



**INDOOR  
TRACK & FIELD**

# **2010 DIVISION I MEN'S & WOMEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS HANDBOOK**

Updated 11/10/2009  
Second update: 12/15/2009  
Third update: 12/17/2009  
Fourth update: 1/25/2010  
Fifth update: 1/27/2010



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## Introduction

During the 2009-10 academic year, the Association will sponsor 88 national championships, of which 41 are for men, 44 are for women, and three are for both men and women. Among the men's championships, three are National Collegiate Championships, 13 are Division I championships, 12 are Division II championships and 13 are Division III championships. Among the women's championships, four are National Collegiate Championships, 13 are Division I championships, 13 are Division II championships and 14 are Division III championships. The combined men's and women's championships are National Collegiate Championships.

A championships handbook is produced for each NCAA championship and posted on the NCAA Online Web site ([www.ncaa.org](http://www.ncaa.org)).

**How to Use This Publication.** The handbook is divided into four sections: (1) General Administration; (2) Determination of Competing Institutions; (3) Instructions to Participants; and (4) General Championship Information. The first three sections pertain only to the respective sport, while the fourth deals with NCAA policies applicable to all 88 championships. [Note: Some policies listed in the general section have been revised by individual sports committees. The revision(s) will appear in the sport-specific section of the handbook.]

Each topic included in the handbook is referenced to other applicable areas in the handbook or in the NCAA Manuals, where appropriate. For example, if you wish to know about regional advisory committees, the basic information for that particular sport would be included in an appendix. However, as referenced under the heading "Regional Advisory Committees," more information concerning general NCAA policy governing regional advisory committees can be found later in the handbook and in the NCAA Manuals.

### NCAA Championships Policy Related to Sports Wagering

NCAA Championships Policy Related to Sports Wagering. No pre-determined or non predetermined session of an NCAA championship may be conducted in a state with legal wagering that is based on single-game betting on the outcome of any event (i.e., high school, college or professional) in a sport in which the NCAA conducts a championship.



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November 2009

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# NCAA Division I Indoor Track and Field Championships Information

## Important Dates

**Wednesday, January 13**—Deadline to submit application for Final Qualifying Meets, to be held between March 1 and March 6, 2010.

**Saturday, March 6**—Last date a qualifying mark may be made, except for conference championships.

**Saturday, March 6**—Deadline for results reporting, midnight (Eastern time), except conference championships.

**Sunday, March 7**—Deadline for results reporting for conference championships only, 5 p.m. (Eastern time).

**Monday, March 8**—Declaration forms available online no later than 9 a.m. (Eastern time).

- Coaches must complete and submit the online declaration form by 1 p.m. (Eastern time). All student-athletes must be declared or scratched in every event in which they qualified at this time. Declaration forms submitted after the 1 p.m. deadline and prior to 3 p.m. Eastern time, will be accepted as LATE and the institution will be fined \$300. There is no opportunity to submit declaration forms after 3 p.m. Eastern time.
- Coaches attending the indoor championships must be declared as part of the student-athlete online declaration process. Limitations on coaches credentials per institution are outlined on pages 16 and 17 of this handbook. The coaches and student-athlete declarations are on the same form, so all deadlines listed above for the student-athletes apply to declaring the coaches.
- The final list of meet participants shall be available via the NCAA Web site (NCAA.org, Sports, Indoor Track and Field, Championships Information) by 7 p.m. (Eastern time).

**Thursday, March 11**—Packet pick-up, noon to 4 p.m. (Central time); Coaches meeting, 4:30 p.m. (Central time)

**Friday-Saturday, March 12-13**—NCAA Division I Men's and Women's Indoor Track and Field Championships; University of Arkansas, Fayetteville, host.

## General Administration

### Dates and Sites

*[Reference: Bylaw 31.1.3 in the NCAA Manual.]*

March 12-13, 2010; University of Arkansas, Fayetteville, host.

### Future Dates and Sites

March 11-12, 2011; Texas A&M University, College Station, host.

March 9-10, 2012; Boise State University, host.

**Date Formula.** The NCAA Division I Men's and Women's Indoor Track and Field Championships will be conducted annually on the second Friday and Saturday in March.

**Hosting Opportunities.** Detailed bid information for future indoor championships will be available on the NCAA Web site at [www.ncaa.org](http://www.ncaa.org), Sports, General Information, Bid Information, as of December 15, 2009. Contact NCAA championships manager Liz Turner Suscha (e-mail: [lsuscha@ncaa.org](mailto:lsuscha@ncaa.org); phone: 317/917-6189) with questions.

### Sports Committees

*[Reference: Administration and Management in the Division I General Section and Bylaws 31.1.1 and 31.1.2 in the NCAA Manual.]*

The Division I, Division II and Division III Men's and Women's Indoor Track and Field Championships are under the control, direction and supervision of the NCAA Men's and Women's Track and Field Committee. Holly Sheilley, University of Louisville, chairs the committee and Bob Podkaminer serves as the secretary-rules editor. Divisional subcommittees supervise their respective championships.

### Division I Men's and Women's Track and Field Subcommittee

#### Representing men's indoor track and field:

David Beauchem, Bradley University  
Elizabeth Donohue, Marist College  
Gregg Gensel, Utah State University, subcommittee chair  
Todd Patulski, Baylor University  
Michael Reilly, University of Oregon  
David Walker, East Tennessee State University

#### Representing women's indoor track and field:

Robyne Johnson, Boston University  
Monica Love, U.S. Military Academy  
Marc Ryan, University of Minnesota, Twin Cities  
Dr. Holly Sheilley, University of Louisville, committee chair  
Alecia Shields-Gadson, Coppin State University  
John Weaver, Appalachian State University

For additional information about the NCAA Men's and Women's Indoor Track Championships, contact:

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edu

**Future Championships Bid Packets.** Bid information for all available championships is located on the NCAA Web site at [www.ncaa.org](http://www.ncaa.org), Sports, General Information, Bid Information.

*[Reference: Budgets and Site Selection in the Division I General Section.]*

## Juries

The Division I Track and Field subcommittee serves as the games committee and may appoint a jury of appeal.

## Annual Forms

**Team Roster Form.** NCAA Division I men's and women's track and field programs will be required to register and maintain their official team roster with the Track and Field Results Reporting System (TFRRS) before entering their first competition. Each student-athlete will be assigned a unique TFRRS tracking ID that will identify the student-athlete throughout his or her collegiate career. This ID will not change from season to season; however, institutions will be required to register their roster each season to confirm eligibility status. Access to and instructions for roster submission can be found at [www.tfrrs.org](http://www.tfrrs.org). *[Refer to Declarations of Student-Athletes for more information on page 14.]*

**Institutional Coaches Form.** Institutions will be prompted to enter its roster of coaches when it submits its championships declarations form through DirectAthletics. The list of declared coaches will be used to distribute credentials for the championships.

**Expense Reimbursement.** Institutions with individuals competing in the championships must request reimbursement through the online system in order to receive appropriate reimbursement for their trip to the championships site. For individual-team championships, transportation expenses and per diem allowances shall be provided for all qualifying student-athletes and all eligible non-athletes. The Travel Expense System (TES), as well as per diem allowance policies, are available on the NCAA Web site under Sports and Championships, General Information, Travel. *[Reference: Squad Size (page 25) in this handbook and Per Diem in the Division I General Section, and Bylaw 31.4.6 in the NCAA Manual.]*

**Financial Report Form.** A financial report from the championships host must be submitted to the NCAA no later than 60 days after the conclusion of the competition. The online financial report form is available on the NCAA Web site ([http://web1.ncaa.org/champs\\_bid/](http://web1.ncaa.org/champs_bid/)).

*[Reference: Bylaw 31.4 in the NCAA Manual.]*

# Determination of Participants

## Qualification Procedures

**Qualifying Period.** Qualifying standards for the NCAA Men's and Women's Indoor Track and Field Championships must be met during the current season in indoor competition from December 1, 2009, through March 6, 2010. (Exception: Conference championships held March 7.) All qualifying marks must be made during indoor competition using an indoor facility. (Exception: The weight throws may be conducted outdoors.)

See Appendices A and B for the 2010 NCAA Indoor Track and Field Qualifying Standards.

This handbook takes precedence over any other printed qualifying procedures, including the 2009 & 2010 NCAA Men's and Women's Cross Country/Track and Field Rules Book (Part III NCAA Qualifying). For the 2010 indoor championships, marks will not be acceptable if they are set in meets or events:

1. Where collegiate competition does not adhere to the NCAA Rules Book.
2. Where fewer than two four-year institutions with a minimum of 14 athletes per gender per institution compete, or fewer than five four-year institutions participate;
3. Where fewer than 10 collegiate and/or open events, per gender, are contested, i.e. multiple groupings, sections or divisions of any event distance or discipline is a single event (See Qualifying Marks and Single-Event Meets);
4. Where men and women compete together in a running event (except the 10,000 meters on the track);
5. Where contestants or spectators are asked to officiate;
6. Held on other than certified (i.e., surveyed and all measurements certified after initial construction and after resurfacing) and regularly used facilities;
7. Where official results are not kept and available for inspection (i.e., retain photos, hand times and field-event results through July of the competition year);
8. Involving only combined-events competition in which fewer than six contestants start or all participants are from the same team;
9. Where a combined-events contestant obtains a qualifying mark abandons the combined-events competition, unless the competitor is medically excused from further competition by a medical doctor/certified trainer assigned by meet management (see Rule 9-2.8);
10. Where all implements are not measured and weighed before competition;
11. Where intermediate times are taken from a longer race (e.g., 800 meters during 1,000 meters);
12. Where wind readings are not recorded in the 100 meters, 200 meters, 110- and 110-meter hurdles, and long jump and triple jump. The wind readings must appear in the official meet results;
13. Where wind readings exceed 4.0 meters per second in the 100 meters, 200 meters, 100- and 110-meter hurdles, and long jump and triple jump;
14. Where contestants are given a second opportunity to compete in the same event(s) on the same calendar day at the same site, unless it is in accordance with the normal

established advancement procedure;

15. Where the competitor was entered with a false entry performance in a competition which had a non-speculative entry mark requirement.
16. Where trials and finals of the dash and hurdles are not contested at the same distance;
17. Where competitors run any turn on indoor tracks that are 400 meters or longer; or
18. Held on outdoor tracks that are longer than 400 meters or when achieved while running any portion of a race in a lane which has a radius, at the point of measurement for that lane, greater than 50 meters.

The 60 meter dash and hurdles must be conducted in any facility which can be configured to have at least 2 meters before the start and at least 12 meters after the finish. Qualifying marks at a distance of 55 meters will only be accepted from facilities unable to be configured for the 60 meter events.

Qualifying standards in oval events may not be met on banked tracks of more than 220 yards. Qualifying standards in the 400 meters and opening leg of the 1,600-meter (mile) relay may not be met using more than a two-turn stagger on a track of 220 yards or less. On a track of more than 220 yards, no more than a one-turn stagger may be used.

**Rules.** Student-athletes may qualify for the indoor championships in meets conducted under International Association of Athletics Federations (IAAF) or USA Track & Field (USATF) rules.

**Single Event Meets and Qualifying Marks.** Qualifying marks will be accepted from events commonly recognized as single-event meets if the single-event meet is associated with a track meet that meets the qualifying requirements in the 2009 & 2010 NCAA Men's and Women's Cross Country/Track and Field Rules Book, and if the following criteria are satisfied (Note: The divisional track and field committees will have final determination if the requirements are satisfied):

- a. Event(s) shall be accessed by one admission ticket per day/session;
- b. Event(s) shall be held on the same or consecutive days;
- c. Event(s) shall share a name;
- d. Event(s) shall occur/be held in proximity of location unless;
  - 1) For demonstrable safety reasons (e.g., hammer throw) sites must be separated; or
  - 2) Insufficient or inadequate facilities are available for spectators or competition;
- e. Registration for event(s) is in common;
- f. Results for event(s) are in common;
- g. Recognition/sanction of the event(s) must be in common; and
- h. Awards must be consistent.

**Unattached Athletes and Qualifying Marks.** Marks will not be considered for championship selection for student-athletes who are not "representing the institution" (as defined by Bylaw 14.2.6) at the time the mark was achieved. An unattached athlete is not representing the institution. Therefore marks obtained while a student-athlete is competing "unattached" cannot be considered as a potential qualifying mark.



**Measurements.** Qualifying times for the 60-meter dash and hurdles, and the 200-meter dash, must use a fully automatic timing device (FAT). Manual times (MT) will not be accepted. Also, all qualifying standards in running events must be met in metric races, with the exception of the mile run and the two relay events.

Field-event marks must be measured, recorded and submitted metrically.

**Relay Substitutions.** The following substitution policies will apply to relay events:

1. Only one qualified relay team per institution may be declared. The four student-athletes who ran on the eligible qualifying team must be designated at the time of declaration.
2. Qualified student-athletes who have been declared in any event shall be allowed to run in any relay heat or final. Declaration of these individuals as relay-member possibilities is not required.

**Relay Alternates.** The following alternate policy will apply to relay events:

- 1,600-Meter Relay. One additional student-athlete listed on the eligibility form who has not otherwise qualified for the championships may be declared as a relay alternate.
- Distance Medley Relay. Two additional student-athletes listed on the eligibility form who have not otherwise qualified for the championships may be declared as relay alternates. Only one of these alternates may compete in the championships. An athlete on a declared relay, who is replaced with an alternate, may still compete in any event(s) in which he/she had previously been accepted into the meet.

Note: The NCAA will not reimburse transportation expenses and/or per diem for any alternate, whether or not he or she competes.

**Erroneous Times.** Student-athletes whose performances are submitted erroneously, or with incorrectly listed fully automatic times (FAT) or manual times (MT), may not be allowed to compete. Further, no reimbursement for travel or per diem will be provided by the NCAA; and the institution's director of athletics will be made aware of the infractions by a letter from the chair of the Division I subcommittee.

**Qualifying Standards.** The qualifying standards listed in Appendices A and B have been established for the 2010 NCAA Division I Men's and Women's Indoor Track and Field Championships. Any necessary conversions of times will be administered by the track and field subcommittee. Altitude adjustments are available on the NCAA Web site ([www.ncaa.org](http://www.ncaa.org), Sports, Indoor Track and Field, Championship Information).

## Final Qualifying Meets

Division I institutions wanting to host an indoor meet, other than a conference meet, between March 1 and March 6, 2010, must petition the NCAA for sanctioning before January 13, 2010. Requests should be submitted to Kristen Jacob Smith ([kjacob@ncaa.org](mailto:kjacob@ncaa.org)). Individual institutions may apply to host only one meet during this period. Single gender meets will not be approved as final qualifying meets. For additional information regarding the application process, contact Ms. Jacob Smith (317/917-6584; [kjacob@ncaa.org](mailto:kjacob@ncaa.org)).

## Events/Number of Participants

[Note: For order of events, see the Appendix.]

The NCAA Division I Championships/Sports Management Cabinet has approved a qualifying procedure that allows a maximum of 284 men and 284 women to participate.

The Men's and Women's Track and Field Committee has developed a qualifying procedure and performance standards with the intent of arriving at field sizes that will accommodate the maximum number of athletes in the championships.

All eligible student-athletes who meet an automatic standard will be entered in the championships. Performances meeting provisional standards will be used to develop a descending-order list to fill the field for each event. Only student-athletes appearing on the lists and declared during the declaration period will be considered when filling fields. The top student-athletes for whom results have been submitted will appear on the descending order lists that are only available via the TFRRS Web site at [www.tfrrs.org](http://www.tfrrs.org).

If the numbers of allowable student-athletes established by the DI Championships/Sports Management Cabinet have not been reached after automatic qualifiers and minimum field sizes have been accommodated, the committee will add athletes to the meet by adding equally to all events (including relays) for as long as the number of available athlete spaces will allow. At this step, if two or more athletes are tied for the next qualifying performance, all such athletes will be added to the field as long as the number of spaces available is sufficient.

Each event will be filled to the minimums below.

### Minimum Field Sizes

Event	Men	Women
60-Meter Dash	14	14
60-Meter Hurdles	14	14
200-Meter Dash	14	14
400-Meter Dash	14	14
800-Meter Run	14	14
Mile Run	14	14
3,000-Meter Run	14	14
5,000-Meter Run	14	14
1,600-Meter Relay	10	10
Distance Medley Relay	10	10
High Jump	14	14
Pole Vault	14	14
Long Jump	14	14
Triple Jump	14	14
Shot Put	14	14
Weight Throw	14	14
Heptathlon	14	
Pentathlon		14

When the number of athletes to reach the cap is less than the number of events, thus not allowing for one additional athlete to be added to all events, the committee will determine which events will receive an additional entry. Consideration is given to such factors as strength and depth of field, number of athletes competing in more than one event, number of automatic qualifiers, and comparison to the fields in previous

years. The Division I track subcommittee may use any resources it deems appropriate to assist in determining which events receive an additional entry. The decisions of the committee are final.

Once the maximum number of 284 men or women in the competitive field is attained, the committee will add to the field, on an event-by-event basis, the next person on the descending-order list only, if that individual is already in the meet in another event (not to include relay alternates), provided such addition does not require adding another heat/flight or does not compromise the safety of the event. At this step, in the event of a tie for such a position, only student-athletes already in the meet in another event will be added to the field (subject to the aforementioned limits).

## Declaration of Student-athletes

*[Reference: Annual Forms (page 8) in this handbook.]*

A student-athlete whose institution does not comply with the provisions below will not be allowed to compete in the championships.

**Track and Field Results Reporting.** In order to be considered for selection to the 2010 indoor track and field championships, all institutions must ensure that the electronic submission of results from any competition in which their student-athletes compete are reported by the meet host to the Track and Field Results Reporting System (TFRRS) of the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) through the online provider DirectAthletics.

TFRRS replaces the existing proof of performance (POP) process. Only the official electronically-reported meet results as submitted by the meet host in TFRRS will serve as proof of performance for all NCAA Division I track and field times and marks. The former POP forms will be eliminated, and coaches will no longer be required to submit verification of qualifying performances. Season-best descending order lists by event, as approved by the NCAA Division I track and field committee, will be made available on a real-time basis at [www.tfrrs.org](http://www.tfrrs.org).

**Team Roster Forms.** NCAA Division I men's and women's track and field programs will be required to register and maintain their official team roster with TFRRS before entering their first competition. Each student-athlete will be assigned a unique TFRRS tracking ID that will identify the student-athlete throughout his or her collegiate career. This ID will not change from season to season; however, institutions will be required to register their roster each season to confirm eligibility status. Access to and instructions for roster submission can be found at [www.tfrrs.org](http://www.tfrrs.org).

**Meet Results.** It will be the responsibility of the meet HOST to submit meet results to TFRRS by midnight Eastern time, one day after the completion of a competition. Marks may not be considered for championships selection if meet results are not received from the host within the designated time period. Participating institutions must ensure that the electronic submission of results from any competition in which their student-athletes compete are reported by the meet host within five days of the performance and not later than midnight (Eastern time) March 6. Exception: Conference championships held March 7 have until 5 p.m. (Eastern time) to submit results. Results will be accepted only for student-athletes on the institution's TFRRS roster form. The submission of incorrect performances may result in the disqualification of the student-

athlete. If a result is submitted more than five days after the qualifying performance and the performance is the basis for championships selection, the institution of the selected student-athlete will be subject to a fine. The fine assessed will be not less than \$25 or more than \$100.

If you experience technical difficulty using the TFRRS system, please contact DirectAthletics ([support@directathletics.com](mailto:support@directathletics.com); phone: 617/285-0455) and notify the NCAA national office ([lsuscha@ncaa.org](mailto:lsuscha@ncaa.org) or 317/917-6189) if the difficulty will trigger a late fine.

**Championship Declarations.** At the end of the season's qualifying period, the final descending order lists will be posted at [www.tfrrs.org](http://www.tfrrs.org) and coaches will declare student-athletes for the championships as has been done in the past. [Note: the declarations form will be provided through DirectAthletics – the same password for roster submission will enable access to the declarations form.] As a reminder, the qualifying window for the indoor championships is December 1, 2009, through March 6, 2010 (March 7 for conferences championships concluding by 5 p.m. Eastern time).

**Late Declarations.** Any institution declaring an athlete after the deadline of 1 p.m. Eastern time and before 3 p.m. Eastern time Monday, March 8, will be charged \$300 per institution per gender. There is no opportunity to submit declaration forms after 3 p.m. Eastern time Monday, March 8.

Sponsoring institutions must complete the online declaration form and adhere to the guidelines below when declaring student-athletes for the indoor championships;

1. The committee will post declaration forms online for all institutions whose student-athletes meet automatic or provisional qualifying standards, regardless of position on the descending-order lists, no later than 9 a.m. (Eastern time), Monday, March 8.
2. The declaration form can be accessed at [www.directathletics.com](http://www.directathletics.com).
3. Access to the declaration form is controlled through the use of the same username and password assigned for team roster form submission. Any coach unable to access the online declaration form by 9 a.m. (Eastern time), Monday, March 8, must notify DirectAthletics at 617/285-0455.
4. Coaches must complete and submit the online declaration form by 1 p.m. (Eastern time), Monday, March 8. All student-athletes must be declared or scratched in every event in which they qualified at this time. Declaration forms submitted after the 1 p.m. deadline and prior to 3 p.m. Eastern time, will be accepted as LATE and the institution will be fined \$300. There is no opportunity to submit declaration forms after 3 p.m. Eastern time. All athletes not declared by their institution will be scratched from the national championship competition. If a student-athlete has qualified provisionally in one or more events, the coach must clearly state a preference, if any, on the declaration form.
5. Coaches must notify the committee on the declaration form if a student-athlete may not be able to compete because of injury, illness or change in eligibility status. Final notice of entry for those ill or injured must be given to the committee by noon (Eastern time), Wednesday, March 10. Any coach not on site to notify the committee in person must notify the committee via telephone at 317/270-3318. Failure to notify the committee could result in a \$300 fine.
6. Coaches are responsible for including a telephone number on the declaration form at which the games committee can reach him or her, or his or her representatives, if questions arise.



7. The fields of competitors will be filled from the provisional lists, as stated in this manual.
8. The final list of participants will be available via the NCAA Web site at NCAA.com and NCAA.org by 7 p.m. (Eastern time), Monday, March 8. Call backs will not be made.
9. Between March 7 and March 11, coaches requiring additional information may contact the committee at 317/270-3318.

**Challenge Period.** Challenges regarding a student-athlete's eligibility or performance must be submitted in writing via e-mail to Sean Laughlin (sean@recordtiming.com) for review by the Division I track and field committee. The challenge period begins December 1, 2009, and ends at 3 p.m. (Eastern time) March 8, 2010.

**Packet Pick-up.** The packet pick-up period will be from noon to 4 p.m. (Central time) Thursday, March 11.

## Declaration of Coaching Staff

Incorporated into the online declaration form for student-athletes is the declaration information for institutional coaching staffs. Sponsoring institutions which have student-athletes qualifying for the national championships meet, must complete the online declaration form and adhere to the guidelines below when declaring which members of the coaching staff will receive credentials for the indoor championships.

## Credentials

**Coaches.** Credentials will be issued to each declared student-athlete. The online national championships declaration form for student-athletes contains the information for institutional coaching staffs. Sponsoring institutions that have student-athletes qualifying for the championships must complete the online declaration form and adhere to the guidelines below when declaring which members of the coaching staff will receive credentials for the championships. Pursuant to NCAA Bylaw 11.7.4, single gender programs are limited to THREE Head/Assistant Coaches and THREE Volunteer Coaches. Combined gender programs are limited to SIX Head/Assistant Coaches and SIX Volunteer Coaches. Please note that each institution can use the services of ONE volunteer coach (to coach both genders) limited to coaching pole vault. Institutions will receive credentials based on the above policy without exceptions.

The following policies will be in effect when issuing credentials for NCAA Championships:

- Institutional Personnel will only receive credentials if they have an athlete in the meet.

Coaches who are not on the institution's declared list of coaches cannot receive a credential.

- Pole vault coaches must have an athlete(s) competing in the pole vault competition to receive a credential.
- Institutions MUST declare the coaches that will be attending the championships in order to receive credentials. Coaches will be declared on the same online form as the athletes.
- EACH coach must present their ID to pick up their credential.
- If a coach loses their credential, they will need to pay \$50 for an additional credential. Only one lost credential will be given.

- Due to liability issues, no children will be credentialed or allowed in the practice or competition areas.

Trainers, Managers, Medical Personnel, Sports Information Personnel and Administrators.

The following applies to trainers, medical personnel, managers, SIDs and administrators:

- EACH person must present their ID to pick up their credential.
- One team manager, one SID and one administrator (per gender per program) may receive a credential.
- Each institution will be allowed one credential (per gender per program) if a trainer or medical personnel accompanies the team. All medical credentials will be administered by the host agency's sports medicine staff.

## Certification of Eligibility/Availability

*[Reference: Certification of Eligibility/Availability in the Division I General Section and Bylaws 3.2.4, 12, 13, 14, 15 and 16 in the NCAA Manual.]*

Only student-athletes eligible under Bylaws 12, 13, 14, 15 and 16 may compete in NCAA championships. In accordance with Bylaw 3.2.4, member institutions are required to certify the eligibility of their student-athletes before the beginning of each academic year and to withhold ineligible student-athletes from all intercollegiate competition. Member institutions are reminded to notify the NCAA national office before the selection date for each championship of any student-athlete who may have participated in regular-season competition but subsequently is determined to be ineligible or unavailable for NCAA championships competition.

For the indoor track and field championships, the championships manager must be notified before March 5, 2010.

# Instructions to Participating Institutions

## Adjusted Place Standings

*[Reference: Bylaw 31.2.2.3-(a) in the NCAA Manual.]*

If a student-athlete is found to be ineligible, that individual's performance shall be stricken from the championships record, the points the student-athlete contributed to the team's total shall be deleted, the team standings may be adjusted accordingly, and any awards involved shall be returned to the Association. Further, the placement of other competitors may be altered and awards presented accordingly.

## Appeals

If the games committee establishes a jury of appeal, any appeal of a referee's decision must be written on a protest/appeal form and must be accompanied by an appeal fee of \$50 cash. This fee is refundable only if the appeal is upheld.

## Audio Coverage (Radio and Internet)

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found at [www.ncaa.com/broadcast](http://www.ncaa.com/broadcast).

## Awards

*[Reference: Awards in the Division I General Section and Bylaw 31.1.12 in the NCAA Manual.]*

Official NCAA awards will be presented to the top eight-place finishers in each individual event. First-, second-, third- and fourth-place team trophies will be awarded. An individual event award will not be presented to an athlete who did not compete in the final or was eliminated during the running of the final (unless instructed to do so by an NCAA committee member). Participation awards will be presented to all student-athletes (except for alternates) competing in the championships. These awards will be sent to institutions after the competition.

## Drug Testing

*[Reference: Drug Testing in the Division I General Section and Bylaws 18.4.1.5 and 31.2.3 in the NCAA Manual.]*

Student-athletes who compete in the championships may be subjected to drug tests in accordance with Bylaws 18.4.1.5 and 31.2.3 and may be determined to be ineligible as a result thereof. Only student-athletes who have consented in writing to such testing are initially eligible for the championships; and thereafter, student-athletes who are tested shall remain eligible only if they test negative.

## Lodging

The host institution shall make lodging information available for the competing teams and advise participants of the arrangements. Each competing institution is obligated to arrange its own accommodations.

## Mandatory Meetings

*[Reference: Misconduct in the Division I General Section and Bylaws 31.02.3 and 31.1.10 in the NCAA Manual.]*

A mandatory meeting of the coaches and administrative representatives of the competing teams, officials and the Men's and Women's Track and Field Committee, shall be held the day before the championships begin, to review rules and any other matters than may be necessary. For the 2010 championships, the meeting will be held at 4:30 p.m. (Central time). The meeting also will include information on the provisions of Bylaw 31.1.10, which prescribes conditions under which a student-athlete or representative of an institution may be disqualified from further participation in the championships for reasons of misconduct. It is mandatory that all head coaches or a designated institutional representative participate in this meeting. Institutions failing to have representation at the meeting will be fined \$100.

## Media Arrangements

**Media Credentials.** Requests for working media credentials for the championships shall be directed to Kristen Jacob Smith, NCAA assistant director of online properties and media coordination for championships, at 317/917-6584.

The NCAA shall control the issuance of media credentials for each of its championships. Subject to limitations of space, media credentials shall be assigned in accordance with the following priorities: (1) campus media certified by the director of athletics and/or sports information director of each participating and host institution, (2) certified media from the immediate locale of the championships or the immediate locale of the competing teams, and (3) other certified media.

Credentials will not be issued to representatives of any organization that regularly publishes, broadcasts or otherwise promotes the advertising of "tout sheets" or "tip sheets" or other advertising designed to encourage gambling on college sports events. In addition, credentials will not be issued to representatives of telephone reporting services and professional sports organizations.

Other conditions for obtaining media credentials may be implemented, based on the circumstances at the championships site.

**Microphones.** The placement of microphones on a team coach is prohibited.

## News, Media, Press Conferences and Satellite Feeds

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found at [www.ncaa.com/broadcast](http://www.ncaa.com/broadcast).

## Officials

**Selection of Key Officials.** The Division I track and field subcommittee will hire 12 key officials. The host institution may make recommendations to the committee, but should not come to agreements with any officials without the approval of the committee.

**Fees.** Each key official will receive \$150 per day of competition.

**Transportation.** Travel expenses for the key officials will be paid according to the actual mode of transportation, not to exceed jet coach air fare or 50 cents per mile, but not including terminal or other local transportation. Officials who receive approval for air transportation must make flight arrangements through the NCAA travel service, Short's Travel Management (866/655-9215).

**Lodging.** Hotel expenses (excluding incidentals) for the key officials required to stay overnight at the championships site shall be paid by the host institution and later reimbursed by the NCAA.

**Per Diem.** The key officials will receive \$45 per diem for meals and incidentals for a maximum of four days (one day before competition, two days of competition, one day after competition). Any deviation from this policy must be approved by the NCAA liaison before the official arrives at the site. Officials not required to remain overnight at the site also shall receive \$45 per diem for the days they are on site.

**Remaining Officials.** The host institution should present to the subcommittee a plan for securing all but the key officials for the championships. The subcommittee emphasizes that this plan should include provisions to ensure attention to diversity, gender and officials from outside the immediate locale. The subcommittee, while acknowledging the importance of the local officials' organization to the support of the host's program, believes the NCAA championships officials should include national representation. The NCAA does not reimburse the host for any costs associated with the remaining officials.

**Local Transportation/Officials and NCAA Representatives.** The NCAA shall pay for the rental of cars for a predetermined number of key officials and NCAA committee representative(s). The championships staff will make all arrangements directly through Short's Travel and communicate arrangements to the individuals who have been approved to rent cars.

The NCAA representatives and/or designated officials shall be responsible for payment for the rental car, the cost of which will be reimbursed by the host institution.

The NCAA representatives and/or designated officials shall return their rental car agreements to the host institution of the competition for reimbursement. In the event a host agency is involved, the rental agreement shall be returned to the NCAA national office for reimbursement.

The NCAA national office shall explain the above procedure in advance to NCAA representatives and designated officials. In addition, host institutions should review the procedure and reimbursement process with each individual during the pre-competition meeting.

**Policies.** A sports committee or games committee may not require membership in any specific officials' association as a prerequisite for selection to officiate in an NCAA meet. Officials shall be selected and assigned by the sports committee or games committee, which shall ensure that officials adhere to the Association's policies relating to gambling activities and drug and alcohol use. Furthermore, officials must conduct themselves in a manner befitting intercollegiate athletics. Failure to do so may result in termination of the officiating assignment.

## Programs

*[Reference: Advertising in the Division I General Section and Bylaw 31.1.14.1 in the NCAA Manual.]*

IMG College will be responsible for all program production including layout and design, advertising, printing, vending and distribution to the championship sites. No competing publications, whether sold or free of charge, are permitted at NCAA events without prior permission of the NCAA and IMG College. The championship host should not include expenses or revenues for programs in the championship budget and/or financial report. All program contents are subject to NCAA approval.

### Advertising

Each program will include NCAA corporate champion and partner advertising. Additionally, programs may include non-competing national ads as well as local ads. All ads must follow NCAA advertising guidelines and are subject to NCAA approval. If the host institution would like to sell advertising into the official program or you know of an individual who would like to serve as a local advertising representative, please contact Doug Iler (502/459-4346; [doug.iler@imgworld.com](mailto:doug.iler@imgworld.com)) for information regarding rates, availability and deadlines.

### Editorial

If you are interested in the specific content of the program you will receive, please contact Dan King (859/226-4588; [dan.king@imgworld.com](mailto:dan.king@imgworld.com)).

Generally, programs include the following:

1. Participant information - IMG College will request information, including rosters, schedule/results, photos, school quick facts and logos. If your team is eligible for postseason selection, please send all materials that are requested by the date requested. Programs print on the day selections for the championship are announced. If materials are not on file, your school's information will not be included. IMG will attempt to provide proofs for SID approval when time permits. If you are not sure what/when materials are needed, please contact Mr. King at IMG College.
2. Programs for predetermined sites will include information on the host institution, host city and/or host facility. In addition, some programs provide complimentary advertising space. IMG College will contact via e-mail the tournament manager and sports information contacts, as listed on the key contact sheets submitted to the NCAA, with the specifics of what items are needed and when those items are due. Host institution pages are subject to NCAA approval.
3. Event-specific historical information, including past champions, records, all-tournament teams and/or the previous year's recap.
4. Information on the NCAA, including the sport committee.

5. Feature stories - Not all programs include event/sport-specific features. However, if you have an idea for a feature story, please submit it to Mr. King at IMG College.

### Program Supplements and Update Sheets

Host institutions for single-day/session championship rounds may choose to supplement the program with additional information (e.g., updated statistics or updated game notes) pertaining to the event at its site that day. The cost of producing these supplements will be covered by the host institution and will not be expensed to the NCAA or IMG College, the content must be approved by IMG College prior to the event and the supplements must be distributed inside and as a part of the program. The cost of the program cannot be raised as a result of the supplement. Once all programs have been sold, these supplements may be given away or sold at the discretion of the host institution, with all potential revenue for such remaining with the host institution. No advertising of any kind may be sold or placed on the supplements. If supplements are distributed, following the conclusion of the championship event please mail two samples of each supplement to Dan King (IMG College, 904 North Broadway, Suite 200, Lexington, KY 40505, ATTN: Dan King).

For championships that have multiple sessions, matches, events or days, host institutions may choose or be required by the NCAA to produce update sheets (e.g., heat sheets, lane assignments, pairings). IMG College will contact hosts of those championships in advance of their events to discuss projected quantities and the paper on which update sheets should be printed. The cost of producing the update sheets will be covered by the host institution and not be expensed to the NCAA or IMG College. The first update sheet of the event should be distributed inside and as a part of the program. Subsequent update sheets complement the program and are to be redeemed only with a coupon from the program. The cost of the program cannot be raised as a result of the update sheet. Once all programs have been sold, update sheets may be given away or sold at the discretion of the host institution, with all potential revenue for such remaining with the host institution. No advertising of any kind may be sold or placed on the update sheets. If update sheets are distributed, following the conclusion of the championship event please mail two samples of each update sheet to Mr. King (IMG College, 904 North Broadway, Suite 200 Lexington, KY 40505, ATTN: Dan King).

If a host institution would like to supplement the program with additional information, or has a question about the update sheets, please contact Matt Briggs at IMG College (859/226-4556; [matthew.briggs@imgworld.com](mailto:matthew.briggs@imgworld.com)).

### Program Sales

1. Predetermined sites: Will be contacted at least two weeks prior to the event. If you have not been contacted within two weeks of your championship, please contact Matt Briggs (859/226-4556; [matthew.briggs@imgworld.com](mailto:matthew.briggs@imgworld.com)). You will receive your vending agreement (contract) and settlement statement prior to the championship.
2. Non-predetermined sites: Once sites are announced, IMG College determines how many programs will be sent to each site and will contact the site. Your vending agreement (contract) and settlement statement will be e-mailed within one day of your site being selected.
3. Distribution of programs: Programs will be shipped to the host institution at least one

day prior to the event when possible. If your shipping information is different than that on the contract please contact Mr. Briggs at IMG College immediately.

4. Display of programs: Any posters/banners included with the programs should be hung in a visible location to promote awareness for the programs without obstructing other championship signage.
5. Collections
  - a. Contracts
    - i. Upon site selections, all contracts are e-mailed to each site representative
    - ii. A dedicated fax number will be assigned for receiving all signed contracts back to IMG College (859/226-4575)
    - iii. A IMG College representative will track the return of all signed vending contracts to IMG College
  - b. Settlement Reports
    - i. Three days after the conclusion of the event, all settlement reports must be faxed to IMG College (859/226-4575)
    - ii. The vendor will have two weeks to submit payment to IMG College
    - iii. A IMG College representative will be assigned to track the receipt of all vending settlement reports and payments
    - iv. If payment and/or settlement have not been received within the two-week period, IMG College will include the site/ championship on its "No Pay" list sent to the NCAA
    - v. Do not combine settlement statements for separate rounds/events or combine program settlements with Event 1 merchandise
    - vi. Please include the event number on the check that is sent

Please contact Matt Briggs (859/226-4556; [matthew.briggs@imgworld.com](mailto:matthew.briggs@imgworld.com)) at IMG College with any vending-related questions.

### Protest Procedure

All protests shall be written in triplicate on a form provided by the committee/host at a specified location within the facility. The results will be marked as PROTESTED. The protest form shall be given to the referee.

The referee's decision shall be written on each copy of the protest. One copy shall be returned to the protesting coach, one will be posted with the results and the other copy shall be placed in the committee's files.

Should the protesting coach choose to petition the matter to the jury of appeal, if the games committee establishes a jury, a \$50 appeal fee shall be charged. The fee shall be refunded if the decision is reversed in favor of the coach.

The protest rule allows for the use of official photo-timing and official video designated by the games committee before the meet. An immediate and identifiable oral protest may be made by the affected participant or his/her coach to the event's head official in order to preserve a mark. The oral protest must be followed up in writing within the normal time frame. Also, coach(es) of any participant(s) implicated in a protest must be notified and the results of the protest shall be posted and announced. The coaches of competitors affected by the protest decision shall be notified.

The viewing of videotape or photos, or the use of any wireless communication



device, by a competitor during event competition continues to be prohibited.

## Reporting Results

During the championships and at the conclusion of the competition, the host sports information director, media coordinator or designee is responsible for reporting official results to the NCAA official Web site. Please e-mail a copy of results to [updates@ncaa.com](mailto:updates@ncaa.com). Please be sure to submit all information in the following manner:

- Send the information to [updates@ncaa.com](mailto:updates@ncaa.com).
- Specify the sport (Division, Championship, Round) in the SUBJECT area.
- Paste the text directly into an e-mail or send e-mail as an attachment in an MS Word document or Windows Notepad text document.
- Please convert photos to JPEG format and attach to the e-mail.

Any host that sends the appropriate information and discovers that the results are not posted on the NCAA Web site in a timely manner, should contact:

Kristen Jacob Smith

NCAA Assistant Director of Online Properties and Media for Championships

[kjacob@ncaa.org](mailto:kjacob@ncaa.org)

317/917-6584

## Rules

*[Reference: Bylaw 31.1.6 in the NCAA Manual.]*

Per NCAA Bylaw 17.33, member institutions shall conduct all of their intercollegiate competition in accordance with the playing rules of the Association in all sports for which the NCAA develops playing rules. For those sports in which the Association follows rules that are developed by other governing bodies and modified by the governing sports committee, the adopted playing rules shall be used. The governing sports committee will not consider any results for selection purposes that are not played in accordance with NCAA rules, or those rules adopted by an outside organization.

The 2009 & 2010 NCAA Men's and Women's Cross Country and Track and Field Rules shall be followed where appropriate. Reference is made in the rules to certain publications of the International Association of Athletics Federations (IAAF), which provide more comprehensive detail in certain instances. Information on obtaining IAAF publications may be obtained by writing USA Track & Field, 132 East Washington Street, Suite 800, Indianapolis, Indiana 46240, or by accessing its Web site at [www.usatf.org](http://www.usatf.org). The IAAF Web site address is [www.iaaf.org](http://www.iaaf.org).

All markings must be in accordance with NCAA Men's and Women's Cross Country and Track and Field Rules.

## Schedule of Events

Please visit [www.NCAA.org](http://www.NCAA.org) as of December 1, 2009, for the 2010 schedule of events.

## Scoring

The men's and women's championships will use the eight-place scoring system

(10-8-6-5-4-3-2-1) in individual and relay events (i.e., first place earns 10 team points, second place earns eight team points, etc.).

## Squad Size

*[Reference: Per Diem and Transportation in the Division I General Section.]*

Please refer to the NCAA Travel policies for all information regarding transportation and per diem expenses. Travel policies can be found online at [www.ncaa.org](http://www.ncaa.org), Sports, General Information, Travel Information.

## Television Rights and Footage Licensing

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found on [www.ncaa.com/broadcast](http://www.ncaa.com/broadcast).

## Uniforms

*[Reference: Bylaw 12.5.4 in the NCAA Manual.]*

All uniforms must comply with Rule 4-3 of the 2009 and 2010 NCAA Men's and Women's Track and Field and Cross Country Rule Book. Articles 1, 2 and 3 of Rule 4-3 have been included for your reference:

**Uniform.** When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disqualification. Wearing any part of the official team competition uniform illegally (e.g., top off or intentionally shortened, shoulder straps lowered) while in the area of competition shall lead to a warning by the nearest official that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and offending competitor's coach.

a. A uniform consists of two school-issued components—shorts or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components. Any outer garment (e.g., sweat pants, tights) that is school-issued becomes the official uniform, when worn.

b. The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.

c. The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for competitors' numbers to be placed above the waist, front and back.

d. Uniform tops must be worn so to not obscure hip numbers.

e. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.

f. The use of, or wearing of, artificial noisemakers by competitors is prohibited.

*Note: Individual or team uniform, logo, number and shoe rules shall be enforced through inspection by the clerk or the head field event official at initial event check-in. Violators shall be warned, given the chance to correct the violation, and reported to the referee. A report of uncorrected violations shall be made to the referee and*

*offending competitor's coach.*

**Relay Uniforms.** In addition to the uniform guidelines outlined above, the following shall apply:

a. All relay team members must wear uniforms clearly indicating, through color, logo and combination of all worn outer garments, that members are from the same team.

b. Visible undergarments on the 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., team jersey, socks) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2-1/4 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.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff.

The logo restriction on student-athletes' apparel set forth in Bylaw 12.5.4 shall apply during NCAA championships to all personnel (e.g., coaches, trainers, managers) who are on the team bench for practices and games or who participate in news conferences. Please note that those contracts between institutions and apparel manufacturers or distributors that include logo specifications may be honored, provided such contracts were in effect before August 11, 1998. Also, the logo restriction on student-athletes' apparel as set forth in Bylaw 12.5.4 shall apply to commercial logos on uniforms worn by band members, cheerleaders, dance team members and the institution's mascot during NCAA championships events.

## **Videotapes, Films and Still Photographs**

*[Reference: Bylaw 31.6.4.3 in the NCAA Manual.]*

Institutions are permitted to videotape championships competition by their teams or their individual student-athletes for archival, coaching or instructional purposes. Each institution is permitted to use one camera and may videotape only that portion of the competition in which it participates. The videotapes may not be used for any commercial purposes. An institutional representative shall contact the event coordinator at the host site to arrange for camera space at that site.

## **Web site**

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found at [www.ncaa.com/broadcast](http://www.ncaa.com/broadcast).

## **Wireless Communication Devices**

The viewing of videotape or photos, or the use of any wireless communication device, by a competitor during event competition is prohibited.



# Appendix A

## MEN 2010 NCAA DIVISION I MEN'S INDOOR TRACK AND FIELD QUALIFYING STANDARDS (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.25@	—
60 Meters	6.60@	—	6.71@	—
55-Meter Hurdles	7.17@	—	7.38@	—
60-Meter Hurdles	7.70@	—	7.91@	—
200 Meters				
(Under 200m/220 yds)*	21.48	—	21.88	—
(200m/220 yds)*	21.23	—	21.63	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—
400 Meters				
(Under 200m/220 yds)*	47.15	46.9	48.25	48.0
(200m/220 yds)*	46.75	46.5	47.85	47.6
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0
800 Meters#				
(200m/220 yds or less)*	1:48.90	1:48.6	1:51.40	1:51.1
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7	1:50.50	1:50.2
Mile#				
(200m/220 yds or less)*	4:00.80	4:00.5	4:05.30	4:05.0
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7	4:03.50	4:03.2
3,000 Meters#				
(200m/220 yds or less)*	7:57.20	7:56.9	8:07.70	8:07.4
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)*	13:50.80	13:50.5	14:13.80	14:13.5
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	14:10.00	14:09.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:10.50	3:10.2	3:14.40	3:14.1
(200m/220 yds)*	3:08.90	3:08.6	3:12.80	3:12.5

(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1
Mile Relay				
(Under 200m/220 yds)*	3:10.90	3:10.4	3:14.80	3:14.5
(200m/220 yds)*	3:09.30	3:08.8	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.70	3:07.2	3:11.60	3:11.3
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	9:33.00	9:32.7	9:44.70	9:44.4
(Banked or Over 200m/220 yds)*	9:30.00	9:29.7	9:41.70	9:41.4
Distance Medley Relay—Yards#				
(200 m/220 yds or less)*	9:35.70	9:35.4	9:47.40	9:47.1
(Banked or Over 200 m/220 yds)*	9:33.50	9:33.2	9:45.20	9:44.9

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC	METRIC
High Jump	2.24	2.14
Pole Vault	5.50	5.20
Long Jump	7.85	7.50
Triple Jump	16.15	15.45
Shot Put	19.30	17.75
35-Pound Weight	21.50	19.50
Heptathlon	5,675 points	5,325 points

\*—Size of track.

#—Altitude adjustment available.

# Appendix B

## WOMEN 2010 NCAA DIVISION I WOMEN'S INDOOR TRACK AND FIELD QUALIFYING STANDARDS (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.74@	—	6.92@	—
60 Meters	7.26@	—	7.44@	—
55-Meter Hurdles	7.57@	—	7.86@	—
60-Meter Hurdles	8.14@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.90	—	24.60	—
(200m/220 yds)*	23.70	—	24.40	—
(Banked or Over 200m/220 yds)*	23.20	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.40	52.9	55.40	54.9
(200m/220 yds)*	53.10	52.6	55.10	54.6
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters#				
(200m/220 yds or less)*	2:06.00	2:05.7	2:10.00	2:09.7
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:38.90	4:38.6	4:48.90	4:48.6
(Banked or Over 200m/220 yds)*	4:37.00	4:36.7	4:47.00	4:46.7
3,000 Meters#				
(200m/220 yds or less)*	9:16.00	9:15.7	9:35.00	9:34.7
(Banked or Over 200m/220 yds)*	9:13.00	9:12.7	9:32.00	9:31.7
5,000 Meters#				
(200m/220 yds or less)*	16:12.50	16:12.2	16:49.50	16:49.2
(Banked or Over 200m/220 yds)*	16:07.50	16:07.2	16:44.50	16:44.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:37.00	3:36.7	3:44.00	3:43.7
(200m/220 yds)*	3:35.80	3:35.5	3:42.80	3:42.5

(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:09.40	11:09.1	11:30.40	11:30.1
(Banked or Over 200m/220 yds)*	11:05.50	11:05.2	11:26.50	11:26.2
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.  
Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC	METRIC
High Jump	1.85	1.78
Pole Vault	4.25	4.00
Long Jump	6.38	6.13
Triple Jump	13.30	12.65
Shot Put	16.90	15.20
20-Pound Weight	21.00	18.75
Pentathlon	4,075 points	3,725 points
*—Size of track.		

#—Altitude adjustment available.