

# **Section 11 - Outdoor Track & Field Guidelines**

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

ADC Rep – Ray Shovlain (St. Ambrose University)

## **11.1 Meet Entry Fee**

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

## **11.2 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

## **11.3 Meet Conduct**

- The MCC Championship meet will be held over two days on the Thursday/Friday, 3 weeks prior to the NAIA National Championships.
- We will not have a “host school” for the sport of track & field
- Duties such as field event officiating will be divided up equally among the competing schools by the MCC Track & Field Chair.
- In case of inclement weather prior to the start of the meet, it will be pushed back one day until the meet can be completed. It will remain a 2 day meet.
  - Conduct of the remainder of the meet involving partial completion of one day, due to inclement weather, will be decided upon by the games committee with a simple majority vote.

## **11.4 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.

## **11.5 Outdoor Performance List**

- Coaches must e-mail all new and/or improved performances each week to the MCC SID by Noon Monday from the start of your outdoor season to the Monday following the NAIA Outdoor National Championships. This list will be updated and e-mailed to each coach on a weekly basis and be posted on 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 OUTDOOR CHAMPIONSHIPS!!!

## **11.6 Reporting Weekly Results**

Include the following:

Date, name and/or location of the meet

Your School Name, Men or Women

- List results either by event or by athlete so they are easy to follow
- Report exact results. If it was a hand time, report it exactly as it was recorded in the meet results.
- Report field event marks exactly as they were listed in the meet results
  - We will convert the marks as needed.
- Only the top relay time from each school will be included on the performance list.
  - Include the names/order of the athletes that ran on each relay

## **11.7 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 events with no entry mark.
- Coaches do not have to declare who will be running on relays.
- Entry marks will be imported manually 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 first day of the meet.

### **11.8 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.

### **11.9 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 Championship Meet.

### **11.10 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 with the fastest heat running first followed by the next fastest heat, etc.
- For races run in lanes, there shall be no less than three lanes filled in a heat
  - 9 entries – 6 fast heat, 3 slow heat
  - 10 entries – 7 fast heat, 3 slow heat
  - 11 entries – 8 fast heat, 3 slow heat
  - 12 entries – 8 fast heat, 4 slow heat
  - 13 entries – 8 fast heat, 5 slow heat
  - 14 entries – 8 fast heat, 6 slow heat
  - 15 entries – 8 fast heat, 7 slow heat
  - 16 entries – 8 fast heat, 8 slow heat
  - 17 entries back to the beginning, etc. – 8 fast heat, 6 second heat, 3 slowest heat
- Lane assignments will follow the format for finals in each heat.

### **11.11 Prelims and Finals:**

#### ***Running Events:***

Prelims and finals shall be run in the 100m, 200m and 100m/110m Hurdles when there are more than 8 entrants.

- Finals shall include the heat winners and the next fastest times to fill a field of 8.
- Lane assignments for all FINALS 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

\*Tie for last qualifying position: (Running Events)

Shall be determined by reading the phototiming device to the 1/1000<sup>th</sup> 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.

#### ***Field Events:***

- Prelims and finals will be held in the long jump, triple jump, shot put, discus, hammer, and javelin 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.

### **11.12 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)

#### **Running & Relay Events:**

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

#### **Long Jump/Triple Jump:**

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

#### **High Jump:**

2 bar/standard setters

#### **Pole Vault:**

2 bar/standard setters

#### **Shot Put:**

4 workers – (tape measure puller, spotter, shot returner, raker)

#### **Discus/Hammer:**

4 workers – (tape measure puller, 2 spotters, disc/hammer returners)

#### **Javelin:**

4 workers – (tape measure puller, 2 spotters, javelin returners)

### **11.13 Weigh-Ins:**

- All implements must be certified on the day of competition of the event prior to each event.
- A weigh in period shall be set before the first throwing event of each 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, Disc, Javelin, Hammer with a digital scale
      - Measure length of the Hammers
      - Measure length of the tip to center of gravity on Javelin

### **11.14 Site:**

- The meet shall be held at a collegiate facility with an 8 lane all-weather track. The location shall have the appropriate facilities to accommodate ALL MCC Conference events. The MCC Commissioner will work in conjunction with the site coordinator as to conduct of the meet and meet workers.

### **11.15 Protests**

#### ***For Entry Marks & Seeding:***

- Protests for entry marks may be made at the coaches meeting the morning of the first day of the meet.
- ALL entries need to certified results from the current outdoor 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 outdoor season shall be re-entered as NO TIME or NO DISTANCE/HEIGHT, and the event will be re-seeded.

#### ***For Post Event Protests:***

- Post Event Protest will be made in writing with the NAIA Protest Form and 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 fees will be charged to protest or appeal a decision.
- No Verbal Protests will be accepted.

### **11.16 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.

### **11.17 Awards:**

#### **Outdoor Awards:**

##### ***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.

***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 coach of the year and will also be given a plaque provided by the MCC.

***Performer of the Year:***

- Track (running) - One male and one female student-athlete will be selected by vote (written ballot) of the conference head coaches following the conclusion of the meet and will receive a plaque from the MCC.
- Field (jumping and throwing) - One male and one female student-athlete will be selected by vote (written ballot) of the conference head coaches following the conclusion of the meet and will receive a plaque from the MCC.

***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 to the conf. chair by Noon Monday the week the performance takes place, prior to the MCC Championships to be ranked on the track & field performance list and recognized.
  - Racewalk, marathon, heptathlon, decathlon, etc.
  - They will not be scored in the conference meet

***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.

**11.18 MCC Outdoor Track and Field Championship Order of Events**

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

**THURSDAY**

**1:00-1:30pm**      **Weigh In for Discus and Javelin**

**2:00pm**            Discus - Men  
 Long Jump - Men  
 Javelin - Women  
 Pole Vault - Women followed by Men  
 High Jump – Women

**Estimated 3:00pm**      Discus – Women  
 Long Jump - Women  
 Javelin – Men

**4:00pm**            100m Hurdles – Prelims Women  
 110m Hurdles – Prelims Men  
 100m Dash – Prelims Women  
 100m Dash – Prelims Men  
 10,000m Run – **FINAL** Women  
 200m Dash – Prelims Women  
 200m Dash – Prelims Men  
 10,000m Run – **FINAL** Men  
 400m Hurdles – **FINAL** Women  
 400m Hurdles – **FINAL** Men  
 4x800m Relay – **FINAL** Women  
 4x800m Relay – **FINAL** Men

**FRIDAY**

**9:00-9:30am**      **Weigh In for Shot and Hammer**

**10:00am**            Triple Jump - Women  
 Shot put - Women  
 Hammer - Men  
 High Jump - Men

**Estimated 11:00am**      Triple Jump - Men  
 Shot Put - Men  
 Hammer - Women

**10:00am**            3,000m Steeple – **FINAL** Women  
 3,000m Steeple – **FINAL** Men  
 4x100m Relay – **FINAL** Women  
 4x100m Relay – **FINAL** Men  
 1500m Run – **FINAL** Women  
 1500m Run – **FINAL** Men  
 100m Hurdles – **FINAL** Women  
 110m Hurdles – **FINAL** Men  
 400m Dash – **FINAL** Women  
 400m Dash – **FINAL** Men  
**BREAK**  
 100m Dash – **FINAL** Women  
 100m Dash – **FINAL** Men  
 800m Run – **FINAL** Women  
 800m Run – **FINAL** Men  
 200m Dash – **FINAL** Women  
 200m Dash – **FINAL** Men  
 5,000m Run – **FINAL** Women  
 5,000m Run – **FINAL** Men  
 4x400m Relay – **FINAL** Women  
 4x400m Relay – **FINAL** Men  
**AWARDS CEREMONY**

# **Section 12 - Indoor Track & Field Guidelines**

## **Indoor Track & Field Guidelines**

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

ADC Rep – TBA

### **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 2 weeks prior to the NAIA Indoor National Championships. **(Feb. 21<sup>st</sup>, 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 e-mail all new and/or improved performances each week to the conference SID by Noon Monday from the start of your indoor season to the Monday following the NAIA Indoor National Championships. This list will be updated and e-mailed to each coach on a weekly basis and be posted on 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**

Include the following:

Date, name and/or location of the meet

Your School Name, Men or Women

- List results either by event or by athlete so they are easy to follow
- Report exact results. If it was a hand time, report it exactly as it was recorded in the meet results.
- Report field event marks exactly as they were listed in the meet results
  - We will convert the marks as needed.
- Only the top relay time from each school will be included on the performance list.
  - Include the names/order of the athletes that ran on each relay

### **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.
- Coaches do not have to declare who will be running on relays.
- Entry marks will be imported manually 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 with the fastest heat running first followed by the next fastest heat, etc.
- 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:**

#### ***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 1/1000<sup>th</sup> 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.

#### ***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)

#### ***Running & Relay Events:***

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

#### ***Long Jump/Triple Jump:***

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

#### ***High Jump:***

2 bar/standard setters

#### ***Pole Vault:***

2 bar/standard setters

#### ***Shot Put:***

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

#### **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.

### ***For Post Event Protests:***

- Post Event Protest will be made in writing with the NAIA Protest Form and 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 fees will be charged to protest or appeal a decision.
- No Verbal Protests will be accepted.

## **12.16 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.

## **12.17 Awards:**

### **Indoor Awards:**

#### ***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.

#### ***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.

#### ***Performer of the Year:***

- Track (running) - One male and one female student-athlete will be selected by vote (written ballot) of the conference head coaches following the conclusion of the meet and will receive a plaque from the MCC.
- Field (jumping and throwing) - One male and one female student-athlete will be selected by vote (written ballot) of the conference head coaches following the conclusion of the meet and will receive a plaque from the MCC.

#### ***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 to the conf. chair by Noon Monday the week the performance takes place, prior to the MCC Indoor Championships to be ranked on the track & field performance list and recognized.
  - Racewalk, heptathlon, pentathlon, etc.
  - They will not be scored in the conference meet

#### ***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

10:00am-10:30am

### Field Events

11:00am      Wt. Throw      Men followed by Women  
                 Long Jump      Men followed by Women  
                 High Jump      Women followed by Men  
                 Pole Vault      Women followed by Men

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

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\*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      \*600m or 1000m Women  
                 \*600m or 1000m Men  
                 5000m Women  
                 5000m Men  
                 60m H Women **Prelims**  
                 60m H Men **Prelims**  
                 60m Women **Prelims**  
                 60m Men **Prelims**  
                 DMR Women  
                 DMR Men  
                 60m H Women **Finals**  
                 60m H Men **Finals**  
                 60m Women **Finals**  
                 60m Men **Finals**  
                 Mile Women  
                 Mile Men  
                 400m Women  
                 400m Men

#### **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

\*We will run either the 600m or 1000m for men and/or women.

- Pending MCC athletes who may be close to qualifying for nationals in either event.

- This will be decided upon on by vote of all head coaches on the **Monday 3 Weeks** prior to the date of the meet. (**Feb. 2<sup>nd</sup>, 2008**).

- The men and/or women may run either distance or they could both run the same distance, but we will run only one of the distances per gender.