

Section 11 - Outdoor Track & Field Guidelines

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

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 Friday/Saturday, 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 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 outdoor season to the Monday following the NAIA Outdoor 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 OUTDOOR CHAMPIONSHIPS.

11.6 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

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, running slowest heat to fastest
- 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:

11.11.1 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 1/1000th 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.

11.11.2 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)

11.12.1 Running & Relay Events:

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

11.12.2 Long Jump/Triple Jump:

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

11.12.3 High Jump:

2 bar/standard setters

11.12.4 Pole Vault:

2 bar/standard setters

11.12.5 Shot Put:

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

11.12.6 Discus/Hammer:

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

11.12.7 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

11.15.1 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.

11.16 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.

11.17 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.

11.18 Awards:

Outdoor Awards:

11.18.1 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.

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

11.18.3 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.

11.18.4 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

11.18.5 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.

11.19 MCC Outdoor Multi-Event Championship

- **MCC Multi-Event Meet** - will take place 1-2 weeks prior to the MCC Championship meet pending the calendar year, the date will be determined each summer at the MCC coaches meeting.
 - The MCC will host a women’s heptathlon and a men’s decathlon over a two day period
 - The multi-events will be scored into the MCC Outdoor Championship meet
 - Top 8 finishers score 10-8-6-5-4-3-2-1
 - Each MCC school may enter and score up to 6 individuals per hept/dec.

MCC Outdoor Multi-Event Order of Events

Decathlon

Day 1
100m
Long Jump
Shot Put
High Jump
400m

Day 2
110m Hurdles
Discus
Pole Vault
Javelin
1500m

Heptathlon

Day 1
100m Hurdles
High Jump
Shot Put
200m

Day 2
Long Jump
Javelin
800m

MCC Outdoor Track and Field Championship Order of Events

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

FRIDAY

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

SATURDAY

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

Noon 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