

## 2010 MPSF CHAMPIONSHIP GUIDELINES

1/05/10

The 2010 MPSF Indoor Track & Field Championship will take place Friday & Saturday, February 26-27 at the University of Washington's Dempsey Indoor Facility. The following guidelines have been established by MPSF head coaches. *The overarching philosophy of this championship, established in 2007, mandates that events shall be seeded to provide the optimum opportunity for the best athletes to qualify for NCAA championship competition.*

### Administrative Guidelines:

- Annual Business & Technical Meeting – 5:00-7:00pm, Feb. 25 at a campus location TBD. Dinner is included. Coaches shall declare their intent to compete at the following year's meet at this time.
- Awards - Shall be picked up at the end of the meet by a team representative at the scorer's table.
- Best Marks – MPSF Performance Lists shall be available weekly on [www.tfrs.org](http://www.tfrs.org)
- Championship Entries - MPSF Championship Meet entries shall be entered into the [www.directathletics.com](http://www.directathletics.com) website no later than 5:00pm of the Tuesday immediately preceding the meet.
  1. If the athlete has an indoor mark established during the current indoor season, that mark must be used for seeding purposes and supersedes any mark from previous seasons. If an athlete does not have a mark from the current indoor season marks from the previous year's indoor or outdoor season may be used.
  2. Exceptional seeding will only be considered for legitimate NCAA qualifiers and exceptional athletes. Coaches shall email "exceptional entries" and rationale to the Executive Director at [abeaird@mpsports.org](mailto:abeaird@mpsports.org) and copy the Meet host head coach at [gmetcalf@u.washington.edu](mailto:gmetcalf@u.washington.edu) by the entry deadline.
  3. All other entries with No Marks/No Times shall be seeded accordingly.
  4. By 5:00pm on the Wednesday prior to the meet the host institution shall distribute via email a descending order list, unofficial heat sheets and a jump progression proposal based on submitted entries. "Exceptional entries" shall be noted with an asterisk.
  5. Final heat sheets shall be distributed immediately following the meeting based on entries and the coaches' discussion regarding "exceptional entries."
  6. Entry Errors - The Direct Athletics online meet entry system provides an entry receipt which coaches should double-check. Coaches shall manually change incorrect marks online.
- Coaching Conduct – Professionalism and courtesy are expected – Do not abuse proximity.
- Facility – The infield is the only usable space for resting and staging. The facility has minimal warm-up space. Coaches and athletes shall be courteous and respectful of other participants and spectators.
- Headphones – Allowed in areas not designated for competing athletes – not in competition areas and not on the track.
- Results - Shall be posted at south end of facility. Hard copies will be available. Meet results will be emailed.
- Seeding & Heat Sheets (see #5 above) - Unofficial heat sheets shall be distributed by Wednesday 5:00pm. Heat sheets will be available immediately following the coach meeting on Thursday evening based in part on discussion results from the Technical Meeting. Final seeding decisions shall be determined by a vote of all coaches present. Pentathlon and Heptathlon events shall be seeded based on current season marks.
- Videotaping – One credentialed individual per team on stairs or landing.

### Meet Guidelines:

- Event Check-In: Student-athletes shall check-in prior to the first flight of their event at the clerking area.
- Games Committee: Al Beard, Andy Newing, Bill Hickman.
- Implement Weigh-ins: Available up to one-hour prior to event start-time. Indoor weights only
- NCAA Rule 4 - Sections 1-2 re: misconduct, competitor responsibilities and failure to participate shall be in effect.

- No Qualifying Standards – Thus no wild cards, no rights of entry, no limitations.
- Protests - Must be filed within 30 minutes of the results being time stamp and posted. Meet officials must remain in the venue for at least 30 minutes after their last event of each day in the event of a protest.
- Protest Appeals - Shall be resolved by the Meet Referee whose decision is binding unless overruled by the Games Committee.
- Referees: Meet Referee: TBD; Running Events Referee: Geoff Newing; Field Events Referee: Bob Springer.
- Relay Cards: Submitted one-hour prior to the event start.
- Scratches – Student-athletes withdrawn from one event are withdrawn from all events.
- Spikes: ¼ “ pyramid or Nike Christmas tree spikes.
- Squad-size – 14 student-athletes minimum; 27 student-athletes maximum per gender.
- Ties in Running Events will go if room is available in heat; 1<sup>st</sup> tiebreaker: .001 second; 2<sup>nd</sup> tiebreaker: runoff. If there is a tie for fourth in sprints, five will go in first final heat and three in a second final heat.
- Warm-ups: 15 minutes before each flight and the final heats.

### Multi-Events

- Multi events shall be seeded based on current season best marks.
- \*Heptathlon and Pentathlon 60m hurdles (all sprints) - will utilize lanes 2-5 only with preference 3, 4, 2, 5
- \*Heptathlon 1,000 meter run and Pentathlon 800-meter run - will be one heat using two alleys. (Correct starting point; especially outside alley)
- Following the Pentathlon long jump and the Heptathlon pole vault – hip numbers for the final events will reflect the places of athletes in their respective multi-event prior to these events.

### Sprints and Hurdles

- 60m Dash & 60m HH: Eight will advance to finals based on time with the four fastest in the second heat. Lane 6 will not be utilized.
- Sprints and Hurdles Lane Preference: Straights lane preference 3, 4, 2, 5, 1, 6; Hurdles with lane preference 3, 4, 2, 5
- 200m, 400m & 4x400m events shall be contested as time finals.
- M & W 200m – Use only preferred lanes 4, 5, 3, in that order. Lanes 1 & 2 shall not be used.
- M & W 400m and 4x400m – Use only preferred lanes 4, 5, 3, 2, 1, in that order.

### Distances

- 800m: Eight-person final per NCAA indoor rules Section 5, Article 1b, and Article 2. Will run in alleys.
- Mile: Contested as timed finals on Saturday. Heats shall be configured based on entries.
- 3,000m & 5,000m: Straight final seeded fastest to slowest, left to right. 16 in front row with all others in back. Back row seeded fastest to slowest, left to right. No times seeded to back row. Lapped athletes shall finish.

### Field Events

- Nine to finals per NCAA rule; require one more competitor than scoring places; all ties qualify for finals.
- Shot put, weight throws, long and triple jumps: Flights shall be configured based on entries.
- Starting Jump Heights & Progressions – Will be determined at the Technical Meeting.

### Relays

- Women's 4x400m relay – Nine teams: two races of four and five teams.
- 4x400m relay – Seed races according to time in lanes 4, 5, 3, 2, 1.