

Section 12 - Indoor Track & Field Guidelines

Indoor Track & Field Guidelines

Track & Field Chair - Jerry Monner(Grand View University)

ADC Rep – Ray Shovlain (St. Ambrose University)

12.1 Meet Entry Fee

The cost of the conference meet shall be divided equally among the MCC members with indoor track & field programs. This includes all costs for the meet. (Examples: Workers, starter, officials, timing, facility, etc.)

12.2 Meet Director/Organizer

The MCC Track & Field Chair along with the MCC Commissioner will be responsible for the following:

- Securing a site to host the MCC Championships, and set up a 2 year plan/contract (if possible)
- Hire two certified collegiate meet officials: a starter and a finish judge/clerk
 - The officials may switch duties throughout the meet
- Hire an Announcer – to announce team score, results, start lists, background info., records, etc.
- Hire a certified athletic trainer to be present throughout the meet to deal with any emergency medical situations
- Organizing meet workers
- Hiring/Organizing FAT Timing, Entries, and Results
- Organizing meet set-up/conduct
- Ordering all awards & All-Conference T-Shirts

12.3 Meet Conduct

- The MCC Indoor Championship meet will be a one day meet, held on the Saturday 3 weeks prior to the NAIA Indoor National Championships. (**Feb. 13th, 2009**)
- We will not have a “host school” for the sport of indoor track & field
- Duties such as field event officiating will be divided up equally among the competing schools by the MCC Track & Field Chair.

12.4 Scoring:

- Top eight places in each individual event. 10-8-6-5-4-3-2-1
- Top seven places in each relay. 10-8-6-5-4-3-2
- 6 individuals in each event and 1 relay from a school may score.
- In the event of a tie, points from the places involved shall be equally divided between these competitors.

12.5 Indoor Performance List

- Coaches must update all new and/or improved performances each week to their account set up on Apple Raceberry Jam by Noon Monday from the start of their indoor season to the Monday following the NAIA Indoor National Championships. This list will be updated on a weekly basis and available to each coach online and will be linked to the MCC Conference website.
- MARKS REPORTED AFTER THE DEADLINE WILL NOT BE ADDED TO THE PERFORMANCE LIST AND THEY WILL NOT BE ELIGIBLE AS SEED TIMES FOR THE MCC INDOOR CHAMPIONSHIPS!!!

12.6 Reporting Weekly Results

Report results at www.raceberryjam.com

Each coach will have an account set up

Instructions to input data will be e-mailed to each coach from the MCC Conf. Chair

12.7 Entries

- Each school may enter 6 competitors in each individual event and 1 relay team.
- Entries shall be submitted by noon on the Monday prior to the meet.
 - Entries should be done online when possible, or e-mailed to the timing/entry service.
 - The entry list shall be posted by the timing/entry service by Noon Tuesday prior to the meet.
 - Final Scratches should be sent to the timing/entry service by Noon Wednesday prior to the meet.
 - Heat sheets will be posted by 5:00pm Wednesday evening prior to the meet.
- Coaches will enter athletes in their events with no entry mark (pending the timing/entry service)
- Coaches do not have to declare who will be running on relays.
- Entry marks will be imported by the conf. chair/timing service based off the submitted marks for the MCC weekly performance list.
 - *If an athlete has not competed in an event or if the coach has not submitted weekly results for the MCC performance list, they will be entered as NH, NT, or ND for that event.
 - Entry marks may be challenged at the coaches meeting on the morning of the meet.

12.8 Timing and Results:

- Timing and results will be done with a Fully Automatic Timing system.
- Timing/Entries/Results will be a hired out service
- A minimum of eight hand timers must be used to back up the automated system.
- Results and team scoring should be updated and posted at the meet in a timely fashion after each final event.

12.9 Scratches:

Final Scratches need to be made by Noon on the Wednesday prior to the meet.

From this point on the Honest Effort Rule will be in affect for the MCC Indoor Championship Meet.

12.10 Seeding & Lane Assignments:

- Seeding for prelims in both running and field events shall be completely random.
- When running timed finals heats shall be determined according to seed times, running slowest heat to fastest
- 55m/60m Dash and 55m/60m Hurdles 8 lanes will be used for prelims and finals
 - Preliminary heats are random with the following number of entries per heat.
 - 8 or fewer entries no prelims, just run a timed final
 - 9 entries 5 first heat, 4 second heat
 - 10 entries 5 first heat, 5 second heat
 - 11 entries 6 first heat, 5 second heat
 - 12 entries 6 first heat, 6 second heat
 - 13 entries 7 first heat, 6 second heat
 - 14 entries 7 first heat, 7 second heat
 - 15 entries 8 first heat, 7 second heat
 - 16 entries 8 first heat, 8 second heat
 - 17 entries 8 first heat, 5 second heat, 4 third heat
 - 18 or more entries – keep following the same pattern as above.
- 200m, 400m, and 600m will run timed FINALS in lanes 2-6 (we will not run in lane one unless only 6 entries)
 - There shall be no less than three lanes filled in a heat.
 - 6 or fewer entries, run one heat
 - 7 entries 4 fast heat, 3 second heat
 - 8 entries 5 fast heat, 3 second heat
 - 9 entries 5 fast heat, 4 second heat
 - 10 entries 5 fast heat, 5 second heat
 - 11 entries 4 fast heat, 4 second heat, 3 third heat
 - 12 entries 5 fast heat, 4 second heat, 3 third heat
 - 13 entries 5 fast heat, 5 second heat, 3 third heat
 - 14 entries 5 fast heat, 5 second heat, 4 third heat
 - 15 entries 5 fast heat, 5 second heat, 5 third heat
 - 16 entries 5 fast heat, 4 second heat, 4 third heat, 3 third heat
 - 17 or more entries – keep following the same pattern as above
- Lane assignments will follow the format for finals in each heat.

12.11 Prelims and Finals:

12.11.1 Running Events:

Prelims and finals shall be run in the 55m or 60m Dash and 55m or 60m Hurdles when there are more than 8 entrants.

- Finals will include the 8 fastest times from prelims.
- Lane assignments for FINALS of the 55m/60m Dashes and Hurdles shall be as follows:
 - Fastest Qualifying time: Lane 4
 - 2nd Fastest Qualifying time: Lane 5
 - 3rd Fastest Qualifying time: Lane 3
 - 4th Fastest Qualifying time: Lane 6
 - 5th Fastest Qualifying time: Lane 2
 - 6th Fastest Qualifying time: Lane 7
 - 7th Fastest Qualifying time: Lane 1
 - 8th Fastest Qualifying time: Lane 8

- Lane assignments for timed FINALS run in lanes (200m, 400m, or 600m)
 - Fastest Seed time: Lane 4
 - 2nd Fastest Seed time: Lane 3

- 3rd Fastest Seed time: Lane 5
- 4th Fastest Seed time: Lane 2
- 5th Fastest Seed time: Lane 6

*We will not run in lane one for these races unless we have 6 or fewer entries.

- If that is the case lane 3 will be the fastest seed time.(3,4,2,5,1,6)

*Tie for last qualifying position: (Running Events)

Shall be determined by reading the phototiming device to the 1/1000th of a second or lesser fraction if capable, by a runoff or drawn by lot, based on a decision before the meet by the games committee.

12.11.2 Field Events:

- Prelims and finals will be held in the long jump, triple jump, shot put, and weight throw with three attempts in the prelims and three attempts in the finals. If there are 9 or less entrants, all having a legal mark in the prelims will qualify for the finals.
- Top nine marks in prelims will qualify for the finals. Order of competition will be last qualifying mark to best qualifying mark.
- In the event of a tie in both qualifying and placing, the tie shall be broken with the next best mark.
 - If the competitors are tied equally throughout prelims and are tied for the last qualifying spot for finals, both competitors will go to finals.

12.12 Event Workers:

Each event shall have at least one adult official, experienced in the event they are assigned to, along with additional, experienced/knowledgeable, event workers as follows:

(No Students/Athletes will be allowed to officiate an event)

12.12.1 Running & Relay Events:

12 workers – (Finish line judge, 8 hand timers, 3 Hurdle setters/relay exchange zone judges)

12.12.2 Long Jump/Triple Jump:

3 workers – (tape measure puller, spotter, raker)

12.12.3 High Jump:

2 bar/standard setters

12.12.4 Pole Vault:

2 bar/standard setters

12.12.5 Shot Put:

3 workers – (tape measure puller, spotter, shot returner)

12.12.6 Weight Throw

3 workers – (tape measure puller, spotter, returner)

12.13 Weigh-Ins:

- All implements must be certified on the day of competition prior to each event.
- A weigh in period shall be set before the first throwing event of the day.
 - Implements must be weighed in during this set time.
 - The MCC will check the following minimum certifications for throwing implements.
 - Weigh in the Shot and Weights with a digital scale
 - Measure length of the Weights

12.14 Site:

- The meet shall be held at a facility with a six lane indoor track and 8 lanes on the straight-away. The location shall have the appropriate facilities to accommodate ALL MCC Indoor Conference events. The MCC Commissioner will work in conjunction with the site coordinator as to conduct of the meet and meet workers.

12.15 Protests

For Entry Marks & Seeding:

- Protests for entry marks may be made at the coaches meeting the morning of the meet.
- ALL entries need to certified results from the current indoor season.
- Protests should be made in writing to the MCC Track & Field Chair at the coaches meeting.
- Entries that upon protest are non-certified or not from the current indoor season shall be re-entered as NO TIME or NO DISTANCE/HEIGHT, and the event will be re-seeded.

12.16 Post Event Protests:

- Post event protests will follow the NAIA standard for protests including the fees charged by the NAIA and utilizing the NAIA protest form which will be turned in to one of the hired officials (starter or finish judge), within 30 minutes after the completion of the event. If this is an appeal of a referee's decision, the referee will carry the appeal to the Games Committee. The referee will handle photo appeals.

- No Verbal Protests will be accepted.

12.17 Games Committee:

- Games Committee shall consist of the following:
 - Starter, Finish Judge and all Head Coaches not involved in the possible violation
- After discussion and review of the protest, a written vote will be taken and given to the hired officials and a simple majority will rule on the protest.

12.18 Awards:

Indoor Awards:

12.18.1 Team Champions:

- A team championship plaque will be given to the men's and women's team champions, provided by the MCC.
- A MCC Traveling trophy will be given to the men's and women's team champions and rotated by the championship teams each season.

12.18.2 Coach of the Year:

- The coach of the year will be voted on by head coaches (written ballot) at the conclusion of the meet. A simple majority vote will decide the conference indoor coach of the year and will also be given a plaque provided by the MCC.

12.18.3 Performers of the Year:

- One male and one female student-athlete will be selected as the indoor "track" athlete of the year and one male and one female will be selected as the indoor "field" athlete of the year by vote (written ballot) of the conference head coaches following the conclusion of the meet and will receive a plaque from the MCC.

12.18.4 All-Conference:

- The champion in each individual event and members of the championship relays will receive a T-Shirt
- The MCC will recognize the top performer in all NAIA sponsored events, NOT held at the Conference Meet, as the Conference Champion and All-Conference in that event and awarded a T-Shirt.
 - These performances must be reported on Apple Raceberry Jam (same as weekly performances)
 - Racewalk, heptathlon, pentathlon, etc.
 - They will not be scored in the conference meet

12.18.5 Performers of the Week: (Male & Female)

- We will award one "track" athlete of the week and one "field event" athlete of the week for each gender.
- We will follow the nomination and voting procedure as stated in the MCC Sports Information guidelines for athlete of the week awards.

MCC Indoor Track and Field Championship Order of Events

(Unless a change is needed due to facility / time restrictions)

Weigh Ins

9:00am-9:30am

Field Events

10:00am	Wt. Throw	Men followed by Women
	Long Jump	Men followed by Women
	High Jump	Women followed by Men
	Pole Vault	Women followed by Men

	Shot Put	After conclusion of Wt. Throw	Men followed by Women
	Triple Jump	After conclusion of Long Jump	Men followed by Women

*We will run 60m Dash/60m Hurdles if the facility is set up for it, otherwise we will run 55m/55H.

Running Events –

11:00am	DMR	Women
	DMR	Men
	5000m	Women
	5000m	Men
	60m H	Women Prelims
	60m H	Men Prelims
	60m	Women Prelims
	60m	Men Prelims
	600m	Women
	600m	Men
	60m H	Women Finals
	60m H	Men Finals
	60m	Women Finals
	60m	Men Finals
	Mile	Women
	Mile	Men
	400m	Women
	400m	Men

Estimated 30 min. BREAK (at conclusion on Men's 400m)

800m	Women
800m	Men
200m	Women
200m	Men
3000m	Women
3000m	Men
4x800m	Women
4x800m	Men
4x400m	Women
4x400m	Men

Indoor Conversions:

- 1) All hand times will be converted to FAT, by rounding up to the nearest tenth of a second, then adding .24 to the rounded time
- 2) 1500m times will be converted to Mile times, by multiplying the 1500m time in seconds x 1.08, then after multiplying calculate it back into min./sec.
- 3) 55m to 60m for men divide by .926, for women divide by .922
- 4) 55m Hurdles to 60m Hurdles for men and women divide by .93
- 5) Any over/undersized track performances will be converted as needed