

2016

**MENS AND WOMEN'S OUTDOOR
TRACK & FIELD CHAMPIONSHIPS**

PARTICIPANT MANUAL



**May 5-7, 2016
Irwin Belk Track
North Carolina A&T State University
Greensboro, NC**

2016 MEAC Outdoor Track & Field Championships

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KEY CONTACTS

Mid-Eastern Athletic Conference
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MEAC Championship Personnel

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CHAMPIONSHIP INFORMATION

Pre-/Post-Championship Teleconference

A teleconference will be held prior to the championship on Tuesday, April 26, 2016 to give an overview on championship procedures, rules, and policies. A teleconference will be held after the championship on Tuesday, April 17, 2016 to review the championship operations. The MEAC Office shall provide the head coaches with the call information and time at least one week prior to the calls. Head coaches attendance on the teleconferences are mandatory.

Coaches Meeting

A coaches' administrative meeting will be held prior to the start of the championship (Thursday, May 5, 2016) to review championship procedures, rules and policies. Declarations and packet pick-up shall take place prior to the start of the meeting. The MEAC Office shall provide the head coaches with the meeting location and time by the pre-championship teleconference date. Head coaches attendance at the meeting is mandatory.

Student-Athletes Meeting

A meeting with the track and field student-athletes and a MEAC Office representative will be held prior to the start of the championship (Thursday, May 5, 2016) to gather feedback from the student-athletes regarding their championship experience. Each head coach shall select two student-athletes from their men's and women's teams to participate in the meeting. The MEAC Office shall provide the head coaches with the meeting location and time by the pre-championship teleconference date. Representation by each team participating in the championship is mandatory.

Event Entry Forms

Championship event entry forms (i.e., MEAC Championship Entry Form and MEAC Academic/Senior Recognition Form) must be submitted to the MEAC Office by the institution's Athletics Compliance Office not later than Tuesday, April 5, 2016.

Additionally, the head coach of each team shall be responsible for entering the student-athletes to participate in the championship on DirectAthletics by 12 midnight the Monday prior to the championship (Monday, May 2, 2016).

All runners entered to participate in the championship must have appeared on both the MEAC Championship Entry Form and the DirectAthletics entry. No event entries will be permitted after the submission date.

Entries received after the designated deadline must be approved by the championship games committee. A late fine will be assessed. Any exceptions to the roster policy will only be considered in extraordinary circumstances and should be addressed in writing to the Assistant Commissioner for Championships at the MEAC Office. Each institution should print a copy of its entry forms to take to the championship site.

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DirectAthletics Entry Procedures

No more than eight competitors that met the standard, per team per event can enter the Championship. If you have no athlete that makes the standard, then you have the option to enter one person in that event. If you have an athlete that you entered into the event that met the standard, then all others in that event have to make the standard as well. All entries must include the date and meet in which mark was made. Also, qualifying standards for the MEAC Outdoor Track and Field Championship must be met during the current (2015-16) outdoor track and field season.

- (A) If an athlete does not have an entry in his or her respective event, the coach must enter either of the following: N/A, no mark, or no time. Any falsified event entry will result in a \$500 fine per entry.
- (B) The submission declarations and scratches must take place by 12 midnight on Monday, May 2nd.
- (C) No institution may enter more competitors in any single individual event than there are places to be scored. Each institution is allowed a maximum of one (1) relay in the distance medley and 1600-meter relays.
- (D) The maximum number of entrants a member institution shall have in the Conference Track and Field Championships is 24 for men and 24 for women. Pentathlon and heptathlon entrants shall count against an institution's squad limit, and pentathlon/heptathlon competitors may also enter other events in the Conference Championships.

Squad Size and Travel Party

The squad size shall be a maximum of twenty-four (24) participants. The travel party shall be a maximum of thirty (30) individuals (i.e., coaches, student-athletes, trainers, etc.).

Practice

The MEAC Office shall provide the head coaches with the practice times for the championship at least one week out prior to the start of the championships.

Format

The schedule of events is approved by the MEAC Office in consultation with the Championships Administration Committee, Co-Chairs, and Standards Committee. Field event schedules may have to be determined at the fall track and field coaches' administrative meeting if conflicts occur due to layouts of some of the conference track and field venues.

During relay heats, if the facility's track has enough lanes to accommodate all teams that wish to participate, all relay races shall be conducted in one heat. In the event that the track does not have enough lanes to accommodate all participants in one heat, the 1600-meter shall be run in sections.

Flights in the field events will complete all three trials before the next flights completes.

Starting heights in the pole vault and the high jump have already been determined by the Standards Committee.

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- (A) In the open and combined pole vault, the crossbar shall be raised in increments of ten centimeters until the standard is met. After the standard has been met, the height of raise shall be by vaulter's choice.
- (B) In the open and combined high jump, the crossbar shall be raised in increments of three centimeters until the standard is met. In the women's high jump, competitors shall be allowed to raise the bar in increments of three centimeters starting at 1.58 (i.e., at 1.58 go up 3cm to 1.61). In the men's high jump, competitors shall be allowed to raise the bar in increments of three centimeters starting at 1.88 (i.e., at 1.88 go up 3cm to 1.91).

Starting Heights

Women's High Jump: 5'0" (1.52m)

Men's High Jump: 6'1" (1.86m)

Women's Pole Vault: 7'6" (2.29m)

Men's Pole Vault: 11'6" (3.52m)

Honest Effort Rule

The honest effort rule will apply to all track events. (Interpretation: A contestant may not drop out or scratch from a final after being declared in the meet and return to participate in another race unless injured or if the scheduled time of any running event in which the contestant to compete further; he or she must pass examination by the meet physician. In other words, if a contestant enters, the individual must finish the race or be excluded from the meet at that point.)

Lane Assignments

Lane assignments shall be conducted in accordance with the NCAA Division I Men's and Women's Outdoor Track and Field Rules (Indoor Technical Manual). Please refer to Appendix A.

Time Schedule and Timing

Full electronic timing is used in the Championships. The third starter shall be used in conjunction with the regular starting crew of two (2) when FAT timing is used. This person's duty shall be to recall the runners if the FAT operator signals that the system does not function properly. If after two such re-calls the system does not function properly, the race will take place with run hand-times taken.

An official video tape will be provided as an official mechanism for the Games Committee to assist with the handling of protests and disputes.

Qualifying Standards

Standards to be submitted by the Standards Committee.

Qualifying standards for the Conference Track and Field Championships are to be reviewed annually by the Standards Committee. The standards are as follows:

(A) Qualifying Standards

A qualifying standards committee for all track will develop the overall qualifying standard with the level of competition. The committee is as follows:

President – Indoor Track Coaches Association

President – Outdoor Track Coaches Association

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President – Cross-Country Coaches Association
Representative – Dual Coaching Program
Representative – Men’s Coaching Program
Representative – Women’s Coaching Program

(B) Qualifying Exceptions

If you have no athlete that makes the standard, then you have the option to enter one (1) person in that event. If you have an athlete that you entered into the event that met the standard, then all others in that event have to make the standard.

(C) Timing

The IAAF rules on full electronic timing shall prevail for Championships qualifying marks.

(D) Season Results

All results from all competitions must be submitted by the participating institutions to the Conference Office by the institution’s Sports Information Office to be published weekly in the Conference media release. The Conference shall publish the final results as submitted.

(E) Outdoor marks

Outdoor marks in events that are contested at the conference Championships shall be accepted as qualifying if they meet the standard.

Scoring

Scoring for all events of the Conference Track and Field Championships shall be an eight lane track, 10-8-6-5-4-3-2-1. If the facility does not accommodate eight lanes, additional heats in events can be added.

Fines/Fees

The following fines/fees will be assessed to discourage coaches from participating in unethical conduct, which distracts and disturbs the equality of the championships:

- (A) \$100.00 fee/protest;
- (B) \$500.00 fine per falsified event times and distances
- (C) \$100.00 per non-qualifiers (exceeding the number of non-qualifiers)

The Athletics Director will be notified via letter on all fees/fines.

Protest

All protests must be made to the Games Committee within ten minutes of the completion of the event. The ten-minute protest period begins when the results of the event have been posted. There shall be \$50 protest fee for each protest. The head coach submitting the protest regarding an alleged incident or problem must cite the NCAA rulebook.

Games Committee

The games committee shall consist of the Assistant for Championships, Coordinator of Timing, Co-Chairs of the Outdoor Track & Field Championships, and President of the Indoor Track & Field Coaches Association. The decision of the Games Committee is final.

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Awards

Awards in first (1st), second (2nd), and third (3rd) places in each event during the course of the meets are presented to the recipients. Champion and runner-up team trophies are awarded. Individual Awards from the Conference Office shall be provided to the Outstanding Coach, the Outstanding Field Performer, and the Outstanding Track Performer.

Awards Ceremony

The awards ceremony will be conducted immediately following the conclusion of the final championship event. Coaches, student-athletes and team personnel shall be in proper attire (e.g., official team uniform or warm-up suit) for the presentation of awards.

Evaluation Forms

Each head coach shall complete and return the championship evaluation form to the MEAC Office prior to the post-championship teleconference date (Tuesday, May 17, 2016). The evaluation form may be accessed on the MEAC website (MEACSports.com) and submitted electronically.

Competition Numbers

The MEAC Office will provide each team with competitive numbers for each athlete listed on the team's entry form. Competitive numbers shall be worn on the front of each runner's uniform.

Uniforms

[Reference: Rules 4-3.1, 4-3.3, 4-3.4, 4-3.5, and 8-8 in the Rules Book and Bylaw 12.5.4 in the NCAA Manual.]

Uniform and logo rules contained in Rules 4-3.1., 4-3.3, 4-3.4, and 4-3.5 shall apply.

In all events and award ceremonies, competitors must wear the proper uniform (warm-ups included) of the institution they represent in the championships.

Logos

An institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2¼ square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2¼ square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution/conference.

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, which includes pre-race or post-race activities.

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This bylaw will be strictly enforced at all MEAC Championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the MEAC Office.

The logo restriction on student-athletes' apparel set forth in Bylaw 12.5.4 shall apply during MEAC Championships to all personnel (e.g., coaches, trainers, managers) for practices and competition or who participate in news conferences.

Russell Athletic. All teams must wear Russell Athletic apparel at all times when representing their institution and/or the MEAC to include but not limited to regular season competition, the conference championship and post-season competition. Breach of Contract with Russell can result in the following fines.

- 1st Infraction - \$500
- 2nd Infraction - \$1,000

Cups, Coolers, Water Bottles and Hydration Products

Participating teams shall place any premix fluid replacement in the MEAC-issued coolers and water bottles when applicable. No other cups, cans, coolers or water bottles may be used during championships in which such equipment is provided by the MEAC.

Competitors of MEAC Corporate Partner Coca-Cola may not provide product (beverages, water, isotonic) for any MEAC championship, even if the competition offers product for free or at a reduced cost.

Participating teams may use other items. These items, however, must not display any commercial marks (e.g., logos and graphics of commercial products such as Gatorade), or such marks must be covered completely (this requirement applies on the sidelines and in competition areas, media areas or any other back-of-house areas).

Medical Procedures

Institutions shall use their own athletic trainers for the championship. An athletic training area will be available for student-athletes during the championship. The MEAC Office shall provide EMS for the championship.

Critical Incident Response/Emergency Plan

The host facility's Critical Incident Response/Emergency Plan shall be used for the MEAC Outdoor Track and Field Championships.

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MEDIA RELATIONS

Media Credentials

Credential applications will be available online via the conference website at www.MEACsports.com. To receive additional information regarding the application process, contact Brian Howard, Assistant Director of Media Relations, at 757-951-2055 (office) or brian.howard@themeac.com. Approved credential requests will be available for pick up each day one (1) hour prior to competition.

Results

Results will be updated on the conference website, www.MEACsports.com, immediately following the meet. Results will also be posted on the results board following each race. The results and heat sheets will be available for each team at the conclusion of the day.

Post-Championship Interviews

Post-championship interviews will take place in a designated media area immediately following the championship photos and announcements.

Press Release

On the day of the championship, the awards will be publicly recognized, the MEAC Media Relations staff will send out a standard press release to the sports information directors of the conference. This release will also be provided to national and local media by the MEAC Media Relations.

Media Obligations

At the conclusion of the championship, the head coach and two members of champion teams are required to participate in a post-race interview.

SPORTSMANSHIP AND CONDUCT

Sportsmanship

The MEAC proposes to promote mutual trust and friendly relations among its members by controlling athletic competition and keeping such competition within the bounds of sound educational activity; by promoting clean sportsmanship; and by developing public appreciation for the educational values that accrue from participation in intercollegiate athletics.

The officers and administrators of the MEAC place a high premium on professionalism, sportsmanship, and ethical conduct. As such, there are significant penalties for any breach of conduct during the course of regular season competition and to an even greater extent during the conduct of MEAC Championships.

For the purposes of general definition, misconduct in a MEAC Championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law on the part of any recognized University representative, occurring incident to, en route to, from or at the locale of the competition or practice that discredits the event or intercollegiate athletics.

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Misconduct Incident to Competition

If the act of misconduct occurs during the competition, under normal circumstances, the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during a break in the continuity of the championship (e.g., between rounds of basketball tournament) when no competition is being conducted, or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition, and conduct the hearing after this action. Other acts of misconduct may be dealt with at the sports committee's convenience.

Penalty for Misconduct

The sports committee (or games committee authorized to act for it) may at its sole discretion impose any one (1) or a combination of the following penalties on an institution or any student-athlete or representative of any institution, guilty of misconduct occurring incident to, en route to, from, or the locale of the competition or practice.

- (A) Public or private reprimand to the individual;
- (B) Disqualification of the individual from further participation in the Conference Championship (s) involved;
- (C) Banishment of the individual from participating in one (1) or more subsequent championships of the sport involved;
- (D) Withholding all or a portion of the institution's share of revenue distribution;
- (E) Banishment of the institution from participation in one (1) or more subsequent championships in which its team in the sport otherwise would be eligible to participate;
- (F) Financial Penalties shall be as follows:
 - (1) First Offense - \$500 institutional fine and letter of reprimand
 - (2) Second Offense - \$1,000 institutional fine
 - (3) Third Offense - \$2,000 institutional fine and one (1) game suspension for the offending coach, institutional staff member and/or student-athletes.

Ban from Subsequent Championship

When a student-athlete or institutional representative is banned from participation in a subsequent championship, such penalty shall be applied to the next Conference Championship events in which the individual's team is involved and the individual otherwise is eligible to participate. In the case of an individual event, the penalty shall be applied to the next Conference Championship event(s), meet(s), or tournament(s) for which the individual qualifies and otherwise is eligible to participate.

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TENTATIVE SCHEDULE OF EVENTS

Thursday – May 5, 2016

11:00 AM – 12:00 PM	Coaches Meeting (Mandatory Attendance)	
1:00 PM	Men's Decathlon	
1:15 PM	Women's Heptathlon	
2:30 PM	Men's Discus	Trial & Final
4:30 PM	Women's High Jump Women's Discus	Final Trial & Final
5:30 PM	Women's 400 Meter Hurdles	Preliminary
5:50 PM	Men's 400 Meter Hurdles	Preliminary
6:00 PM	Men's High Jump	Final
6:10 PM	Women's 200 Meter Dash	Preliminary
6:30 PM	Men's 200 Meter Dash	Preliminary
7:00 PM	Women's 10,000 Meter Run	Final
7:45 PM	Men's 10,000 Meter Run	Final

**** Note... After an Event is Completed (Heptathlon & Decathlon), the next event will begin approximately 30 Minutes after the event has ended.****

Friday – May 6, 2016

9:00 AM	Women's Heptathlon Men's Decathlon	
11:30 AM	Women's Long Jump Women's Shot Put	Trial & Final Trial & Final

**** Note... After an Event is Completed (Heptathlon & Decathlon), the next event will Begin approximately 30 Minutes after the event has ended.****

2:00 PM	Men's Long Jump Men's Shot Put	Trial & Final Trail & Final
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Friday – Track Semi-Finals

2:50 PM	Women's 100 Meter Hurdles	Preliminary
3:10 PM	Men's 110 Meter Hurdles	Preliminary
3:20 PM	Women's 400 Meters Women's Hammer	Preliminary Trial & Final
3:40 PM	Men's 400 Meters	Preliminary
4:00 PM	Women's 100 Meters	Preliminary
4:15 PM	Men's 100 Meters	Preliminary
4:30 PM	Women's 800 Meters	Preliminary
4:50 PM	Men's 800 Meters	Preliminary
5:35 PM	Women's 3000 Meters Steeplechase Men's Hammer	Final Trial & Final
6:00 PM	Men's 3000 Meter Steeplechase	Final

Saturday – May7, 2016

9:00 AM	Women's Pole Vault	Trial & Final
10:00 AM	Men's Triple Jump Women's Javelin	Trial & Final Trial & Final
11:00 AM	Men's Pole Vault	Trial & Final
1:00 PM	Women's Triple Jump Men's Javelin	Trial & Final Trial & Final

Saturday – Track Final

1:00 PM	Women's 4x100	Final
1:10 PM	Men's 4x100	Final
1:15 PM	Women's 1500 Meters	Final
1:25 PM	Men's 1500 Meters	Final
1:40 PM	Women's 100 Meter Hurdles	Final

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1:50 PM	Men's 100 Meter Hurdles	Final
2:00 PM	Women's 400 Meters	Final
2:05 PM	Men's 400 Meters	Final
2:15 PM	Women's 100 Meters	Final
2:25 PM	Men's 100 Meters	Final
2:30 PM	Women's 800 Meters	Final
2:35 PM	Men's 800 Meters	Final
2:55 PM	Women's 400 Meter Hurdles	Final
3:05 PM	Men's 400 Meter Hurdles	Final
3:15 PM	Women's 200 Meters	Final
3:20 PM	Men's 200 Meters	Final
3:35 PM	Women's 5000 Meters	Final
4:00 PM	Men's 5000 Meter	Final
4:35 PM	Women's 4x400	Final
4:55 PM	Men's 4x400	Final

Sunday – May 8, 2016 ... Rain Date

AWARDS CEREMONY IMMEDIATELY FOLLOWING LAST EVENT

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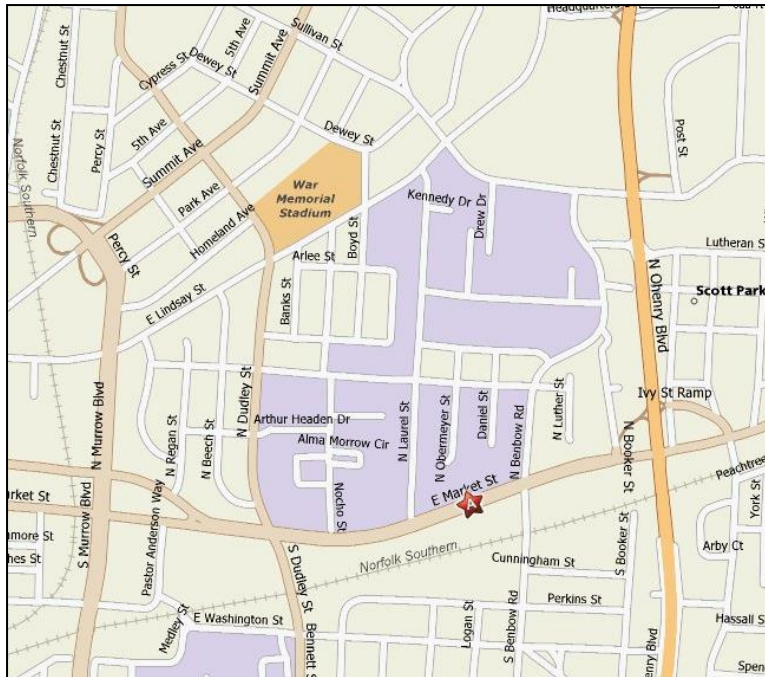
QUALIFYING MARKS

Event	Women	Men
100 Meter Dash	12.10	10.80
200 Meter Dash	25.00	21.80
400 Meter Dash	57.80	48.75
800 Meter Run	2:18.00	1:55.00
1500 Meter Run	5:02.00	4:07.00
3000 Meter Steeple Chase	12:41.97	10:20.64
5000 Meter Run	19:50.00	15:50.00
10000 Meter Run	42:00.00	34:00.00
100 Meter Hurdles	14.85	
110 Meter Hurdles		14.80
400 Meter Hurdles	1:07.30	54.50
Hugh Jump	1.58	1.88
Long Jump	5.50	6.85
Pole Vault	2.60	3.66
Triple Jump	11.30	14.15
Shot Put	12.20	13.95
Discus	37.20	40.39
Javelin	29.35	41.50
Hammer Throw	26.37	31.51
Multi-Event	3500pts.	

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DRIVING DIRECTIONS

North Carolina A&T State University
Irwin Belk Track
Greensboro, NC



From Northeast

Take 85 South to Business 85 South/40 West. Take exit 131/ US-70 going towards Greensboro. Travel about 1 mile until you come down the ramps and make a right at the bottom of the ramp. US-70 turns into East Wendover. Make a left off of East Wendover onto East Lindsay Street. Erwin Belk Track at Aggie Stadium will be on the left.

From Southeast

Take Business 85 North into Greensboro. Merge onto I-40 East and take exit 214/ Wendover Avenue. Once on the ramp make a left onto East Wendover. Stay on East Wendover for 9 miles, then turn left onto East Lindsay Street. Erwin Belk Track at Aggie Stadium will be on the left.

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RESTAURANTS

Bojangles'
1100 Bessemer Ave.
Greensboro, NC 27407
336-274-6679

Dame's Chiken & Waffles
301 Martin Luther King Jr.
Greensboro, NC 27406
336-275-7333

Chick-Fil-A
1601 E. Market St.
Greensboro, NC 27411
336-334-7560

El Nuevo Mexico Grill
114 Elm St., Suite 102
Greensboro, NC 27401
336-275-1887

McAlister's Deli
1601 E. Market St.
Greensboro, NC 27411
336-334-7560

Jimmy John's
216 Elm St.
Greensboro, NC 27401
336-335-3115

Biscuitville
1001 E. Bessemer Ave.
Greensboro, NC 27405
336-272-2884

Melloe Mushroom
609 S. Elm St.
Greensboro, NC 27406
336-235-2840

Quiznos
121 N. Greene St.
Greensboro, NC 27401
336-333-9334

McDonald's
1101 Summit Ave.
Greensboro, NC 27405
336-274-7328

Café Pasta
305 State St.
Greensboro, NC 27408
336-272-1308

Wendy's
913 Summit Ave.
Greensboro, NC 27405
336-373-0900

Burger Warfare
1209 Battleground Ave.
Greensboro, NC 27408
336-500-0654

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APPENDIX A

Lane Assignments

- a. Unless otherwise indicated, all lanes in the first round of competition in any event at the championships site, including the only round, shall be drawn by lots as prescribed by Rule 5-11.3.1.
- b. In all rounds after the first round, the lanes will be assigned as prescribed in Rule 5-11.3.b. In the 60 Meters and 60 Hurdles, the preferred lane order will be: 4, 5, 3, 6, 2, 7, 1, 8. In the 200 Meters and 400 Meters, the preferred lane order will be 5, 6, 4, 3, 2,1.

Heats, Flights, Qualifying Procedures, and Stagers.

The provisions and procedures prescribed in Rules 5-10, 5-11, 6-2, 6-4, and 10-5 regarding the formation, grouping, competition order, cancellation, or redrawing of heats or flights shall apply in each round. Changes to heats or flights, predetermined by declaration, may be made only with games committee authorization.

Running Event Procedure and Qualifying – Rule 5-10

ARTICLE 1. The games committee may use the following methods in order to administer running events:

- a. The number of contestants in any large meet may be reduced to a workable size by establishing qualifying standards or by requiring qualifying heats conducted under specified conditions and preceding the competition proper.
- b. If the limits of time or facilities require, to ensure safety and equity of competition, races (including relays) may be run as a final in timed sections. When used, the structure for running the final as timed sections shall be determined by the games committee and must be consistent throughout the meet. In addition, no race shall have fewer than two competitors.
- c. A series of rounds with advancement procedures may be conducted leading to an event final.

ARTICLE 2. In cases in which a competitor has qualified for the next round and is unable to compete, another competitor shall not be moved into the next round.

Canceling Heats

ARTICLE 3. If heats are drawn for a race but the number of competitors who report to run is small enough to be run in one race, the heats shall be canceled and the race shall be run as a final at the originally scheduled final time.

Redrawing Heats

ARTICLE 4. Whenever the referee determines that the number of entries or scratches reduces the number of competitors in any heat so as to eliminate the element of competition, the games committee shall, as appropriate, redraw the heats, reduce the

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number of qualifiers from each heat and select any additional qualifiers on a time basis in order to restore the element of competition.

Tie for Last Qualifying Position

ARTICLE 5. In the event of a tie for the last qualifying place for a subsequent race, after applying Rule 5-12.2d, and assuming positions on the track are available, all tying runners shall qualify. If enough positions are not available, the advancer shall be determined by a runoff or drawn by lot, based on a decision before the meet by the games committee. A runoff is not subject to Rule 4-2.2.

Qualifying

ARTICLE 6.

- a. In races run entirely in lanes, 100 Meters, 200 Meters, 400 Meters, 4x100 Meter Relay, 100/110 Meter Hurdles, 400 Meter Hurdles, at least the heat winners shall advance to the next round. All other qualifiers in the round shall advance on the basis of time.
- b. In those events in which more than two rounds are contested, it is preferred that at least two qualifiers from each heat advance to the next round.
- c. In races that start in lanes but do not finish in lanes, the first two places in each heat shall advance and all other qualifiers shall advance on the basis of time. If there are four or more heats, the heat winner shall advance and all other qualifiers shall advance on the basis of time.

Requirements for Heats/Finals

ARTICLE 7. The following criteria shall be used for all heats/finals, unless extraordinary circumstances exist, including facility or scheduling conditions, which require alteration by the games committee.

- a. The number of runners or teams shall not exceed the number of lanes available for the race in any heat or final of the 100 Meters, 200 Meters, 400 Meters, 100/110 Meter Hurdles, 400 Meter Hurdles, 4x100 Meter Relay and 4x400 Meter Relay, and the final of the 800 Meters. However, the games committee may authorize, with consistency, an alley or waterfall start with a greater number of runners in timed final sections of the 800 Meters and authorize a maximum of 12 competitors in a nonfinal round of the 800 Meters.
- b. In all races started in lanes, if there is the same number of or fewer entries than there are lanes on the track, the event shall be run as a final.
- c. In the 1500 Meters, when more than one section is scheduled and 15 or fewer competitors report, the event shall be run as a single race final. The maximum number that shall qualify for the final is 12.

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- d. In the 3000 Meters or 5000 Meters or Steeplechase, when more than one section is scheduled and 18 or fewer competitors report, the event shall be run as a single race final. The maximum number that shall qualify for the final is 14 in the 3000 Meters and Steeplechase and 16 in the 5000 Meters.
- e. In the 1500 Meters, 3000 Meters, 5000 Meters or in the Steeplechase, it is recommended that at least four places from each preliminary heat advance. However, at least two qualifiers must advance on the basis of time. If there are three heats, at least three competitors must advance on place and at least two must advance on the basis of time.

Regulations for Assigning Lanes – Rule 5-11

ARTICLE 3. The following procedures shall be used in drawing/assigning lanes:

- a. In the first round of competition, lanes shall be drawn by lot. In an event in which no preliminary round is contested, the games committee may assign preferred lanes by entry performance.
- b. For competition other than first round, lane assignments shall be made as follows:
 - 1) Races not starting in lanes shall be drawn by lot.
 - 2) Races starting in lanes, assign to preferred lanes as follows:
 - a) Advancement determined by place:
 - (1) Weigh place first.
 - (2) Weigh time second.
 - b) Advancement determined by time:
 - Weigh by time in descending order.

Note: Before the start of competition, the games committee shall decide the ranked order of preferred lanes one at a time and event by event. The best available lanes shall be used. It is recommended that the athlete seeded No. 1 be placed inside the athlete seeded No. 2. When unusual conditions make the original drawings unfair to one or more runners, the games committee or referee may make such changes as will produce greater fairness.