# **SOUTHEAST CONFERENCE**

**TRACK BY-LAWS**

**Boys and Girls**

**2023**

**Revised: January 12, 2023**

## **PHILOSOPHY**

Competition will be provided among member schools to promote the growth of track and field in the Conference.

## **MEET MANAGEMENT**

## Meet management will be responsible for obtaining all meet officials and meet helpers. Seeding for both the outdoor and relay meets will be the responsibility of the host school head coach.

## Seeding for the SEC Relays will be done by the use of an automated timing service. Entries are due by 3:00 p.m. Sunday. If a coach experiences technological difficulties submitting their entries they are to contact the host school immediately with the understanding that their athletes will be entered but may not be seeded.

## Seeding for the SEC Outdoor Meet will be done by an automated timing service. Entries are due by 3:00 p.m. Sunday. If a coach experiences technological difficulties submitting their entries they are to contact the host school immediately with the understanding that their athletes will be entered but may not be seeded. \*Each school is strongly encouraged to keep all scratches to a minimum.\*

## Meet managers have no authority to allow substitutions in individual events on the day of the conference meet except:

## If a coach presents a medical/injury/suspension statement that a student cannot participate and said statement is signed by the school’s Athletic Director or Principal.

## Individual(s) involved in substitutions will not be reseeded, but will assume the same section, heat, lane, and/or flight assignment of the original entry(s).

## Scratches are allowed the day of the meet, but no replacements are allowed except as indicated above.

## An individual may scratch from part of the meet without having to scratch from the entire meet

## An individual who is already entered in an event(s) cannot scratch from one event to replace a student in another event.

## **GAMES COMMITTEE**

## The games committee shall be established as stated in current year’s Federation Rule Book.

## **CONFERENCE RELAYS**

The Conference Relays Meets will be at one site. The rain date for the Relays will take place on the next day. This will be the only make-up date for the relay meet. If the meet cannot be continued on the next day, a final score/order of finish will be established using results from completed events. **Oak Creek will host the event**.

* 1. Meet information to be posted on the automated timing service web site two weeks prior to the meet.
  2. A girl/boy may be in four (4) events, but in no more than three (3) running or three (3) field events. All field events must have three entries who compete in order to earn points as a team. All schools must have three hurdlers start and complete their race to score points for their team.
  3. All field events and hurdle races will be three-person teams. All other running events will be a four-person team. National Federation Rules will be followed.
  4. No seed meeting will be held. The meet manager will draw for field events, and heats and lanes for running events will be seeded by Federation Rules. Coaches are required to send in time for running events. Note: The shot/discus and long/triple jumps will be the same draw but will begin with different flights.
  5. Scoring: Conference overall score will be kept.
  6. On the scheduled date of the Conference Relays Pole Vault will start at **2:30 p.m**., field events will start at 2:30 pm, and the 6400 Meter Relay will start at **4:00 pm.**
  7. The host school has the latitude to set up the field events as their facility dictates. All these events will be run concurrently if facilities allow. The opening heights will be determined at the coaches’ meeting.

* 1. Competitors will follow the **Five-Alive Rule** in the pole vault and high jump.
  2. The best of the four (4) throws or jumps for each contestant will be added together to obtain the team’s total. All ties will remain ties.
  3. The bar will be raised in the pole vault 12” until the girls reach 8 feet and the boys reach 10 feet. After those heights have been reached respectively, the bar will be raised by 6 inches.
  4. The high jump bar must be raised by 2 inch increments.
  5. **Two (2) flights will be drawn for horizontal jumps only if there are more than 15 participants. Throws in shot put and discus will be taken in order of seed.** The four (4) attempts in the horizontal jumps will be taken in an “open pit” format within a time predetermined by meet management. Both flights will have the same time. The four (4) attempts in the shot put and discus will be taken in order by seed.
  6. **Running Event Order: Girls events will always run first**
     1. 6400 Meter Relays Girls (2-3 seeded heats)
     2. 6400 Meter Relay Boys (2-3 seeded heats)

10 minute break

* + 1. 300 Meter High Hurdles Girls\*
    2. 330 Meter High Hurdles Boys
    3. 400 Meter Relays Girls
    4. 400 Meter Relay Boys
    5. Distance Medley Girls (1200-400-800-1600) (1 heat)
    6. Distance Medley Boys (1200-400-800-1600) (1 heat)
    7. Sprint Medley Relay Girls (100-100-200-400) [Seeded with the fastest time in lane one]
    8. Sprint Medley Relay Boys (100-100-200-400) [Seeded with the fastest time in lane one]
    9. 900 Meter Intermediate Hurdles Girls
    10. 900 Meter Low Hurdles Boys
    11. 800 Meter Relay Girls
    12. 800 Meter Relay Boys
    13. 3200 Meter Relay Girls (1 heat)
    14. 3200 Meter Relay Boys (1 heat)
    15. 1600 Meter Relay Girls
    16. 1600 Meter Relay Boys

***\*Note: All banks of hurdles for the girls 300-meter relay will be set on the same markings. The starting line for the second runner will be 42’-8” from the first hurdle.***

* 1. All events scored 10-8-6-5-4-3-2-1 (according to Federation Rules)
  2. Awards:
     1. First Place finishers – Gold Medal (108 Total Medals – 59 Boys and 59 Girls)
     2. Second Place finishers – Silver Medal (108 Total Medals – 59 Boys and 59 Girls)
     3. Conference Relay Team Champions – Bar (2 Bars – Boys 1 Bar and Girls 1 Bar)

1. **CONFERENCE OUTDOOR**

The Varsity Conference Outdoor Meet will be a coed meet held on the Friday preceding the WIAA Regional Meet. A Conference Meet Champion will be recognized. The rain date for the Varsity Conference Meet will take place on the next day. The JV Conference Meet will take place on the Tuesday following the Varsity conference meet. If the Varsity meet was not able to be completed on the previous Friday or Saturday due to inclement weather, the JV Conference Meet host would now host the Varsity Conference meet on that Tuesday. No further make up dates would be attempted for the Varsity Conference meet. The JV Conference meet would then move to Thursday of that week, and would be hosted by the original Varsity site host. The JV Conference meet makeup would then be the very next day (Friday) if necessary.

* 1. The Conference Outdoor Meet should be timed by a fully automatic timing system.
  2. Each school may have only a total of thirty (30) individual entries plus relays per team, and may only have (3) entries per event. **All coaches are reminded to provide correct and accurate seed times for the meet.**
  3. The meet director will determine the order of field events.
  4. In all field events we will seed by performance. The three (3) preliminary attempts in the horizontal jumps will be taken in an “open pit” format within a time predetermined by meet management. Both flights will have the same time. Finals in the horizontal jumps will follow the conclusion of the second flight and will be run in reverse order of preliminary performance per WIAA rules. Preliminary attempts in the shot put and discus will be taken in order by seed. Finals will be run in reverse order of preliminary performance per WIAA rules.
  5. High Hurdles, 100 Meter Dash, will be seeded competitions. Qualifiers: winner of each heat and fill remaining lanes on time; use one-hundredths of second to break ties.
  6. 400 Meter Dash, 200 Meter Dash, 300 Intermediate (Boys), 300 Low Hurdles (Girls) seed heats by time.
  7. Final places by time; ties for awards are broken by a coin toss. In lanes all the way.
  8. 800-Meter Run, seed runners into heats by time. Heats will be run utilizing a one-turn stagger. The last heat will have at least eight (8) of the top seeded runners but no more than twelve (12) competitors.
  9. 1600 Meter Run and 1600 Meter Relay, seed heats by time using the inside to the outside of lanes.
  10. 3200 Meter Run and 3200 Meter Relay seed by time.
  11. All relays must have a minimum of three (3) teams per heat.
  12. A participant is limited to entering a maximum of four (4) events per WIAA rules.
  13. Eight (8) place scoring will be used for the Conference Outdoor Meet.
  14. Order of Events:
      1. Pole Vault, Long Jump, Triple Jump, Shot Put, High Jump, Discus: 2:30 pm start and run until completion. ***JV pole vaulters will jump at varsity meet to save on time***
      2. Running Events – 3:30 pm start: **Girls events will always run first**
         1. 1,600 Meter-Wheelchair
         2. 3200 Meter Relay
         3. 100 Meter Dash (semis)
         4. High Hurdles (semis) (Boys will go first; Girls Second for this event only)

**30 MINUTE BREAK**

* + - 1. High Hurdles (Final)
      2. 100 Meter-Wheelchair
      3. 100 Meter Dash (Final)
      4. 1600 Meter Run
      5. 800 Meter Relay
      6. 400 Meter-Wheelchair
      7. 400 Meter Run
      8. 400 Meter Relay
      9. 300 Meter Low Hurdles
      10. 800 Meter Run
      11. 800 Meter Wheelchair
      12. 200 Meter Dash
      13. 3200 Meter Run
      14. 1600 Meter Relay
  1. Nine (9) contestants will be taken to finals in all field events.
  2. Awards - All-Conference Team – Top three finishers in each event will be All-Conference.
     1. First Place finishers – Gold Medal (60 Total Medals – 30 Boys and 30 Girls)
     2. Second Place finishers – Silver Medal (60 Total Medals – 30 Boys and 30 Girls)
     3. Third Place Finishers – Bronze Medal (60 Total Medals – 30 Boys and 30 Girls)
     4. Conference Team Champions – Bar (2 Bars – Boys 1 Bar and Girls 1 Bar)
  3. Each Head Coach will nominate one team for the sportsmanship award, and one individual for assistant coach of the year honors at the Conference Outdoor. Voting for both the sportsmanship award and the assistant coach of the year award will be conducted at the Conference Outdoor. Winners will be announced by Friday of the week of the conference meet via email.

VARSITY CONFERENCE RELAY MEET: **Tuesday,** **April 25, 2023 - Oak Creek High School**

VARSITY CONFERENCE OUTDOOR CHAMPIONSHIP MEET: **Friday,** **May 12, 2023- Tremper HS**

**JV CONFERENCE RELAY MEET: Thursday, April 27, 2023 @ Franklin High School  
JV CONFERENCE MEET: Tuesday, May 16, 2023 @ Franklin High School**

Oak Creek Pole Vault

Case Long Jump

Horlick High Jump

Franklin Discus

Bradford Triple Jump

Indian Trail Shot Put

Park Exchange zone and corner judges

*Recommended: Conference assign three officials: Two starters and one Field/Breakpoint Official*

***Conference Championship Meet Future Rotation Hosting Schedule:   
(NOTE: Varsity SEC Relays will remain @ Oak Creek and JV SEC Relays will remain @ Franklin)***

***Varsity SEC Championship Meet JV SEC Championship Meet***

***2024: Kenosha Bradford 2024: Kenosha Indian Trail  
2025: Racine Case 2025: Oak Creek***

***2026: Franklin 2026: Kenosha Tremper***

***2027: Kenosha Indian Trail 2027: Kenosha Bradford***

1. **MULTI-SPORT BYLAWS (reviewed 6/10/11)**
   1. SEC AWARDS POLICY - TEAM AND INDIVIDUAL SPORTS:
      1. “Team” sports include: Baseball, Football, Boys Volleyball, Girls Volleyball, Boys Soccer, Girls Soccer, Boys Basketball, Girls Basketball, and Softball. All Conference awards for team sports will be determined by a nomination and selection process.
      2. “Individual” sports include: Boys Cross Country, Girls Cross Country, Boys Tennis, Girls Tennis, Boys Golf, Girls Golf, Wrestling, Boys Swimming, Girls Swimming, Boys Track, Girls Track, and Gymnastics. All-Conference awards for individual sports will be determined by finish at the Conference Meet.
      3. Championship Bars will be awarded to Team Conference Champions and Team Conference Meet Champions. In the event of co-champions, a championship bar will be given to each co-champion.
      4. First Team All Conference members will be awarded individual gold medals.
      5. Second Team All Conference members will be awarded individual silver medals.
      6. Third Team All-Conference members will be awarded individual bronze medals.

* + 1. Honorable mention members may be selected, but there will be no individual awards.
    2. A player may not be on both First Team and Second Team All-Conference.
    3. When selecting SEC All Conference First and Second Teams. **ALL TIES MUST BE BROKEN**.
    4. Coaches will nominate candidates they feel worthy of All Conference recognition. Only Southeast Conference statistics should be used as criteria for nomination. While speaking on behalf of the players, non-conference statistics may be included, but the coach MUST separate conference statistics versus non-conference statistics when explaining.
    5. Head coaches are required to attend the conference post season meeting as scheduled for their sport(s).
    6. Head coaches in football, b/g basketball, b/g soccer, b/g volleyball, softball, and baseball must submit All Conference nominations prior to their post-season meeting as directed.
    7. No deserving player will be excluded from all-conference nomination if the head coach fails to submit appropriate nomination information. Other coaches may nominate deserving players from opposing teams, if the head coach fails to comply with this requirement.
  1. In addition to the individual SEC sport bylaws, coaches are responsible for following all WIAA rules and regulations, as presented in the most current *“Senior High School WIAA Handbook”* and the applicable *“Season Regulations”* handbook.
  2. The Southeast Conference embraces positive sportsmanship, which provides expectations for coaches, athletes, officials, and fans. School officials and coaches will be provided with guidelines to good sportsmanship. The coach has the responsibility to review the concepts of sportsmanship with their athletes at all levels.
  3. The coach of the HOST school in all varsity contests has the responsibility to report Conference Varsity results to the Milwaukee Journal-Sentinel. In addition, each school’s coach has the responsibility to report varsity results to their appropriate local media/newspaper. It is important that all varsity conference results are reported to the Journal-Sentinel.
     1. Journal Sentinel contact information (as of 12-13-08):
     2. Sports Dept. Phone Number: 414-224-2310 or 800-456-5943 and enter 92310#
     3. Phone Number to Report Game Results: 414-224-2310 or 800-456-5943 and enter 92310#
     4. Sports Dept. Fax Number: 414-456-5943 – when auto-attendant answers enter 92049#
     5. Sports Dept. Email: [prepsplus@journalsentinel.com](mailto:prepsplus@journalsentinel.com) or [jssports@journalsentinel.com](mailto:jssports@journalsentinel.com)
  4. Video scouting is allowed in all sports
  5. SEC Conference Tournament/Meet hosts will be rotated on the basis of alphabetical listing, following the rotation order…
     1. Bradford
     2. Case
     3. Franklin
     4. Horlick
     5. Indian Trail
     6. Oak Creek
     7. Park
     8. Tremper
  6. The SEC will annually award **“Academic” All-Conference Awards** to those individual student athletes selected by their school. Student athletes must participate in SEC sanctioned sports in order to be eligible for the Academic All-Conference award. An “Award of Merit” medal will be given to each school’s winner. Rationale and guidelines for this award are provided in the SEC Constitution.
     1. All Selections will meet the following criteria:
        1. Athlete must be a senior
        2. Athletes must have earned a varsity letter
        3. The GPA shall be 3.5 or better to be considered
        4. Each school will develop their own method of selection, using the above criteria
  7. The SEC will annually award **“Sportsmanship” All-Conference Awards** to those individual student athletes selected by their school. Student athletes must participate in sports sanctioned by the SEC in order to be eligible for the Sportsmanship All-Conference award. An “Award of Merit” medal will be given to each school’s winner. Rationale and guidelines for this award are provided in the SEC Constitution.
     1. All Selections will meet the following criteria:
        1. Athletes must have earned a varsity letter
        2. Each school will develop their own method of selection
  8. The SEC will annually determine an **All-Sports Champion** winner. The traveling plaque will be awarded to the single school that accumulates the most points in conference dual meet play. The rationale and point system to determine the winner is outlined in the SEC Constitution.
  9. In the event contests are canceled, other than summer baseball, it is the responsibility of the Host School Athletic Director to call the opposing school, by 1:30 pm the day of the game.
     1. All canceled conference games should be rescheduled with the following format in mind:
        1. By mutual consent, of both schools, pick the first available date
        2. Conference games have priority over non-conference games
        3. All games should be played prior to the end-of-season meeting, only unusual circumstances must prevail before a conference varsity game is not made up
        4. Rained out games that will involve the determination of the conference champion must be made up
        5. In the event of a Freshman/Sophomore or Junior Varsity game preceding the varsity competition, that event may not continue after two and one half hours of time
  10. When nominating a school for the **“Team” Sportsmanship Award**, you must include a reason for your nomination. Only those schools appropriately nominated will appear on the ballot for voting. A point system will be used to determine the winner. If there are three schools nominated the point system will be 3, 2, and 1. If two schools are nominated the point system will be 2 and 1, etc. The school with the highest point total is the winner. First place ties should be broken. Guidelines and expectations are provided in the SEC Constitution.

**SEC Boys Champions SEC Girls Champions**

1998 Bradford 1998 Burlington

1999 Park 1999 Franklin

2000 Horlick 2000 Franklin

2001 South Milwaukee 2001 Horlick

2002 Oak Creek 2002 Horlick

2003 South Milwaukee 2003 South Milwaukee

2004 Park 2004 Muskego

2005 Park 2005 Franklin

2006 Park 2006 Muskego

2007 Tremper 2007 Burlington

2008 Park 2008 Burlington

2009 Park and Oak Creek 2009 Franklin

2010 Park 2010 Oak Creek

2011 Oak Creek 2011 Franklin

2012 Oak Creek 2012 Franklin

2013 Oak Creek 2013 Franklin

2014 Oak Creek 2014 Franklin

2015 Oak Creek 2015 Franklin

2016 Oak Creek 2016 Oak Creek

2017 Oak Creek 2017 Oak Creek

2018 Oak Creek 2018 Oak Creek

2019 Franklin 2019 Franklin

2020 COVID 2020 COVID

2021 Franklin 2021 Oak Creek

2022 Franklin 2022 Franklin