

2017

MENS AND WOMEN'S INDOOR
TRACK & FIELD CHAMPIONSHIPS

PARTICIPANT MANUAL



February 16-18, 2017

Prince George's Sports & Learning Complex
Landover, MD

2017 MEAC Indoor Track & Field Championships

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KEY CONTACTS

Mid-Eastern Athletic Conference
2730 Ellsmere Avenue | Norfolk, VA 23513
Office Phone: (757) 951-2055 | Office Fax: (757) 951-2076

MEAC Championship Personnel

Raynoid Dedeaux, Asst. Commissioner for Championships 757-951-2055
dedeauxr@themeac.com

Ryan McGinty, Asst. Commissioner for Media Relations 757-951-2055
mcgintyr@themeac.com

Cesley Tafoya, Director of Multimedia/Marketing Coordinator 757-951-2055
tafoyac@themeac.com

Wyatt Sutton, Asst. Director of Championships 757-951-2055
suttonw@themeac.com

Brian Howard, Asst. Director of Media Relations 757-951-2055
brian.howard@themeac.com

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CHAMPIONSHIP INFORMATION

Pre-/Post-Championship Teleconference

A teleconference will be held prior to the championship to give an overview on championship procedures, rules, and policies. A teleconference will be held after the championship 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, February 11, 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, February 11, 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, January 31, 2017.

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, February 13, 2017).

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.

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

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standards for the MEAC Indoor Track and Field Championship must be met during the current (2015-16) indoor 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 February 9th.
- (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.

- (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

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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)

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

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

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

(B) Qualifying Exceptions

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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) Indoor marks

Indoor 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) \$500.00 fine for not participating in Championship Social
- (B) \$100.00 fee/protest;
- (C) \$500.00 fine per falsified event times and distances
- (D) \$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 Indoor Track & Field Championships, and President of the Indoor Track & Field Coaches Association. The decision of the Games Committee is final.

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

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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 (Wednesday, February 24, 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 addition to the following.

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

Uniforms for all cross country team members must meet the following criteria:

- All cross country team members must wear uniforms clearly indicating, through color, logo and combination of all worn outer garments, that members are from the same team;
- Visible undergarments on top (e.g., t-shirts) worn by team members must be of an identical solid color. Visible undergarments on the bottom (e.g., tights of any length) must be of an identical solid color.

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

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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.

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.

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 Indoor Track and Field Championships.

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.

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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.

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

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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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SCHEDULE OF EVENTS

Thursday, February 16

12:00 PM – 2:00 PM	Teams Practice	
1:00 PM – 2:00 PM	Coaches Meeting <i>Head Coaches Attendance Mandatory</i>	
3:00 PM	Men's Heptathlon 60 Meter Dash Men's Heptathlon Long Jump Men's Heptathlon Shot Put Men's Heptathlon High Jump	
3:15 PM	Women's 5000m Women's Long Jump	Final Trials & Final
3:40 PM	Men's 5000m	Final
4:15 PM	Women's 200m	Prelims
4:30 PM	Men's 200m	Prelims
5:00 PM	Men's Long Jump	Trials & Final

Friday, February 17

9:00 AM	Men's Heptathlon 60 Meter Hurdles Men's Heptathlon Pole Vault Men's Heptathlon 1000m	
9:20 AM	Women's Pentathlon 60 Meter Hurdles Women's Pentathlon High Jump Women's Pentathlon Shot Put Women's Pentathlon Long Jump Women's Pentathlon 800 Meter Run	
12:00 PM	Women's 60 Meter Hurdles	Prelims
12:00 PM	Women's High Jump	Trials & Final
12:15 PM	Men's 60 Meter Hurdles	Prelims
12:30 PM	Women's 400 Meter Dash	Prelims
12:45 PM	Men's 400 Meter Dash	Prelims

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1:00 PM	Women's 60 Meter Dash	Prelims
1:15 PM	Men's 60 Meter Dash	Prelims
2:15 PM	Women's Weight Throw	Trials & Final
2:30 PM	Men's High Jump	Trials & Final
3:45 PM	Women's 800 Meter Run	Final
4:00 PM	Men's 800 Meter Run	Final
5:30 PM	Men's Weight Throw	Trials & Final
7:15 PM	Women's Distance Medley	Final
7:35 PM	Men's Distance Medley	Final

*** Event start times will be determined by the combined event referee in accordance with NCAA Rules.**

Saturday, February 18

9:30 AM	Women's Pole Vault	Final
10:30 AM	Women's Shot Put	Trials & Final
12:00 PM	Men's Pole Vault	Final
12:45 PM	Women's Triple Jump (West)	Final
1:00 PM	Men's Shot Put	Trials & Final
1:00 PM	Women's Mile Run	Final
1:20 PM	Men's Mile Run	Final
1:30 PM	Men's Triple Jump (East)	Final
1:35 PM	Women's 400 Meter Dash	Final
1:45 PM	Men's 400 Meter Dash	Final
1:55 PM	Women's 60 Meter Hurdles	Final

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2:05 PM	Men's 60 Meter Hurdles	Final
2:15 PM	Women's 60 Meter Dash	Final
2:25 PM	Men's 60 Meter Dash	Final
2:35 PM	Women's 200 Meter Dash	Final
2:45 PM	Men's 200 Meter Dash	Final
2:55 PM	Women's 3000 Meter Run	Final
3:10 PM	Men's 3000 Meter Run	Final
3:25 PM	Women's 1600 Meter Relay	Final
3:40 PM	Men's 1600 Meter Relay	Final

The awards ceremony will immediately follow the last event.

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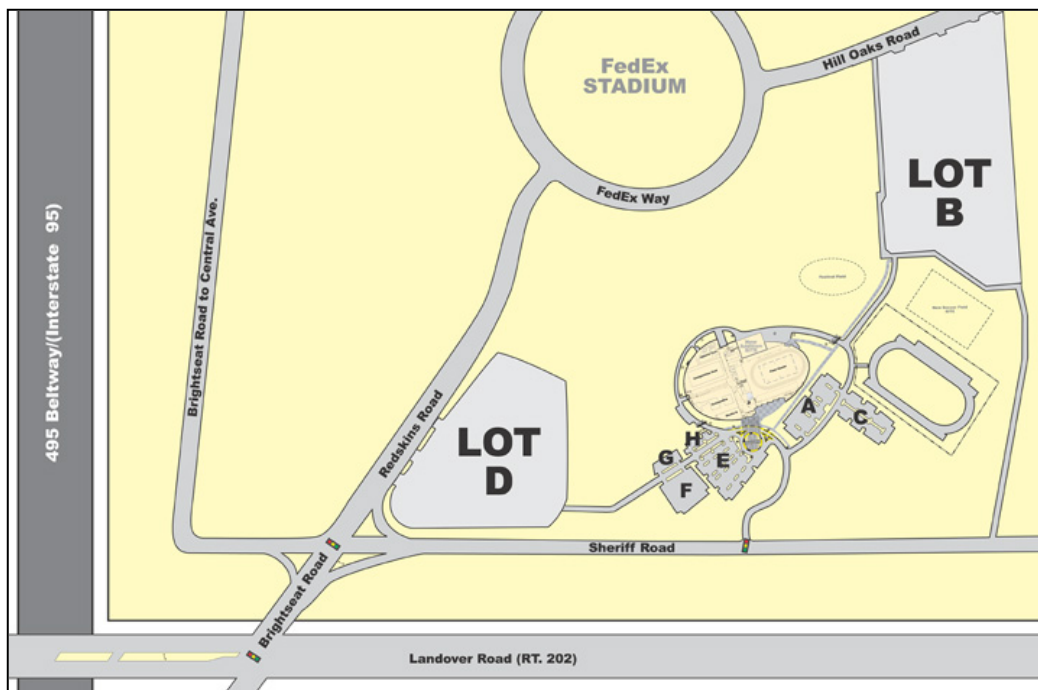
QUALIFYING MARKS

Event	Women	Men
60 Meter Dash	7.75	7.02
200 Meter Dash	25.30	22.20
400 Meter Dash	58.00	49.50
800 Meter Run	2:20.00	1:56.50
Mile Run	5:23.00	4:29.00
3000 Meter Run	11:09.00	9:05.00
5000 Meter Run	19:55.00	15:57.00
60 Meter Hurdles	9.02	8.50
High Jump	1.58M	1.88M
Long Jump	5.50M	6.85M
Triple Jump	11.30M	14.15M
Shot Put	12.20M	13.95M
Pole Vault	2.60M	3.66M
Weight Throw	13.50M	13.95M
Pentathlon	2906	NA
Heptathlon	NA	3626

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DRIVING DIRECTIONS

Prince George's Sports & Learning Complex
8001 Sheriff Rd.
Landover, MD 20785
301-583-2400



The Prince George's Sports & Learning Complex is located adjacent to FedEx Field in Landover, Maryland.

From Northeast

Take I-95 take exit 17B (202 North towards Bladensburg). Make a left onto Brightseat Road. Make a right onto Sheriff Road. Make left at the first light (Harvey Drive). Drive up the hill onto the grounds of the Complex.

From Southeast

Take Interstate 85, to Rt. 58, to Rt. 17 (Norfolk, Virginia) to Rt. 13 North. Across the Chesapeake Bay Bridge and Tunnel. Follow signs to Maryland. Pass through Pocomoke City, Maryland to Princess Anne, Maryland. Once near Princess Anne, follow signs to Somerset Ave., **MD-675**. Take a right on Broad Street (second light in Princess Anne), and cross railroad tracks to enter the South entrance to campus.

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RESTAURANTS

Bojangle's Famous Chicken
8320 Annapolis Rd
New Carrollton, MD
301-306-5516

Quiznos Subs
8310 Annapolis Rd
New Carrollton, MD
301-577-4861

Subway
8445 Annapolis Rd
New Carrollton, MD
301-306-0130

Checkers Restaurant
7415 Landover Rd
Landover, MD
301-583-0760

Golden Corral
1001 Shoppers Way
Upper Marlboro, MD
301-324-6807

Popeyes Louisiana Kitchen
7706 Landover Rd
Hyattsville, MD
301-341-5630

Sbarro
3500 East-West Hwy, Suite Fc7
Hyattsville, MD 20782
301-559-2485

Olive Garden
3480 East-West Hwy
Hyattsville, MD 20785
301-853-0289

Taco Bell
7501 Annapolis Rd
Hyattsville, MD 20784
301-459-0807

Applebee's
7272 Baltimore Ave
College Park, MD
301-864-6118

Boston Market
7316 Baltimore Ave
College Park, MD
301-779-1820

Chick-Fil-A
1040 Shoppers Way
Upper Marlboro, MD
301-333-1981

Chili's Bar & Grill
16401 Heritage Blvd
Bowie, MD
301-809-1900

Chipotle Mexican Grill
7332 Baltimore Ave
College Park, MD
301-582-0015

Wing Street
7009 MLK Jr. Hwy
Hyattsville, MD 20785
301-773-2300

Five Guys
6451 America Blvd, Ste 101
Hyattsville, MD 20782
301-2090880

Burger King
6505 Annapolis Rd
Hyattsville, MD 20784
301-772-0107

Panda Express
6600 Annapolis Rd
Hyattsville, MD 20784
301-322-8080

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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.
- 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

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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.