

# MEN'S and WOMEN'S TRACK AND FIELD 2022

## 1.1 The Competition

**1.1.1** The starting date is determined by the NCAA rules. (see NCAA handbook, bylaw 17.1.1.3.3.1)

**1.1.2** The maximum number of meets is determined by NCAA rules: see NCAA handbook, bylaw 17.23.5.1.

### 1.1.3 Start Times

**1.1.3.1** Saturday meets start at 10:00 a.m. for field events and 11:00 a.m. for running events. An alternative start time of 4:00 p.m. is acceptable for extenuating circumstances on campus, but must go through the COS form.

**1.1.3.2** Midweek meets start at 2:00 p.m. unless another time is mutually agreed upon by the participating schools.

**1.1.3.3** In the event of inclement weather, meets will be moved to an all-weather site if available and preferred by the host school. If such a site is not available the meet shall be held on the next available date (Monday) or a date mutually agreed upon by the participating coaches.

## 1.2 Scheduling

**1.2.1** The conference track season shall consist of seven meets: six multi-duals (three for each team) and the Conference Championship.

### 1.2.2 Multi-Dual Meets.

A. Schedule will be indicated on the current SCIAC Master Schedule for Track & Field.

B. Each SCIAC institution is required to compete in three SCIAC multi-dual meets throughout the season.

C. Each team paired with a travel partner team competing against each other at each meet, only scoring against each other at the third and final quad meet.

D. Scoring is 5-3-1 for individual events and 5-0 for relays.

E. Seeding for multi-duals should be done from the worst to best scores/times.

**1.2.3 Conference Championship Meet.** The Conference Championship meet will be held Friday-Saturday on the final weekend of April (or the first weekend in May depending on the calendar).

**1.2.3.1** Entries in individual events shall be unlimited.

**1.2.3.2** The number of qualifiers in full lap races will be limited by the number of lanes available.

**1.2.3.3** The host will distribute entries for all events at least twenty-four (24) hours prior to the start of the meet. Final entries must be submitted to the conference office by noon on the Wednesday preceding the meet.

**1.2.3.4** The minimum starting height for the high jump will be 1.27m (4'2") for women and 1.62m (5'3 ¾ ") for men. The minimum starting height for the pole vault will be 2.45m for women and 3.05m for men.

**1.2.3.5** The NCAA rulebook shall be used to determine the qualifying procedure for advancing to the finals, but 4x100 and 4x400 meter relay teams will be assigned preferred lanes based on season-best entry performances (see NCAA XC/T&F handbook, rule 5, section 10).

**1.2.3.6** Field event marks for championship entries will be those achieved on or after March 1 in accordance with NCAA rules.

### **1.3 Special Rules of Play**

**1.3.1** Ineligible or unattached athletes are not permitted to compete in conference events.

**1.3.2** In all SCIAC multi-dual meets, meet management may request entries no earlier than 1:00 p.m. two days prior to the meet for seeding purposes. Meet management shall only allow season's best times/marks in the online entry software. Athletes must declare for their event(s) no later than ten (10) minutes prior to the event's scheduled starting time and according to meet management's directions (e.g. checking in at a table, checking in at a field event site). Coaches may enter or scratch athletes from an event at a mandatory coaches meeting held at a time specified by meet management no later than one hour prior to the start of the first running event. If an athlete is entered into an event and doesn't declare and competes in the event, they are not subject to the NCAA's 'Failure to Participate' rule.

**1.3.3** In All SCIAC multi-duals, seeding in the running events shall be as follows: In Heat 1 of each lane race, one lane will be assigned to each school in a randomized, then rotating pattern, using that facility's preferred lane preferences. Each school shall tell meet management which of their entrants will use their lane assignment. All subsequent heats will be seeded by mark. In the 800 meters, a maximum of three runners per school may be designated for Heat 1, with meet management using either four alleys or two alleys. Runners from the same team will be assigned to the same alley if there are four alleys. If two alleys are used, assignments will be randomized. If a school does not declare an athlete for their designated lane in Heat 1 of a running event, that lane shall be filled using seed times from the rest of the event entrants. In the 1500 meters, a maximum of 30 runners may be designated for one heat. Larger fields must be split into two heats. If this occurs, coaches may declare which three athletes they would like in the fast heat.

**1.3.4** Flights may have a maximum of 16 competitors and a minimum of five. If there are between 17 and 20 competitors, each team can designate their preferred two to be in the second flight. If there are 21 or more competitors, each team can designate their preferred three to be in the second flight.

**1.3.5** The order of men's and women's track events for the multi-dual and conference championship meet will rotate on an annual basis. Men's events will start first in even years and women's events will start first in odd years. The even/odd designation will be based on the start of the traditional season. Field events will be scheduled based on facility restrictions and time constraints.

Time schedule for combined men's and women's multi-dual meets during even years.

10:00	Hammer Throw	W/M	12:40	400m Run	M
	Shot Put	W/M (follows hammer throw)	12:45	400m Run	W
	Long Jump	M/W	12:50	100m Dash	M
	Triple Jump	M/W (follows long jump)	12:55	100m Dash	W
	Javelin Throw	M/W	1:00	800m Run	M
	Discus Throw	W/M (follows javelin throw)	1:10	800m Run	W
	Pole Vault	W/M	1:25	400m Hurdles	M
10:45	High Jump	M/W	1:35	400m Hurdles	W

11:00	110m Hurdles	M	1:45	200m Dash	M
11:10	100m Hurdles	W	1:50	200m Dash	W
11:20	5000m Run	M	1:55	3000m Steeplechase	M
11:40	5000m Run	W	2:15	3000m Steeplechase	W
12:10	4x100m Relay	M	2:35	4x400m Relay	M
12:15	4x100m Relay	W	2:45	4x400m Relay	W
12:20	1500m Run	M			
12:30	1500m Run	W			

Time schedule for combined men's and women's multi-dual meets during odd years.

10:00	Hammer Throw	M/W	12:40	400m Run	W
	Shot Put	M/W (follows hammer throw)	12:45	400m Run	M
	Long Jump	W/M	12:50	100m Dash	W
	Triple Jump	W/M (follows long jump)	12:55	100m Dash	M
	Javelin Throw	W/M	1:00	800m Run	W
	Discus Throw	M/W (follows javelin throw)	1:10	800m Run	M
	Pole Vault	M/W	1:25	400m Hurdles	W
10:45	High Jump	W/M	1:35	400m Hurdles	M
11:00	100m Hurdles	W	1:45	200m Dash	W
11:10	110m Hurdles	M	1:50	200m Dash	M
11:20	5000m Run	W	1:55	3000m Steeplechase	W
11:50	5000m Run	M	2:15	3000m Steeplechase	M
12:10	4x100m Relay	W	2:35	4x400m Relay	W
12:15	4x100m Relay	M	2:45	4x400m Relay	M
12:20	1500m Run	W			
12:30	1500m Run	M			

Suggested time schedule for SCIAC Championships in even years. The decathlon for men and heptathlon for women will be omitted from the meet.

#### Friday

##### Field Events (All Finals)

2:00	Hammer	M
	Discus	W
	Long Jump	W
	Pole Vault	M
4:30	Hammer	W
	Discus	M
	Long Jump	M
	Pole Vault	W

##### Running Events (Prelims and Finals)

2:30	1500 meters	M
2:45	1500 meters	W
3:00	100m Hurdles	M
3:10	110m Hurdles	W
3:20	400 meters	M
3:30	400 meters	W
3:40	100 meters	M
3:55	100 meters	W
4:10	800 meters	M

#### Saturday

##### Field Events (All Finals)

2:00	High Jump	M
	Shot Put	W
	Javelin	M
	Triple Jump	W
4:30	High Jump	W
	Shot Put	M
	Javelin	W
	Triple Jump	M

##### Running Events (All Finals)

3:30	4x100 meter relay	M
3:35	4x100 meter relay	W
3:40	1500 meters	M
3:50	1500 meters	W
4:00	100m hurdles	M
4:10	110m hurdles	W
4:20	400 meters	M
4:30	400 meters	W
4:40	100 meters	M

4:25	800 meters	W	4:45	100 meters	W
4:40	400m Hurdles	M	4:50	800 meters	M
4:50	400m Hurdles	W	5:00	800 meters	W
5:00	200 meters	M	5:10	400m hurdles	M
5:15	200 meters	W	5:20	400m hurdles	W
5:30	3000m Steeple (Final)	M	5:30	200 meters	M
5:50	3000m Steeple (Final)	W	5:35	200 meters	W
6:05	10,000m (Final)	M	5:40	5000 meters	M
6:45	10,000m (Final)	W	6:00	5000 meters	W
			6:25	4x400 meter relay	M
			6:30	4x400 meter relay	W

Suggested time schedule for SCIAC Championships in odd years. The decathlon for men and heptathlon for women will be omitted from the meet.

Friday

Field Events (All Finals)

2:00	Hammer	W
	Discus	M
	Long Jump	M
	Pole Vault	W
4:30	Hammer	M
	Discus	W
	Long Jump	W
	Pole Vault	M

Running Events (Prelims and Finals)

2:30	1500 meters	W
2:45	1500 meters	M
3:00	100m Hurdles	W
3:10	110m Hurdles	M
3:20	400 meters	W
3:30	400 meters	M
3:40	100 meters	W
3:55	100 meters	M
4:10	800 meters	W
4:25	800 meters	M
4:40	400m Hurdles	W
4:50	400m Hurdles	M
5:00	200 meters	W
5:15	200 meters	M
5:30	3000m Steeple (Final)	W
5:50	3000m Steeple (Final)	M
6:05	10,000m (Final)	W
6:50	10,000m (Final)	M

Saturday

Field Events (All Finals)

2:00	High Jump	W
	Shot Put	M
	Javelin	W
	Triple Jump	M
4:30	High Jump	M
	Shot Put	W
	Javelin	M
	Triple Jump	W

Running Events (All Finals)

3:30	4x100 meter relay	W
3:35	4x100 meter relay	M
3:40	1500 meters	W
3:50	1500 meters	M
4:00	100m hurdles	W
4:10	110m hurdles	M
4:20	400 meters	W
4:30	400 meters	M
4:40	100 meters	W
4:45	100 meters	M
4:50	800 meters	W
5:00	800 meters	M
5:10	400m hurdles	W
5:20	400m hurdles	M
5:30	200 meters	W
5:35	200 meters	M
5:40	5000 meters	W
6:05	5000 meters	M
6:25	4x400 meter relay	W
6:30	4x400 meter relay	M

**1.3.6 Conference Champion.** The Conference Champion will be determined by point totals from both multi-dual meet competition and Conference Championship finish. Multi-dual meets will count as 25% and conference championship will count as 75% towards the conference champion title.

A. Multi-dual meet points. Each meet victory will be awarded one (1) point.

B. Conference Championship points. All teams shall also be awarded points based upon their final conference championship ranking: The #1 ranked conference championship team shall be awarded 24 points, the #2 shall receive 21 points, #3 shall receive 18 points, etc.

**1.3.6.1 Tie Breaker.** In the event of a tie for first place, the winner of the SCIAC Championship meet will be the SCIAC Champion.

## **1.4 Officials**

**1.4.1** All conference meets must utilize a certified USATF starter who will serve as the meet referee and will handle all protests as they occur in accordance with SCIAC and NCAA rules. In addition, all conference meets should use USATF officials for all events as available.

**1.4.2** All conference meets should be timed by a fully automatic timing device.

**1.4.3** All Conference Championship meets:

**1.4.3.1** A starter and a recall starter must be hired by the host school and be current members of the USATF.

**1.4.3.2** A meet referee must be hired for the Conference Championship meet who is a certified USATF official with sufficient experience to serve in this capacity. If the host institution wishes to hire someone who is not a certified USATF official but believes the individual to be qualified, that person must be approved by the Track and Field Committee.

**1.4.3.3** Times and judges as needed must be provided by the host school.

## **1.5 Awards**

**1.5.1 Conference Champion.** The winning team shall receive a perpetual trophy signifying the conference championship.

**1.5.2 Male and Female Track and Field Athletes of the Year.** The track and field committee shall select the Athletes of the Year in accordance with the guidelines described in Section 7 of the SCIAC rules and regulations. The coaches shall select a Male Track Athlete of the Year, Male Field Athlete of the Year, Female Track Athlete of the Year, and Female Athlete of the Year. The Athletes shall receive plaques.

**1.5.3 All-Conference Awards.** Those individuals placing first through third in each event at the Conference Championship shall be recognized as All-Conference performers. The top-three finishers will receive official medals at the event and conference certificates.

**1.5.4 Newcomer of the Year.** The Newcomer of the Year awards are presented to one male and one female who are in their first year of SCIAC competition including transfers. The Newcomer of the Year will receive a plaque.

**1.5.5 Dixon Farmer and Jennifer Stary Award.** This is an annual award to a senior athlete who best exemplifies the conference's high ideals during their association with SCIAC Track & Field. The recipient must qualify both as an athlete and a person using the established criteria listed below.

**Criteria:**

1. Ability: The recipient is recognized as a SCIAC Track & Field athlete who has demonstrated the utmost use of their athletic ability throughout the entire season.

2. Personal Characteristics: (a) Leadership: has had a positive influence upon conference track & field by personal example of leadership, (b) determination: has demonstrated the tenacious will to succeed in competition, (c) sportsmanship: has demonstrated fairness, courteous relationships, and graceful acceptance of results.

3. Academics: Has shown sincerity of purpose in their academic pursuits.

Process: The awards are voted on by the students. Coaches collect nominations and votes from their teams and submit them via the online process established by the SCIAC.

Step 1. On the Monday two weeks prior to the SCIAC Champs, the SCIAC office shares the award criteria (above) with all SCIAC teams.

Step 2. Each team votes for a single male and single female from their team to be the institution's representative. The coach sends in the name and background info to the conference office by Thursday eight days prior to the SCIAC champs.

Step 3. On the Friday seven days before the SCIAC champs, the conference office sends out all the award candidates from each conference school. Coaches take the nominations to their team, and each team votes, or achieves consensus, for one person from another school (you cannot vote for your own team's nomination) and that name is sent back to the conference office by the Tuesday prior to the SCIAC champs. One vote per school. Most votes wins. No majority needed.

Step 4. The award winners are announced at the SCIAC Championships.

**1.6 Records and Statistics.** Records of the Conference championship meet will be kept by the conference office. These records are the best performance achieved in each event during a Conference Championship meet.