
800 Meter	2:45.24	2:45.0	2:11.74	2:11.5
1500/1600 Meter	5:40.24	5:40.0	5:00.24	5:00.0
2000/3000 Steeplechase	8:38.24	8:38.0	11:05.24	11:05.0
3000/3200 Meter	12:49.24	12:49.0	11:10.24	11:10.0
Field Events				
Long Jump	14'00"		17'06"	
Triple Jump	28'06"		36'06"	
High Jump	4'04"		5'04"	
Pole Vault	7'06"		10'06"	
Shot Put	25'06"		37'06"	
Discus	76'00"		105'00"	

IAC CHAMPIONSHIP ORDER OF EVENTS

THURSDAY	FRIDAY
2000 Meter Steeplechase Girls	
3000 Meter Steeplechase Boys	
400 Meter Relay (semi) Girls	400 Meter Hurdles Girls
400 Meter Relay (semi) Boys	400 Meter Hurdles Boys
100 Meter Hurdles (semi) Girls	200 Meter Final Girls
110 Meter Hurdles (semi) Boys	200 Meter Final Boys
400 Meters Girls	800 Meters Girls
400 Meters Boys	800 Meters Boys
100 Meters (semi) Girls	3000 Meters Girls
100 Meters (semi) Boys	3200 Meters Boys
1500 Meters Girls	400 Meter Relay Final Girls
110 Meter Hurdles Final Boys	400 Meter Relay Final Boys
100 Meter Hurdles Final Girls	1600 Meter Relay Girls
1600 Meter Boys	1600 Meter Relay Boys
100 Meters Final Boys	
100 Meter Final Girls	
3200 Meter Relay Girls	
3200 Meter Relay Boys	
High Jump Boys	High Jump Girls
Pole Vault Girls	Pole Vault Boys
Shot Put Boys	Shot Put Girls
Discus Girls	Discus Boys
Long Jump Boys & Girls	Triple Jump Boys & Girls

IAC TRACK AND FIELD RECORD APPLICATION

Athlete's Name	Age	
School	Grade	Yrs Exp
Event	Performance	
Date Set	Meet Site	
Official's Signature	Date	
Coach's Signature	Date	

IAC BOYS TRACK & FIELD RECORDS

EVENT	NAME	SCHOOL	TIME	YEAR
100m	Liam Joyce	Dryden	10.94	2016
200m	Jake Puusalu	Waverly	22.01	2005
400m	Daniel Harden	Marathon	48.75	2016
800m	Erik VanIngen	Marathon	1:52.18	2007
1600m	Cameron Bruce	Lansing	4:13.29	2012
3200m	Nate Lockett	Lansing	9:17.7	2003
110mHH	Ben Goodwin	Dryden	14.6	1995
400mH	Jim Terwilliger	Dryden	54.9	1981
3000m St. Chase	Christian Thompson	Candor	9:17.20	2007
400m Relay	T. Allmendinger, M. Trevits D. Pargh, R. Hollenbeck	Dryden	43.03	2007
800m Relay	M. Trevits, D. Pargh T. Allmendinger, R. Hollenbeck	Dryden	1:32.1	2007
1600m Relay	S. Swartwood, C. Mensch N. Puusalu, R. McFarland	Waverly	3:24.36	2012
3200m Relay	J. Abbott, A. Bernard A. Barnard, N. Lockett	Lansing	7:59.0	2003
Shot Put	Andy Lockwood	Lansing	55' 8"	2007
Discus	Andy Lockwood	Lansing	167' 3"	2007
Long Jump	Tim Scheftic	Dryden	22'08"	2010
Triple Jump	Bryant Stuttle	Dryden	46' 1.5"	2013
High Jump	Bill Rhodes	Moravia	6' 10"	1990
Pole Vault	Eric Hughes	Waverly	15' 3"	2006
Pentathlon	Chris Petry	T-Burg	3669pts.	2001

IAC GIRLS TRACK & FIELD RECORDS

EVENT	NAME	SCHOOL	TIME	YEAR
100m	Courtney McNeil	Newark Valley	12.12	2015
200m	Courtney McNeil	Newark Valley	24.85	2015
400m	Mariah Brown	Waverly	57.15	2011
800m	Jenna Cupp	Newark Valley	2:11.29	2013
1500m	Molly Huddle	Notre Dame	4:27.04	2002
3000m	Molly Huddle	Notre Dame	9:21.37	2002
100mH	Patti Diedrich	Waverly	14.2	2002
400mH	Hilary Matson	Marathon	1:02.6	1997
400m Relay	B. Schutrum, V. Schutrum M. Skordynski, J. Smithers	END	49.62	2013
800m Relay	M. Usack, D. Ryan D. Lee, C. Tillapaugh	Lansing	1:47.8	2004
1600m Relay	K.Heisler, M. Usack J. Ryan, C. Richards	Lansing	3:58.44	2001
3200m Relay	M. Keating, M. Usack J. Warren, C. Richards	Lansing	9:29.65	2001
Shot Put	Jessica Cross	Marathon	44' 9"	2002
Discus	Marjorie Grap	S-VE	130' 6"	2003
Long Jump	Olivia Weeks	END	18'2.25"	2009
Triple Jump	Olivia Weeks	END	40'5.5	2009
High Jump	Sandy Dewey	S-VE	5' 6"	1983
Pentathlon	Nele Baade	TAE	3314 pts.	2006
Pole Vault	Emily Gallagher	Lansing	12'0"	2016
2000m Steeple	Erin Cawley	Newark Valley	6:49.64	2009

Southern Tier Track Officials Association (STTOA)
ATHLETIC DIRECTOR or MEET DIRECTOR - TRACK MEET EVALUATION FORM

DATE OF MEET	LOCATION

If you have any questions or concerns about the officials working this meet, please send this form within two days to: Doug Beard, STTOA President, 3602 Scribner Drive Endwell, NY 13760 dbeard3602@aol.com . If no form is received for this meet, the Association assumes that the officiating was to your satisfaction. The association values your input, so please complete and return this form (as needed) so we may continue to improve.

Your Name   **Title**   **(Area) Phone**

Schools at the meet

AD Name, Phone & Signature

Comments: Please be specific, names, positions worked by official, situations, etc.