



2011 DIVISION III MEN'S & WOMEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS HANDBOOK

Posted: 10/26/2010
Second update: 10/29/2010
Third update: 12/10/10



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January 2010

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Introduction

During the 2010-11 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, 13 are Division II championships and 13 are Division III championships. Among the women's championships, four are National Collegiate Championships, 12 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).

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.

Men's and Women's Indoor Track Championships Information

Important Dates

Tuesday, December 1—Deadline for applications to host an indoor last chance meet to be held between February 28 and March 5, 2011.

Saturday, March 5—Last date a qualifying mark may be made, except for conference championships, by midnight ET.

Sunday, March 7—Declaration forms available online no later than 9 a.m. ET.
- Coaches must complete and submit the online declaration form by 5 p.m. ET. All student-athletes must be declared or scratched in every event in which they qualified at this time. Declaration forms submitted after the 5 p.m. deadline and prior to 8 p.m. ET will be accepted as LATE and the institution will be fined \$100. There is no opportunity to submit declaration forms after 8 p.m. ET
- 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 coaches.
- The final list of meet participants shall be available via the NCAA website (www.ncaa.org, Sports, Indoor Track and Field, Championships Information) by 8 p.m. ET.

Thursday, March 10—Packet pick-up, TBD ET; coaches meeting TBD ET.

Friday-Sunday, March 11-12—NCAA Division III Men's and Women's Indoor Track and Field Championships, Capital University, Columbus, Ohio.

General Administration

Date Formula

The Division III Men's and Women's Indoor Track and Field Championships will be held annually on the second Friday and Saturday in March.

Dates and Sites

[Reference: Bylaw 31.1.3 in the NCAA Manual.]

March 11-12, 2011—Capital University, Columbus, Ohio, Fred Barends - 614/236-6919, fbarends@capital.edu.

Future Sites

March 9-10, 2012 - Grinnell College.

March 8-9, 2013 - TBD.

Hosting Opportunities

Detailed bid information for future indoor championships will be available on the NCAA website at www.ncaa.org, Sports, General Information, Bid Information. Contact NCAA championships manager Holly Sheilley with questions.

Sports Committees

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

The Division III Men's and Women's Indoor Track Championships are under the control, direction and supervision of the NCAA Men's and Women's Track and Field Committee. Robert Podkaminer serves as the secretary-rules editor. Divisional subcommittees supervise their respective championships.

Men's and Women's Track and Field Subcommittee

Representing men's track:

Barbara Crousen, McMurry University

John Goldhammer, Claremont McKenna-Harvey Mudd-Scripps Colleges

Chuck Wilcoxon, Principia College

Chris Bayless, Ursinus College

Representing women's track:

Jennifer Potter, Ithaca College

Kris Boey, Ohio Wesleyan University

Jon Hird, University of Massachusetts, Dartmouth

Will Freeman, Grinnell College

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

Holly Sheilley
Assistant Director of Championships
NCAA
P.O. Box 6222
Indianapolis, Indiana
46206-6222
Phone: 317/917-6503
Fax: 317/917-6237
E-mail: hsheilley@ncaa.org

Chuck Wilcoxon
Chair of the Division III Subcommittee
Head Cross Country/Track and Field
Coach
Principia College
100 Maybeck Place
Elsah, Illinois 62028
Phone: 618/374-5032
Fax: 618/374-5221
E-mail: chuck.wilcoxon@principia.edu

Annual Forms

Team Roster Form. NCAA Division III 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 is located at www.tfrrs.org.

[Reference: *Declarations of Student-Athletes (page 13) in this handbook.*]

Institutional Coaches Form. Institutions will be prompted to enter their roster of coaches when they submit their 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 located on the NCAA website under Sports and Championships, General Information, Travel.

[Reference: *Squad Size (page 24) in this handbook and Per Diem in the Division III 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 competition. The online financial report form is located on the NCAA website (http://web1.ncaa.org/champs_bid/).

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

Determination of Participants

Qualification Procedures

1. The NCAA Men's and Women's Track and Field Committee recognizes the differences in event conversions from fully automatic timing (FAT) to manual timing (MT). The standards encourage the use of FAT qualifying for NCAA championships based on accuracy inherent in FAT.
2. The declarations form for national championships should include only eligible competitors.
3. The qualifying marks must be made in a scheduled collegiate or open track and field meet. A qualifying mark for entry into national championships, including preliminary round meets for Division I outdoor must be made between the following dates:

Indoor

Division I. December 1 through the first Saturday prior to the first day of the national championships. (Exceptions: A combined event competition concluding December 1 falls within the qualifying window. In addition, conference championships concluding by 5 p.m. Eastern time the Sunday prior to the national championships fall within the qualifying window.)

Division II. December 1, if it falls on a Friday, if not then the Friday preceding December 1 through the second Sunday prior to the national championships.

Division III. December 1 through the Saturday prior to the national championships.

Outdoor

Division I. March 1 through the second Sunday prior to the start of preliminary round competition.

Division II. The third Thursday in February through the second Sunday prior to the national championships.

Division III. March 1 through the Friday prior to the national championships.

4. Marks will not be acceptable if they are set in meets or events:
 - a. Where collegiate competition does not adhere to the NCAA Rules Book.
 - b. Division I: Where fewer than two four-year institutions with a minimum of 14 student-athletes per gender per institution compete, or fewer than five four-year institutions participate. Division II: Where fewer than two two-year or four-year institutions with a minimum of 10 student-athletes per gender per institution compete, or fewer than five two-year or four-year institutions participate (Indoor). Where fewer than two two-year or four-year institutions with a minimum of 14 student-athletes per gender per institution compete, or fewer than five two-year or four-year institutions

- participate (Outdoor). Division III: Where fewer than two two-year or four-year institutions with a minimum of 10 student-athletes per gender per institution compete, or fewer than five two-year or four-year institutions participate.
- c. Where fewer than 10 collegiate or open events, per gender, are contested. Multiple groupings, sections or divisions of any event distance or discipline is a single event. (Refer to "h" for combined event only competition and No. 6 for single-event meets.)
 - d. Where men and women compete together in a running event (except the 10,000 meters on the track);
 - e. Where contestants or spectators are asked to officiate;
 - f. Held on other than certified (i.e., surveyed and all measurements certified after initial construction and after resurfacing) and regularly used facilities;
 - g. 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);
 - h. Involving only combined-events competition in which fewer than six contestants start or all participants are from the same team;
 - i. Where a combined-events contestant who obtains an individual event 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);
 - j. Where all implements are not measured and weighed before competition;
 - k. Where intermediate times are taken from a longer race (e.g., 800 meters during 1,000 meters);
 - l. Where wind readings are not recorded in the 100 meters, 200 meters, 100- and 110-meter hurdles, and long jump and triple jump. The wind readings must appear in the official meet results. Division III require recording and submission on the proof-of-performance forms of wind readings, and state that the gauge must adhere to the following:
 - (1) Must be calibrated to measure wind in meters/second to the tenth;
 - (2) Must be stationary on a free-standing base; and
 - (3) Must be placed at the appropriate location for each respective event in accordance with NCAA rules.
 - m. 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;
 - n. 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;
 - o. Where the competitor was entered with a false entry performance in a competition which had a non-speculative entry mark requirement.
 - p. Where trials and finals of the dash and hurdles are not contested at the same distance;
 - q. Where competitors run any turn on indoor tracks that are 400 meters or longer; or
 - r. Held on outdoor tracks that are longer than 400 meters or in lanes where the radius is greater than 50 meters.
5. Qualifying Marks and Unattached Student-Athletes. Division I institutions may not submit marks for qualification to the championships for student-athletes who are not "representing the institution" (as defined by NCAA, at the time the mark was achieved, i.e., "unattached student-athletes").
 6. Qualifying Marks and Single-Event Meets. 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 herein and if the following criteria are satisfied (Note: The track and field committee 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, competition sites must be separated (e.g., hammer throw), 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.
 7. Photos, hand times and field-event results may be requested by the games committee for the verification of performance.
 8. To meet the qualifying standards for relays, only student-athletes eligible for national championships (NCAA Bylaw 14) may be used.
 - a. Relay times shall not be accepted for individual events.
 - b. In relay races, the names of four student-athletes who ran a qualifying time shall be entered. In the final declaration, four student-athletes must be designated as the team.
 - c. Qualification for the distance medley relay for Division I and Division II must be contested in the following order: 1,200, 400, 800, and 1,600 meters; or 1,320, 440, 880, and 1,760.
 9. Student-athletes may qualify for NCAA championships in meets conducted under IAAF or USATF rules.
 10. Field events marks for the Division I, Division II and Division III championships must be measured, recorded, and entered metrically.
 11. Indoor Procedures
 - a. Qualifying marks must be made using an indoor facility with the exception of the weight throws, which may be conducted outdoors.
 - b. The 60 meter dash and hurdles must be conducted in any facility which can be configured to have at least two 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 or originally configured for the 55 meter only.
 - c. Qualifying standards in oval events may not be met on banked tracks of more than 220 yards.
 - d. 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.
 - e. Final Qualifying Meet Applications - Division I and Division III: Institutions wanting

to host an indoor meet, other than a conference meet, in the final week of the qualifying window (Monday thru Saturday), must petition the NCAA for sanctioning no later than December 1, 2010. Individual institutions may apply to host only one meet during this period. The gender of the meet must be specified. The application can be found on www.ncaa.org [select Winter Sports, Track (Indoor)].

12. Outdoor Procedures

- Qualifying standards must be competed in meters, except for the 400- and 1,600-meters relays, and the 1,500 meter run.
- Qualifying marks in all divisions must be made using an outdoor facility except that the high jump and/or pole vault may be moved indoors for safety reasons by a decision of the competition's game committee. Qualifying marks attained under these circumstances will be accepted for individual and combined events.
- Final Qualifying Meet Applications - Division III: Institutions wanting to host an outdoor meet, other than a conference meet, in the final week of the qualifying window (Monday thru Friday) prior to the national championship, must petition the NCAA for sanctioning before January 27, 2011. Individual institutions may apply to host only one meet during this period. The gender of the meet must be specified. The application can be found on www.ncaa.org [select Spring Sports, Track (Outdoor)].

Approval of Non-Division III Meets

At least one week before the last-chance qualifying period, a request to compete in a non-Division III meet must be submitted to Ms. Sheilley (hsheilley@ncaa.org) with the meet name, dates, host institution, meet director name and meet website for results. The chair of the Division III track and field subcommittee will determine the meet's validity on their own or in consultation with the national committee member from that region. A meet's validity will be determined by its adherence to all NCAA rules as noted for qualifying. Marks from meets other than these will not be accepted. The list of approved meets will be placed on the NCAA Web site.

Final Qualifying Meets

Division III institutions wanting to host an indoor meet, other than a conference meet, between February 28 and March 5, 2011, must petition the NCAA for sanctioning before December 1, 2010. Requests should be submitted to Holly Sheilley (hsheilley@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 Holly Sheilley (317/917-6503 or hsheilley@ncaa.org).

Events/Number of Participants

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

The NCAA Division III Championships Committee has approved a qualifying procedure that allows for a maximum of 223 men and 223 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 student-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 website at www.tfrrs.org.

If the numbers of allowable student-athletes established by the championships committee have not been reached after automatic qualifiers and minimum field sizes have been accommodated, the committee will add student-athletes to the meet using the following steps:

Next Student-Athlete In. The following steps are taken to arrive at a standardized score for an individual performance within each event's data set, which allows for a comparison between different events:

- In each event, the top 100 performances from the previous five years are determined and established as the data set for that event. The last five years are used because it is the number of years available which is large enough to give a suitably sized data set, yet small enough to be both manageable and relevant.
- The percentile rank of each student-athlete's performance is reported on the ranked performance lists of championships entries, and is used to compare performances across events to establish who should be the next student-athlete in.

Each event will be filled to the minimums below.

Minimum Field Sizes

Event	Men	Women
55-Meter Dash	11	11
55-Meter Hurdles	11	11
400-Meter Dash	11	11
800-Meter Run	11	11
Mile Run	11	11
5,000-Meter Run	11	11
1,600-Meter Run	10	10
Distance Medley Relay	10	10
High Jump	11	11
Pole Vault	11	11
Long Jump	11	11
Triple Jump	11	11
Shot Put	11	11
Weight Throw	11	11
Pentathlon	11	11

Once the maximum number of 223 men and 223 women in the competitive field is attained, the track and field 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 no 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 2011 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 TFRRS 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 III track and field times and marks. The former POP forms will be eliminated, and coaches will not longer be required to submit verification or qualifying performances. Season-best descending order lists by event, as approved by the track and field committee, will be made available on a real-time basis at www.tfrrs.org.

Team Roster Forms. NCAA Division III 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.

Meet Results. It will be the responsibility of the meet HOST to submit meet results to TFRRS by midnight ET, 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 ET March 5. 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 experienced difficulty using the TFRRS system, please contact DirectAthletics (support@directathletics.com; phone: 617/285-0455) and notify the NCAA national office (hshellley@ncaa.org or 317/917-6503) 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 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, 2010, through March 5, 2011.

Late Declarations. Any institution declaring a student-athlete after the deadline of 5

p.m. ET and before 8 p.m. ET Sunday, March 6, will be charged \$100 per institution per gender. There is no opportunity to submit declaration forms after 8 p.m. ET Sunday, March 6.

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. ET, Sunday, March 6.
2. The declaration form can be accessed at 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. ET, Sunday, March 6, must notify DirectAthletics at 617/285-0455.
4. Coaches must complete and submit the online declaration form by 5 p.m. ET, Sunday, March 6. All student-athletes must be declared or scratched in every event in which they qualified at this time. Declaration forms submitted after the 5 p.m. deadline and prior to 8 p.m. ET will be accepted as LATE and the institution will be fined (see above). There is no opportunity to submit declaration forms after 8 p.m. ET. All student-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 ET, Tuesday, March 8. Any coach not on site to notify the committee in person must notify the committee via telephone at 317/917-6503. Failure to notify the committee could result in a 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 handbook.
8. The final list of participants will be available via the NCAA website at www.ncaa.com and www.ncaa.org by 8 p.m. ET, Sunday, March 6. Call backs will not be made.

Relay Declarations. With regard to relay events, the following declaration and substitution/alternate policies will apply:

1. Only one qualified relay team per institution, with the names of the individuals who ran the qualifying time and who meet NCAA championships eligibility criteria, can be declared during the designated declaration period.
2. A substitute is a qualified student-athlete who has been declared and is accepted into the championships in another event. They shall be allowed to run in any relay heat or final. Declarations of these individuals as relay-member possibilities are not required.
3. One additional student-athlete (per institution/per gender) listed on the eligibility form may be declared as a relay alternate. (Please note: if identifying a relay alternate, only one alternate per relay team may be named on the entry form.) This alternate shall be allowed to run in any relay heat or final. The transportation and per diem expenses for this alternate will not be reimbursed by the NCAA.
4. The NCAA shall reimburse transportation and per diem expenses, if available, for

a maximum of four members per relay team. Note: The NCAA will not reimburse transportation expenses and per diem for any alternate, whether or not he or she competes.

- Per Rule 5.8-2, the maximum number of replacements on any specific team that has qualified to compete is two.

Challenge Period. Challenges regarding a student-athlete's eligibility or performance must be submitted in writing via e-mail to Jack Moran (jmoran@raceberryjam.com) for review by the track and field committee. The challenge period begins December 1, 2010 and ends at 3 p.m. ET, March 6, 2011.

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.

Certification of Eligibility/Availability

[Reference: Certification of Eligibility/Availability in the Division III 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 championships, the championships manager must be notified before March 6, 2009.

Religious Conflicts

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

Please note that the NCAA Division III Presidents Council has approved the following policies for the 2010-11 championships.

Religious Reasons. If a participating institution has a written policy against competition on a particular day for religious reasons, it shall inform the NCAA championships staff liaison in writing one week before the selection date in order for it or one of its student-athletes to be excused from competing on that day. The championships schedule shall be adjusted to accommodate that institution.

Instructions to Participants

Adjusted Place Standings

[Reference: Bylaw 31.2.2.4-(a) in the NCAA Division III 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 has contributed to the team's total shall be deleted, the team standings shall be adjusted accordingly, and any awards involved shall be returned to the Association. Further, the placement of other competitors shall be altered and awards presented accordingly.

Appeals

Any appeal of a referee's decision must be made on the provided championship protest form and must be accompanied by an appeal fee of \$50 cash. This fee is refundable only if the appeal is upheld. Please see the Protest Procedure section in this handbook for more information.

Attendance

Please note that in determining the attendance figures to announce for each session of the championship, this number should be derived based on paid attendance. The paid attendance figures are also what should be listed on the online proposed budget and the online final financial report. If no paid attendance is collected, the host institution/conference should provide an estimated attendance figure. The host institution/conference has the option to provide a "turnstile" count [e.g., 34,575 paid attendance (12,456 turnstile attendance)].

Audio Coverage (Radio and Internet)

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found on www.ncaasports.com/broadcast.

Awards

[Reference: Awards in the Division III General Section and Bylaw 31.1.11 in the NCAA Division III Manual.]

Official NCAA awards will be presented to the top eight finishers in each event. First-, second-, third- and fourth-place team trophies will be awarded. Participation medallions will be presented to all student-athletes competing in or in uniform at the championships that do not receive an NCAA individual event mini-trophy. These medallions will be sent to the institution's director of athletics after the competition.

Banquet Tickets/Credentials/Mementos

Banquet tickets, mementos and credentials will be distributed per gender to the coaches as follows:

No. of Student-Athletes	No. of Passes
1-5	1
6-10	2
11-15	3
16 or more	4

Additional credentials for institutional personnel may be purchased for the cost of an all-session pass during packet pickup.

Additional banquet tickets may be purchased at packet pickup on a first come first serve basis

Drug Testing

[Reference: Bylaw 31.2.3.4 NCAA Banned-Drug Classes 2010-11; NCAA Drug-Testing Program 2010-11 booklet and www.ncaa.org/drugtesting.]

All student-athletes are subject to NCAA drug testing at all NCAA championships or in conjunction with all postseason certified events. The goal of the drug-testing program is to provide safe, fair and equitable competition as well as to protect the health and safety of all NCAA student-athletes participating in NCAA championships and postseason certified events.

The drug-testing program involves collecting urine specimens from student-athletes at various times throughout an NCAA championship. Student-athletes may be selected for drug testing based on their place of finish, playing time, position and/or an approved random selection method. A student-athlete may be selected for drug testing on more than one occasion during the championship event. All urine specimens provided by student-athletes are analyzed by a World Anti-Doping Agency (WADA) accredited laboratory and the results are then reported to the institution's director of athletics.

The WADA laboratory analyzes each urine specimen for substances and related compounds from a list of banned-drug classes developed by the NCAA Executive Committee. The NCAA Banned-Drug Classes List is comprised of substances that are performance-enhancing and/or potentially harmful to the health and safety of the student-athlete. The 2010-11 list includes drugs in the following classes: stimulants, anabolic agents, diuretics and other urine manipulators, peptide hormones, street drugs, beta blockers and alcohol (rifle only) beta-2 agonists and anti-estrogens. Refer to the 2010-11 Drug-Testing Programs booklet or the NCAA Web site (www.ncaa.org/drugtesting) for the published list of banned drug classes and the procedural guidelines for testing. Athletic administrators are urged to review the NCAA Drug Education and Testing video, the NCAA Banned Drug Classes List as well as the NCAA Drug-Testing Program booklet with all coaches and student-athletes in advance of any NCAA championship or postseason certified event. Student-athletes who test positive as a result of a drug test administered by the NCAA or who breach the NCAA drug-testing program protocol shall lose one year of eligibility and shall be charged with the loss of a minimum of one season of competition in all sports.

Additional information regarding the NCAA's championship drug-testing program can be found at www.ncaa.org/drugtesting.

Equipment

The NCAA will provide the weight implement for the exclusive use at the 2011 indoor track and field championships.

- Gill Item #3950 - 20 pound Orbiter Indoor Throwing Weight
- Gill Item #3959 - 20 lbs. Tungsten Orbiter Throwing Weight
- Gill Item #3955 - 35 lbs. Orbiter Indoor Throwing Weight
- Gill Item #3958 - 35 lbs. Tungsten Orbiter Throwing Weight

No other weights will be thrown and institutions will not be allowed to use their weight implements for competition at the championships.

Lodging

The host institution will be responsible for advising participating institutions of available local accommodations at the site of the championships. Each competing institution is responsible for making its own room reservations and arrangements. A listing of hotel accommodations in the area of the championships is posted on the NCAA.com website.

Media Arrangements

Media Credentials. Requests for working media credentials shall be directed to the championships' host media coordinator. One credential will be issued, upon written request before the championships, to each competing institutions' sports information staff, this person must be an employee of the institution.

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 or in team huddles is prohibited.

Postcompetition Interviews. Immediately after a 10-minute cooling-off period (i.e., 10 minutes after a team or individual concludes competition), an interview area will open to all certified members of the news media; all coaches and student-athletes must be made available for interviews. If a team or individual is participating in an awards ceremony, the cooling-off period will begin immediately after the presentation. This not only applies to formal press conferences but also to any interview requests made to

coaches and/or student-athletes not involved in the press conference. Failure to do so may result in possible misconduct, as determined by the respective sports committees.

Regardless of any regular-season radio or television contract(s), the coach is obligated to the entire covering media during the championship and must report to the interview area immediately after the 10-minute cooling-off period. The coach cannot delay a postcompetition interview with the covering media to conduct a program for a single newspaper, radio or television reporter, unless requested to remain for a short interview (not to exceed four minutes) by the television entity that has been granted television rights by the NCAA.

Coaches cannot make themselves available to selected media representatives before the conclusion of the 10-minute cooling-off period. They may, however, open their dressing rooms and/or report to the interview area before the cooling-off period ends, and make themselves available to all media representatives staffing the championships.

Meetings

[Reference: Misconduct in the Division III General Section and Bylaws 31.02.3 and 31.1.9 in the NCAA Division III Manual.]

The coaches meeting will not be held at the indoor championships. All information will be given to the coaches in their coaches packets and posted on the championships meet Web site. Coaches will receive meet specific information in the final instruction sheet and will receive information on the provisions of Bylaw 31.1.9, (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), along with policies in regards to the drug testing format, and uniform/logo policies. Coaches will be responsible for all information provided in their packets as it relates to their competitors and the championships. Coaches will have to sign that they received all of the information and will comply with enclosed policies.

Merchandise

Teams selected to participate in NCAA championships will have the opportunity to preorder event merchandise online through the official NCAA souvenir merchandiser, Event 1, Inc. After selection, teams will receive instructions for placing orders. All orders will be shipped directly to the institution the week after competition. Questions regarding the online team ordering process may be directed to Gina Taylor at Event 1 at 888/745-3058.

News, Media, Press Conferences and Satellite Feeds

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found on www.ncaasports.com/broadcast.

Officials

For the men's and women's championships, two starters, two announcers, two clerks of the course, one track referee, one jump referee, two multi referees and one throw referee will be hired and will receive ground transportation, per diem and allotted fees.

The two announcers, two starters, head umpire, track referee, jump referee, two multi referees and throw referee will each receive a fee of \$125 per day. The two clerks of the course will each receive \$100 per day. All officials will receive ground transportation expenses (50 cents per mile round trip; local transportation not included). If necessary, the committee is authorized to fly in two officials, which requires the approval of the NCAA liaison.

Travel/Per Diem. Travel expenses for the officials will be paid according to the actual mode of transportation, not to exceed jet coach airfare 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.

Hotel expenses (excluding incidentals) for officials required to stay overnight at the championship site shall be paid by the host institution and later reimbursed by the NCAA. Officials will receive a \$45 per diem for meals and incidentals for each day of the championships, beginning with the day of arrival and ending with the day of departure. Officials not required to remain overnight at the site also shall receive a \$45 per diem.

Local Transportation/Officials and NCAA Representatives. The NCAA shall pay for the rental of cars for a predetermined number of championships 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 precompetition meeting.

Additional Officials. The NCAA will also cover lodging (two nights at double occupancy) for an additional 60 officials (outside of the identified nine key officials listed above). Also a \$50 fee for each day worked (Friday and Saturday) for the additional 60 officials (outside of the identified 12 key officials listed above).

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 (formerly Host Communications, Inc.) 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 championships 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 your school 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) for information regarding rates, availability and deadlines.

Editorial

If you are interested in the specific content of the program you will receive, please contact Chad Laytham (859/226-4511; Chad.laytham@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 College will attempt to provide proofs for SID approval when time permits. If you are not sure what/when materials are needed, please contact Ms. Stoess 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 Ms. Stoess 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 Chad Laytham (IMG College, 904 North Broadway, Lexington, KY 40505, ATTN: Chad Laytham).

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 Ms. Stoess (IMG College, 904 North Broadway, Lexington, KY 40505, ATTN: Chad Laytham).

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@imgcollege.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). 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. An IMG College representative will track the return of all signed vending contracts to Host Communications
- 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. An 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) at IMG College with any vending-related questions.

Protest Procedures

Championships Procedure. All protests must be filed on the official protest form, available at the assigned protest area. One copy shall be posted in the designated protest area, and the other copies shall be given to the referee. A protest must be filed no later than 30 minutes after the unofficial results are posted.

The referee’s decision shall be written on each copy of the protest. One copy shall be returned to the protesting coach, and the other copy shall be placed in the subcommittee’s files. Should the protesting coach choose to petition the matter to the games committee, a \$50 appeal fee shall be charged. The fee shall be refunded if the decision is reversed in favor of the coach.

Video Review Language. The newly revised Rule 4-3-6 now allows an official video to be designated by the games committee (prior to the meet) to be utilized during protests and appeals to aid in the decision-making process. This stipulation and use of an official video will be up to each individual games committee at each regular season meet, as to ensure the video is useful in providing the proper angle and is in the proper location at the event to be effective in ruling on a protest.

For Division III this rule will apply to each regular season meet and it will be up to each games committee to determine if the ability to have a video is necessary and feasible. For the Division III Indoor and Outdoor Track and Field Championships the Division III Men’s and Women’s Track and Field Committee has ruled that video review will NOT be permitted for evidence during any protest or appeal. During a protest ruling any available evidence, except video, at the discretion of the national committee will continued to be used, and such evidence that would specifically be excluded is all visual material except that produced by official photo-timing.

Results

During the championships, and at the conclusion of the competition, the host sports information contact is responsible for reporting official results to the NCAA. Copies of results should be sent to updates@ncaa.com, hsheilley@ncaa.org, jhamilton@ncaa.org and kbuerge@ncaa.org, and should be submitted in the following manner:

1. Send the information to updates@ncaa.com, hsheilley@ncaa.org, jhamilton@ncaa.org and kbuerge@ncaa.org;
2. Specify the sport (division, championship, round) in the SUBJECT area;
3. 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; and
4. Please convert photos to JPEG format and attach to the e-mail.

Rules

[Reference: Bylaw 31.1.6 in the NCAA Division III Manual.]

Per NCAA Bylaw 17.32, 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.

2010 and 2011 NCAA Men’s and Women’s Track and Field/Cross Country 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 and Field, P.O. Box 120, Indianapolis, Indiana 46206-0120, or by accessing its Web site at usatf.org. The IAAF Web site address is iaaf.org.

The Men’s and Women’s Track and Field Committee has determined that a student-athlete applying paint or any other permanent marking, other than a material approved by the games committee, to any portion of a permanent facility automatically will be disqualified from competition. All markings must be in accordance with NCAA Men’s and Women’s Track and Field/Cross Country Rules.

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 III General Section.]

Please refer to the NCAA travel policies for all information regarding transportation and per diem expenses. Travel policies are located online at 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.ncaasports.com/broadcast.

Uniforms

[Reference: Bylaw 12.5.4 in the NCAA Division III Manual and Rule 4-3-1 in 2009 and 2010 NCAA Track and Field/Cross Country Rules.]

When engaged in competition, each student-athlete must wear an official team uniform or be disqualified. 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 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.

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

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.

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

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

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

In addition to the uniform guidelines outlined above, the following shall apply in regard to relay uniforms:

1. 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.
2. 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., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2¼ square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

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

A student-athlete representing an institution in intercollegiate competition is limited

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

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, which includes any premeet or postmeet activities.

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.

Videotapes, Films and Still Photographs

[Reference: Bylaw 31.6.4.2 in the NCAA Division III 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.

Please also refer to the NCAA Broadcast Manual policies and guidelines that can be found on <http://www.ncaa.com/broadcast/broadcast.html>.

Web Sites/Internet

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found on <http://www.ncaa.com/broadcast/broadcast.html>.

Appendix

Men's and Women's 2011 Indoor Qualifying Standards

MEN

(Sea Level)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.34	—	6.48	—
60 Meters	6.82	—	6.97	—
55-Meter Hurdles	7.55	—	7.75	—
60-Meter Hurdles	8.13	—	8.34	—
400 Meters	48.75	—	49.85	—
(Undersized track)	49.05	—	50.15	—
(Banked track)	48.25	—	49.35	—
(Oversized track)	48.15	—	49.25	—
800 Meters	01:52.80	—	01:54.90	—
(Undersized track)	01:53.20	—	01:55.30	—
(Banked track)	01:52.20	—	01:54.30	—
(Oversized track)	01:51.90	—	01:54.00	—
Mile#	04:10.40	—	04:15.80	—
(Undersized track)	04:10.90	—	04:16.30	—
(Banked track)	04:09.40	—	04:14.80	—
(Oversized track)	04:08.20	—	04:13.60	—
5,000 Meters#	14:30.00	—	14:53.00	—
(Undersized track)	14:32.50	—	14:55.50	—
(Banked track)	14:26.40	—	14:49.40	—
(Oversized track)	14:24.50	—	14:47.50	—
1,600-Meter Relay	03:17.00	—	03:21.00	—
(Undersized track)	03:18.20	—	03:22.00	—
(Banked track)	03:15.00	—	03:19.00	—
(Oversized track)	03:14.60	—	03:18.60	—
Mile Relay	03:18.10	—	03:22.10	—
(Undersized track)	03:19.30	—	03:23.30	—
(Banked track)	03:16.10	—	03:20.10	—
(Oversized track)	03:15.70	—	03:19.70	—

Distance Medley Relay—Meters#	09:59.00	—	10:09.00	—
(Undersized track)	10:00.60	—	10:10.60	—
(Banked track)	09:56.00	—	10:06.00	—
(Oversized track)	09:54.80	—	10:04.80	—
Distance Medley Relay—Yards#	10:02.50	—	10:12.50	—
(Undersized track)	10:04.10	—	10:14.10	—
(Banked track)	09:59.50	—	10:09.50	—
(Oversized track)	9:58.30	—	10:08.30	—
	METRIC		METRIC	
High Jump	2.10		2.02	
Pole Vault	5.10		4.70	
Long Jump	7.20		6.94	
Triple Jump	14.68		14.12	
Shot Put	16.7		15.5	
35-Pound Weight	18.75		17.00	
Pentathlon	3,700		3,350	

#—Altitude adjustment available.

"Undersize tracks" are those less than 200m/220 yards; "oversize tracks" are those larger than 200m/220 yards.

WOMEN

(Sea Level)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	7.09	—	7.30	—
60 Meters	7.64	—	7.87	—
55-Meter Hurdles	8.25	—	8.55	—
60-Meter Hurdles	8.87	—	9.20	—
400 Meters	56.75	—	58.64	—
		—		—
(Undersized track)	56.95	—	58.84	—
(Banked track)	56.35	—	58.24	—
(Oversized track)	56.25	—	58.14	—
800 Meters	02:13.00	—	02:16.50	—
		—		—
(Undersized track)	02:13.30	—	02:16.80	—
(Banked track)	02:12.50	—	02:16.00	—
(Oversized track)	02:12.30	—	02:15.80	—
Mile#	04:55.00	—	05:04.00	—
		—		—
(Undersized track)	04:55.40	—	05:05.40	—
(Banked track)	04:54.40	—	05:03.10	—
(Oversized track)	04:53.20	—	05:02.20	—
5,000 Meters#	17:10.00	—	17:42.00	—
		—		—
(Undersized track)	17:12.50	—	17:44.50	—
(Banked track)	17:06.70	—	17:38.70	—
(Oversized track)	17:04.80	—	17:36.80	—
1,600-Meter Relay	03:54.00	—	03:59.00	—
		—		—
(Undersized track)	03:54.80	—	04:00.30	—
(Banked track)	03:52.40	—	03:57.90	—
(Oversized track)	03:52.00	—	03:57.50	—
Mile Relay	03:55.40	—	04:00.90	—
		—		—
(Undersized track)	03:56.20	—	04:01.70	—
(Banked track)	03:53.80	—	03:59.30	—
(Oversized track)	03:53.40	—	03:58.90	—
Distance Medley Relay—Meters#	11:50.00	—	12:12.00	—
		—		—
(Undersized track)	11:51.20	—	12:13.20	—
(Banked track)	11:47.50	—	12:09.50	—
(Oversized track)	11:46.00	—	12:08.00	—
Distance Medley Relay—Yards#	11:54.20	—	12:16.20	—
		—		—
(Undersized track)	11:55.40	—	12:17.40	—
(Banked track)	11:51.70	—	12:13.70	—
(Oversized track)	11:50.20	—	12:12.20	—

	METRIC	METRIC
High Jump	1.71	1.66
Pole Vault	3.90	3.55
Long Jump	5.72	5.46
Triple Jump	11.82	11.25
Shot Put	14.00	12.75
20-Pound Weight	18.00	15.75
Pentathlon	3,400	3,000

#—Altitude adjustment available.

"Undersize tracks" are those less than 200m/220 yards; "oversize tracks" are those larger than 200m/220 yards.

Schedule of Events

2010 Men's and Women's Indoor Track and Field Championships

(All times Eastern Standard Time)

Friday, March 12

9 a.m.	Pentathlon - 55 Hurdles	Men	Final
*****	Pentathlon - Long Jump	Men	Final
10 a.m.	Pole Vault	Men	Preliminary
Noon	Long Jump	Women	Preliminary & Final
*****	Pentathlon - Shot Put	Men	Final
*****	Pentathlon - High Jump	Men	Final
2:30 p.m.	Weight Throw	Women	Preliminary
*****	Pentathlon - 1000 Meter Run	Men	Final
3:30 p.m.	Long Jump	Men	Preliminary & Final
4 p.m.	High Jump	Women	Preliminary & Final
4 p.m.	Mile Run	Men	Preliminary
4:20 p.m.	Mile Run	Women	Preliminary
4:35 p.m.	55 Hurdles	Men	Preliminary
4:50 p.m.	55 Hurdles	Women	Preliminary
5 p.m.	Weight Throw	Men	Preliminary & Final
5:05 p.m.	400 Meter Dash	Men	Preliminary
5:15 p.m.	400 Meter Dash	Women	Preliminary
5:25 p.m.	55 Meter Dash	Men	Preliminary
5:35 p.m.	55 Meter Dash	Women	Preliminary
5:45 p.m.	800 Meter Run	Men	Preliminary
5:55 p.m.	800 Meter Run	Women	Preliminary
6:05 p.m.	Distance Medley	Men	Final
6:25 p.m.	Distance Medley	Women	Final

Saturday, March 13

9 a.m.	Pentathlon - High Hurdles	Women	Final
*****	Pentathlon - High Jump	Women	Final
9:45 a.m.	Triple Jump	Women	Preliminary & Final
10 a.m.	Pole Vault	Women	Preliminary & Final
*****	Pentathlon - Shot Put	Women	Final
*****	Pentathlon - Long Jump	Women	Final
1 p.m.	Shot Put	Men	Preliminary & Final
2 p.m.	Mile Run	Men	Final
2:10 p.m.	Mile Run	Women	Final
2:25 p.m.	55-Meter Hurdles	Men	Final
2:35 p.m.	55-Meter Hurdles	Women	Final
*****	Pentathlon - 800 Meter Run	Women	Final
2:55 p.m.	400 Meter Dash	Men	Final
3 p.m.	Triple Jump	Men	Preliminary & Final
3:05 p.m.	400 Meter Dash	Women	Final
3:15 p.m.	55 Meter Dash	Men	Final
3:25 p.m.	55 Meter Dash	Women	Final
3:30 p.m.	High Jump	Men	Preliminary & Final

3:30 p.m.	Shot Put	Women	Preliminary & Final
3:35 p.m.	800 Meter Run	Men	Final
3:45 p.m.	800 Meter Run	Women	Final
3:55 p.m.	5000 Meter Run	Men	Final
4:20 p.m.	5000 Meter Run	Women	Final
4:40 p.m.	4 x 400 Relay	Men	Final
4:55 p.m.	4 x 400 Relay	Women	Final
5:15 p.m.	Presentation of Awards		

***** Pentathlon event to begin 30 minutes after the conclusion of the previous event.