

2008 USATF Region 7 JO Championships

Seeding Rules

Based on USATF rules and Meet Management decision.

All seeding for this meet is done by seed marks.

Running Events

Prelims - Heats will be formed in a zigzag, or serpentine, pattern. Fastest athlete will be in the first heat, second fastest in the second heat, etc. When all heats have 1 athlete, the next fastest athlete will be in the last heat, with the next fastest in the heat prior to that, etc. When all heats have 2 athletes, the pattern will repeat. Athletes with no times are seeded last. Advancement to finals is based on place and time. Athletes from the same club will only compete in the same heat when there are more athletes from that club than there are heats in the division.

200m & over - When more than 1 heat of a timed final is needed, heats will be formed with slowest athletes & those with no times competing first.

When age divisions are combined in an event, lane assignments are adjusted to best accommodate the event.

Lane preferences are as follows, from best to worst seed times (no times seeded last, randomly):

Timed Finals & Prelims

All events starting in lanes = 4, 5, 3, 6, 2, 7, 1, 8

800m = 8 alleys assigned as follows (1 lane per alley): 4a, 5a, 3a, 6a, 2a, 7a, 1a, 8a, 8b, 6b, 4b, 2b

Round 2 (Finals of Prelims)

All events starting in lanes - All based on place and time

2 draws are made. Fastest 4 athletes advancing by place are randomly placed in lanes 3, 4, 5 & 6.

Remaining athletes are randomly placed in the remaining lanes, 1, 2, 7 & 8.

Field Events

All field events are seeded in flights. When more than 15 athletes are entered in an event, more than 1 flight is seeded.

Positions within the flight are seeded with best seed marks last. No seed marks are listed first, randomly.