

**NCAA DIVISION I
MEN'S AND WOMEN'S
OUTDOOR TRACK AND FIELD**



**2009 REGIONAL
TECHNICAL MANUAL**

(Updated 4/29/2009)

INTRODUCTION

This manual outlines the technical procedures for regional competition of the 2009 NCAA Division I Men's and Women's Outdoor Track and Field Championships and provides case studies of situations that may arise during the course of the competition. This manual contains three sections:

1. The technical procedures for administrating the regional competitions;
2. The relay policies for the regional and national competitions; and
3. A sample of regional case studies, to assist coaches by reviewing and answering questions generated by situations.

This manual should be used in conjunction with the 2009 NCAA Division I Men's and Women's Outdoor Track and Field Championships Handbook, the 2009 and 2010 NCAA Track and Field/Cross Country Men's and Women's Rules Book, and NCAA Bylaw 31 of the 2008-09 NCAA Manual, which pertain to the administration of NCAA championships. These publications will provide information about the general policies governing NCAA championships.

Readers should note that information concerning the declaration process as well as administration of the national championships is distributed as documents separate from this manual.

Although this manual and the other publications attempt to cover all phases of regional competition, some questions may arise before or during the event. Please feel free to contact any member of the NCAA Division I Men's and Women's Track and Field committee or NCAA championships managers Liz Suscha and Maisha Palmer.

TABLE OF CONTENTS

Important Dates.....	1
Regional Representative Contact Information.....	3
Administration of event	5
General Administration.....	5
Declarations	5
Competition Format	7
Preferred Lanes	8
Heats, Flights, Qualifying Procedures and Staggers.....	8
100-Meter, 100-Meter Hurdles and 110-Meter Hurdles.....	8
200-Meter, 400-Meter, 400-Meter Hurdles and the 400-Meter Relay	8
1600-Meter Relay	9
800-Meter.....	9
1500-Meter.....	10
3000-Meter Steeplechase	10
5000-Meter.....	11
Shot Put, Discus, Hammer, Javelin, Long Jump and Triple Jump	11
High Jump and Pole Vault	12
Scoring	12
Breaking Ties for Automatic Qualifying Positions at Regional Competition	12
Ties for At-Large Pool Positions	13
Awards and Recognition Program.....	13
General Information.....	13
Regional Competitions Relays Policies and Procedures	14
Regional Competition Relay Policy.....	14
Regional Case Studies.....	14
Injury Situations at Regional Competition	14
Relay Situations at Regional Competition.....	15
Failure to Participate in Event Finals.....	16
Field Events	17
Advancement	17

IMPORTANT DATES

Regional Qualifying Competition

Sunday, May 17	Last date a regional qualifying performance may be achieved.
Tuesday, May 19	Proof-of-performance (POP) form deadline, 1 p.m. (Eastern time). POP forms submitted after 1 p.m. and before midnight (Eastern time) will be accepted as LATE and the institution will be fined \$100 per form. No POP forms will be accepted after midnight.
Wednesday, May 20	Institutional regional declaration forms and final descending order lists posted on NCAA Web site by 5 p.m. (Eastern time). Access to the declaration form to make changes continues until 1 p.m. (Eastern time), Saturday, May 23.
Thursday, May 21	Challenge period ends, 4 p.m. (Eastern time). Challenges must be e-mailed to Sean Laughlin (sean@recordtiming.com).
Saturday, May 23	Coaches must submit electronic declaration form on the NCAA Web site by 1 p.m. (Eastern time). Declarations submitted between 1 and 3 p.m. Eastern time will be accepted as LATE and the institution will be fined \$300. There is no opportunity to submit a declaration form after 3 p.m. Any student-athletes not declared by the deadline will be scratched and not have the opportunity to compete. Any scratches made after 3 p.m. eliminates the competitor(s) from regional competition and makes them ineligible for the national championships meet.
NOTE	Coaches attending the outdoor regional qualifying meets must be declared as part of the student-athlete online declaration process. The coach and student-athlete declarations are on the same form, so all deadlines listed above for student-athletes apply to declaring coaches.
Sunday, May 24	Final list of student-athletes declared to compete in regional meets available on the NCAA Web site by midnight (Eastern time).
Monday, May 25	Deadline for medical scratches for regional competition, 5 p.m. (Eastern time). Any scratches must be e-mailed to Sean Laughlin (sean@recordtiming.com).
Tuesday, May 26	Final regional start lists posted on NCAA Web site by 2 p.m. (Eastern time).
Thursday, May 28	Packet pick-up and mandatory coaches meeting at each regional site.
Fri-Sat., May 29-30	Regional competition of the NCAA Division I Men's and Women's Outdoor Track and Field Championships.

National Championships

Sunday, May 31	The committee will post by 3 p.m. Eastern time the final list of automatic qualifiers and the national at-large descending order lists of student-athletes in each event with their top performances of the year through regional competition. Coaches must review the list between 3 and 6 p.m. Eastern time to ensure that the information listed is accurate for their student-athletes. At the deadline, no additional changes will be made prior to or after the declaration process.
Sunday, May 31	Institutional declaration forms for national championships meet posted on the NCAA Web site by 9 p.m. Eastern time.
Monday, June 1	Coaches must submit electronic national championships declaration forms via NCAA Web site by 1 p.m. Eastern time. Declarations submitted between 1 p.m. and 3 p.m. Eastern time will be accepted as LATE and the institution will be fined \$300. There is no opportunity to submit a declaration form after 3 p.m. Any student-athletes not declared by the deadline will be scratched and not have the

opportunity to compete. Any scratches made after 1 p.m. eliminates the competitor(s) from the national championship meet.

NOTE Coaches attending the national outdoor championships must be declared as part of the student-athlete online declaration process. The coach and student-athlete declarations are on the same form, so all deadlines listed above for student-athletes apply to declaring coaches.

Tuesday, June 2 Track and Field Subcommittee completes at-large selections. Predicted list of national championship participants, before modifications due to medicals, will be posted on the [NCAA Web site](#) by 3 p.m. Eastern time. Updated posting will be made after the medical scratch deadline.

Sunday, June 7 Deadline for medical scratches, midnight Eastern time. Medical scratches must be e-mailed to Sean Laughlin (sean@recordtiming.com).

Monday, June 8 National championships meet start lists posted on [NCAA Web site](#) no later than noon Eastern time.

Tuesday, June 9 Packet pickup, Fayetteville, Arkansas.

Wednesday-Saturday
June 10-13 NCAA Division I Men's and Women's Outdoor Track and Field Championships, Fayetteville, Arkansas.

REGIONAL REPRESENTATIVE CONTACT INFORMATION

East Region

John Weaver

Director of Men's & Women's Track & Cross
Country

Appalachian State University

Office: 828/262-3074

Fax: 828/262-4056

Cell: 828/266-3268

E-mail: WeaverJT@appstate.edu

Robyne Johnson

Director of Track and Field and Cross Country
Boston University

Office: 617/358-3788

Fax: 617/353-5286

Cell: 510/908-2792

E-mail: robynej@bu.edu

Midwest Region

Rich Ceronie

Director of Miami Sports School
Miami University (Ohio)

Office: 513/529-0197

Fax: 513/529-0411

Cell: 513/330-2017

E-mail: ceronirj@muohio.edu

Dave Walker

Head Track and Field and Cross Country Coach
East Tennessee State University

Office: 423/439-8478

Fax: 423/439-5799

Cell: 423/737-8757

E-mail: walkerd@etsu.edu

Midwest Region

Marc Ryan

Associate Athletics Director
University of Minnesota, Twin Cities

Office: 612/625-2377

Fax: 612/626-7859

Cell: 612/875-4872

E-mail: ryanx011@umn.edu

Todd Patulski

Executive Associate Athletics Director
Baylor University

Office: 254/710-3040

Fax: 254/710-2823

Cell: 254/709-9660

E-mail: todd_patulski@baylor.edu

West Region

Don Bocchi

Senior Associate Athletics Director
Arizona State University

Office: 480/727-7710

Fax: 480/965-8219

Cell: 602/758-3841

E-mail: dbocchi@asu.edu

Gregg Gensel

Head Track and Field and Cross Country Coach
Utah State University

Office: 435/797-2061

Fax: 435/797-8241

Cell: 435/770-0085

E-mail: Gregg.gensel@usu.edu

Division I Committee Chair and Secretary Rules Editor

Alecia Shields-Gadson (Chair)

Associate Athletics Director
Coppin State College

Office: 410/951-3732

Fax: 410/951-3717

Cell: 601/400-6733

E-mail: ashields-gadson@coppin.edu

Bob Podkaminer

Secretary Rules Editor

Office: 707/545-1781

Fax: 707/545-1791

Cell: 707/545-1781

E-mail: rpodkam@aol.com

NCAA Championships Managers

Liz Turner Suscha

Assistant Director of Championships

Office: 317/917-6189

Fax: 317/917-6210

Cell: 317/270-3318

E-mail: lsuscha@ncaa.org

Maisha Palmer

Assistant Director of Championships

Office: 317/917-6548

Fax: 317/917-6235

Cell: 317/614-5626

E-mail: mpalmer@ncaa.org

Support Staff

Katie Holmes

Administrative Assistant for Championships

Office: 317/917-6206

Fax: 317/917-6210

E-mail: kholmes@ncaa.org

Paula Wustrack

Administrative Assistant for Championships

Office: 317/917-6558

Fax: 317/917-6210

E-mail: pwustrack@ncaa.org

ADMINISTRATION OF EVENT

1. General Administration. The administration of the regional competitions is the responsibility of the NCAA Division I Men's and Women's Track and Field Committee, the NCAA championships liaisons, and the director of athletics of the host institution. They shall delegate duties and responsibilities and other personnel as necessary to ensure the efficient and effective administration and promotion of the regional competitions. The following shall be used for assistance in the capacities indicated:
 - a. The Meet Director. The meet director shall be appointed by the director of athletics of the host institution.
 - b. The Games Committee. The games committee shall consist of two representatives assigned by the track and field committee, the chair of the track and field committee, and the meet director. The games committee shall serve as the site review committee and have the responsibility to make any decisions or determinations necessary to protect the integrity of the regional competitions and the qualifying process for the national championships.
 - c. The Meet Physician. The official meet physician shall be appointed by the meet director and shall be on site during all aspects of the competition to perform the duties prescribed in Rule 3-19 and 3-20.
 - d. The Referee. The Referee shall be appointed by the games committee and have the authority prescribed in Rule 3-4.
 - e. The Jury of Appeal. The Jury of Appeal shall consist of two representatives assigned by the track and field committee and the chair of the track and field committee.
2. Declarations.
 - a. The track and field committee will post declaration forms online for all institutions whose student-athletes meet regional qualifying standards or are conference champions, regardless of position on the descending order lists, by 5 p.m. Eastern time, Wednesday, May 21. Coaches will have access to their declaration form and can make changes up to the deadline of 1 p.m. Eastern time, Saturday, May 24. Declaration forms submitted after the 1 p.m. Eastern time 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, May 24. Institutions failing to complete and submit the declaration form will have their student-athletes scratched from regional competition.**
 - b. Access to the declaration form is controlled through the same password assigned for proof-of-performance (POP) form submission. Any coach unable to access the online

declaration form after 5 p.m. Eastern time, Wednesday, May 21, must contact Bob Podkaminer (telephone: 707/545-1781 or E-mail: rpodkam@aol.com) for assistance.

- c. All student-athletes must be declared or scratched on the declaration form in every event in which they qualify. There is no reason to list preferences on the regional declaration form because all declared student-athletes will be accepted into the meet and **student-athletes must compete in each and every event in which they are declared**. The list of student-athletes who have been declared in each regional competition will be posted on the NCAA Web site by midnight Eastern time, Sunday, May 25.
- d. Coaches are responsible for including a telephone number (preferably cell phone number) on the declaration form in case the games committee needs to contact them or their representative if questions arise.
- e. Declarations for the 10,000-meter run and the combined events are not submitted as part of the declaration process for the regional competitions. Declaration for these events only occurs during the declaration process for the national championships as outlined in the championships handbook.
- f. The declaration process for the regional competitions is the first step in the final qualification procedure for the national championships. **Competition in an event at the regional competitions is required for consideration to participate in that event at the national championships. Any individual or relay team on the descending order list for each event, from which the participants in the national championships will be selected, must declare, participate and remain eligible for advancement in the regional competitions**, except for those events not contested at the regional competition (men's decathlon, women's heptathlon and the men's and women's 10,000-meter races). The performances of student-athletes in the at-large pool list used for the national championships selections will be the best mark achieved during the regular season and through the regional competitions.
- g. For each event at the regional competitions, all declared student-athletes will be accepted into the competition and be required to compete with their best effort in compliance with Rule 4-2.2, "Failure to Participate" and rule 4-2.1.
- h. Only one relay team per institution per event which has made the qualifying standard may be declared for regional competition. That team will be accepted into the competition. It will be seeded with **its qualifying time**, and that time will be preserved for possible use in preparing the descending order list for the national championships.
- i. A relay team for the regional competition is defined as a **declared** "pool" of six (6) student-athletes. The composition of this pool must be:
 - (1) The four student-athletes on the originally qualifying team; and

- (2) May include two additional student-athletes named during the declaration period, but not later than packet pick-up. These additional student-athletes may be from those already in the competition in another event, or designated alternates not in the competition.

The competing team of four, in any round at the regional, may be comprised of any student-athletes in the declared pool of six.

For national championships qualifying purposes, the relay team's mark and members on the final descending order list will be its original regular season qualifying time and members, or its regional time and members (if it is an improvement over its original regular season qualifying time).

- j. The four student-athletes who comprised the fastest time for the institutions relay, whether during the regular season or during any round of the regional competition, will be the four student-athletes that the institution must declare for the national championships.
- k. Automatic qualification to the national championships will be awarded to the top five declared finishers from each regional individual event and the top three declared finishers from each regional relay event. This guarantees a specific number of automatic qualifiers from each region.

(Note: Declaration procedures for the national championships are located in the championships handbook.)

3. Competition Format.

- a. Regional competition will be conducted as a two-day event, with the women's and men's events alternating throughout the schedule.
- b. The time schedule for the competition will be established by the track and field committee.
- c. Any questions of issues related to rules or procedures not covered in this manual concerning the competition should be referred to the rules book and the referee.
- d. The events contested in the regional competitions will include the 100-meter, 200-meter, 400-meter, 800-meter, 1500-meter, 3000-meter steeplechase, 5000-meter, 100-meter hurdles (women), 110-meter hurdles (men), 400-meter hurdles, 400-meter relay, 1600-meter relay, high jump, pole vault, long jump, triple jump, shot put, discus, javelin and hammer.
- e. In all running events which start and finish in lanes, lanes one through eight will be used. Lane 9 will be used in the normal seating and advancement **only if all**

Regional sites have the use of lane 9. This is to provide for consistency and fairness at each regional site. In the event of an unbreakable tie for the last automatic qualifying for the national championships, a runoff will be the method used to break the tie (Rule 5-11.8). It is preferred that all finals be run as a single race.

- f. Ties for last position for an AQ or at-large position. In the case of ties for the final automatic qualifying positions to the national championships, the tie will be broken using the procedure outlined in Rule 7-1.5. At-large positions by student-athletes not competing in the final of an event will also be determined based on the tie-breaking rule for advancement 7-1.5 (e.g., next best effort in a field event).
4. Preferred Lanes. (Note: Eight lanes will be used unless all four sites have nine lanes.)
- a. Unless otherwise indicated, all lanes in the first round of competition, including a final if it is the first round, will be drawn randomly.
 - b. In all rounds after the first round for the 100-meter, 100-meter hurdle, 110-meter hurdles and 800-meter, the lanes will be assigned as prescribed in Rule 5-11.4, in the following order: 4, 5, 3, 6, 2, 7, 8, 1 or 5, 6, 7, 3, 8, 2, 9, 1.
 - c. In all rounds after the first round for the 200-meter, 400-meter, 400-meter hurdles, and 400-meter relay, the lanes will be assigned as prescribed in Rule 5-11.4, in the following order: 5, 6, 4, 7, 3, 8, 2, 1 or 5, 6, 7, 4, 8, 3, 9, 2, 1.
5. Heats, Flights, Qualifying Procedures and Staggers. The following event procedures will apply or supersede the procedures prescribed in Rules 5-11.3, 5-11.6 and 5-11.7 regarding the formation, cancellation or redrawing of heats or flights. Changes to heats or flights, predetermined by declaration, may be made only with games committee authorization.
- a. 100-Meter, 100-Meter Hurdles and 110-Meter Hurdles.
 - (1) Lanes one through eight/nine will be used in all rounds.
 - (2) A maximum of two rounds will be contested, a preliminary and a final. Eight/nine will qualify for the final.
 - (3) The following table will be used for forming heats and advancing qualifiers based on the number of competitors who report, as instructed in the meet information, to the clerk of the course.

# of competitors with 8 lanes	# of competitors with 9 lanes	# of preliminary heats	Advancing to the final
1 to 8	1 to 9	0	Final only; at original time of final.
9 to 16	10 to 18	2	Using 8 lanes, heat winners plus next six fastest times. Using 9 lanes, heat winners plus next seven fastest times.

17 to 24	19 to 27	3	Using 8 lanes, heat winners plus next five fastest times. Using 9 lanes, heat winners plus next six fastest times.
25 to 32	28 to 36	4	Using 8 lanes, heat winners plus next four fastest times. Using 9 lanes, heat winners plus next five fastest times.
33 to 40	37 to 45	5	Using 8 lanes, heat winners plus next three fastest times. Using 9 lanes, heat winners plus next four fastest times.
41 to 48	46 to 54	6	Using 8 lanes, heat winners plus next two fastest times. Using 9 lanes, heat winners plus next three fastest times.
59 or more	55 or more	# as needed	Eight fastest times advance.

(4) If the formation of heats in the first round provides for advancement to the final only on the basis of time, then Rule 10-5.1a shall apply.

b. 200-Meter, 400-Meter, 400-Meter Hurdles and the 400-Meter Relay.

- (1) Lanes three through eight/nine will be used for the preliminary rounds if more than eight student-athletes report.
- (2) Lanes one through eight/nine will be used in the final.
- (3) A maximum of two rounds will be contested, a preliminary and a final. Eight/nine will qualify for the final.
- (4) The following table will be used for forming heats and advancing qualifiers based on the number of competitors who report, as instructed in the meet information, to the clerk of the course.

# of competitors with 8 lanes	# of competitors with 9 lanes	# of preliminary heats	Advancing to the final
1 to 8	1 to 9	0	Final only; at original time of final.
9 to 12	10 to 14	2	Using 8 lanes, heat winners plus next six fastest times. Using 9 lanes, heat winners plus next seven fastest times.
13 to 18	15 to 21	3	Using 8 lanes, heat winners plus next five fastest times. Using 9 lanes, heat winners plus next six fastest times.
19 to 24	22 to 28	4	Using 8 lanes, heat winners plus next four fastest times.

			Using 9 lanes, heat winners plus next five fastest times.
25 to 30	29 to 35	5	Using 8 lanes, heat winners plus next three fastest times. Using 9 lanes, heat winners plus next four fastest times.
31 to 36	36 to 40	6	Using 8 lanes, heat winners plus next two fastest times. Using 9 lanes, heat winners plus next three fastest times.
37 or more	41 or more	# as needed	Eight fastest times advance.

(5) If the formation of heats in the first round provides for advancement to the final only on the basis of time, then Rule 10-5.1a shall apply.

c. 1600-Meter Relay.

- (1) Lanes one through eight/nine will be used.
- (2) Will be run in seeded sections as a timed final. Each seeded section, starting with the fastest, will be filled before proceeding to the next section. No section shall have fewer than four teams at the deadline for check-in at the clerk of the course, resulting in a competition shift to maintain the minimum section size. No shift, after check-in, shall be made to maintain the maximum size.
- (3) Sections will run from slowest to fastest, with the fastest seeded section running last.
- (4) Lane assignments will be drawn randomly.

d. 800-Meter.

- (1) Lanes one through eight/nine, with one runner per lane for the start, will be used in the preliminaries and final.
- (2) Will be run using a one turn stagger.
- (3) A maximum of two rounds will be contested, a preliminary and a final. Eight/nine will qualify for the final.
- (4) The following table will be used for forming heats and advancing qualifiers based on the number of competitors who report, as instructed in the meet information, to the clerk of the course.

# of competitors with 8 lanes	# of competitors with 9 lanes	# of preliminary heats	Advancing to the final
1 to 8	1 to 9	0	Final only; at original time of final.
9 to 16	10 to 18	2	Using 8 lanes, first two per heat plus next four fastest times. Using 9 lanes, first two per heat plus next five fastest times.
17 to 24	19 to 27	3	Using 8 lanes, first two per heat plus next two fastest times. Using 9 lanes, first two per heat plus next three fastest times.
25 to 32	28 to 36	4	Using 8 lanes, heat winners plus four fastest times. Using 9 lanes, heat winners plus five fastest times.
33 to 40	31 to 45	5	Using 8 lanes, heat winners plus next three fastest times. Using 9 lanes, heat winners plus next four fastest times.
41 to 48	46 to 54	6	Using 8 lanes, heat winners plus next two fastest times. Using 9 lanes, heat winners plus next three fastest times.
49 or more	54 or more	# as needed	Eight fastest advance.

(5) If the formation of heats in the first round provides for advancement to the final only on the basis of time, then Rule 10-5.1 shall apply.

e. 1500-Meter.

- (1) A single waterfall start will be used.
- (2) Starting positions in all rounds will be assigned by a random draw.
- (3) A maximum of two rounds will be contested, a preliminary and a final. Twelve will qualify for the final.
- (4) The following table will be used for forming heats and advancing qualifiers based on the number of competitors who report, as instructed in the meet information, to the clerk of the course.

# of competitors	# of preliminary heats	Advancing to the final
1 to 15	0	Final only; at original time of final.
16 to 24	2	First four in each heat plus next four fastest times.
25 to 36	3	First three in each heat plus next three fastest times.
37 to 48	4	First two in each heat plus next four fastest times.
49 or more	# as needed, 12 maximum per heat	Heat winners plus fastest on time to total 12.

f. 3000-Meter Steeplechase.

- (1) If more than 18 report, the steeplechase will be run in seeded sections of no more than 18 competitors, as a timed final. The fastest seeded section shall be seeded to have 18 competitors. No section shall have fewer than five competitors at the deadline for check-in at the clerk of the course, resulting in a competition shift to maintain the minimum section size. No shift, after check-in, shall be made to maintain the maximum size.
- (2) It will be run in seeded section order from slowest to fastest.
- (3) Starting positions will be assigned by a random draw.
- (4) The single waterfall start shall be used.

g. 5000-Meter.

- (1) Will be run as a one section final.
- (2) There will be no more than 18 competitors in any row at the starting line.
- (3) If more than one row is necessary, competitors will be assigned to their rows/waterfall line, seeded by their entry times. The front row will be the fastest, second row next fastest, etc.
- (4) Starting positions within each row/waterfall will be assigned by a random draw.
- (5) A double waterfall start is not prohibited, but shall be used when more than 18 report, with two-thirds of the field at the main waterfall across the entire width of the track and the remainder on the staggered waterfall. Up to the fastest seeded 18 competitors shall occupy the front row of the main waterfall. Up to the next seeded nine competitors will occupy the front row of the staggered waterfall. Up to the next 18 competitors will be the second row of the main line and up to the next nine competitors will be the second row of the staggered line, and so on.

h. Shot Put, Discus, Hammer, Javelin, Long Jump and Triple Jump.

- (1) Flights in the preliminaries shall be seeded by entry performance.
- (2) The flights will compete in order from shortest to longest, with the best seeded flight competing last in the preliminaries.
- (3) The flights will be as even in number as possible. There will be no more than 12 competitors, no less than six competitors, in any flight. If possible, with the previous provisions, the last flight will have at least nine competitors.

- (4) The throwing/jumping order within each flight will be determined by a random draw.
- (5) Nine competitors (plus ties by mark) shall qualify for the final and compete in reverse order of their finals qualifying mark.
- (6) Two boards of like construction shall be available for the triple jump. The use of plasticine to determine fouls in the long and triple jump is not authorized.
- (7) In the case of ties for the final automatic qualifying positions to the national championships, the tie will be broken using the procedure outlined in Rule 7-1.5. At-large positions by student-athletes not competing in the final of an event will also be determined based on the tie-breaking rule for advancement 7-1.5 (e.g., next best effort in a field event).

i. High Jump and the Pole Vault.

- (1) The order will be drawn by random.
- (2) The continuous flight of five (“five alive”) will be used until there are fewer than nine competitors at a given height. See rule 6-4.3.
- (3) The “one hour” time limit indicated in Rule 6-1.11 will be in effect.
- (4) Starting heights and increments shall be determined by the committee and will be identical at all regional competitions sites. For 2009, the progressions will be:

Women’s High Jump	1.70	1.74	1.78	1.81	1.84	1.87	1.90	1.93
Men’s High Jump	2.05	2.09	2.13	2.16	2.19	2.22	2.25	2.28
Women’s Pole Vault	3.66	3.81	3.91	4.01	4.11	4.21	4.31	4.41
Men’s Pole Vault	4.91	5.06	5.16	5.26	5.36	5.46	5.56	5.66

- (5) In the case of ties for the final automatic qualifying position to the national championships, the tie will be broken using the procedure outlined in Rule 7-1.6c.1, normally applied for breaking ties for first place. This jump off will continue until the tie is broken in order to obtain distinct fifth through eighth places. At-large positions will be determined based on the tie-breaking rule for advancement 7-1.5 (e.g., next best effort in a field event.) Actual ties in the high jump and pole vault will increase the at-large pool.

6. Scoring. Team scoring shall be 10-8-6-5-4-3-2-1.

7. Breaking Ties for Automatic Qualifying Positions at Regional Competition. After applying tie-breaking rules in the rules book, if a tie still exists for the fifth automatic qualifying position, a jump-off, run-off or throw-off will take place. **The results from breaking ties will not impact the regional team scoring.** It is necessary to have placement established from first to fifth to identify the automatic qualifiers (assuming each will declare for the national championships).

Should one of the top five performers at the regional scratch from the national championship, the next highest declared regional performer will fill the automatic qualifier position. If there is an unbreakable tie, based on region meet data, for the next highest declared regional performance, the committee will identify the student-athlete with the best seasonal performance as the next automatic qualifier. If a tie remains after examining the seasonal best performances, the committee will identify the student-athlete with the most recent best performance as the next automatic qualifier. If a tie remains after the chronological examination, the committee will identify all who are tied as automatic qualifiers.

8. Ties for At-large Pool Positions. At each regional site ties for the final at-large position (that may create more than seven at-large candidates from that region) will be added to the national at-large pool. There is no need to break ties during the regional competition to specifically identify the advancement order for at-large candidates. All candidates in the at-large pool will be listed by their season-best performance, including any best performances established at the regional.
9. Awards and Recognition Program.
 - a. There are no official awards for individuals, relay squads or teams.
 - b. There will be a recognition ceremony after each event final to present the top five individuals and top three relay teams who have achieved the automatic qualification for the national championships.
 - c. At the conclusion of the regional competition, the top two teams in the team scoring shall be recognized on the awards stand.
10. General Information.
 - a. Heat and flight information for each regional competition will be available online no later than 2 p.m. Eastern time the Tuesday prior to the regional competition.
 - b. There will be a “technical meeting” the Thursday evening prior to the start of the regional competition. At this meeting, all aspects of the competition and administrative procedures will be discussed. First day heat/flight sheets will be made available to each competing team.

- c. Field Events. A coaching area shall be established for each field event area. The meet director shall determine the location of each coaching area. Only individuals with proper credentials may use the coaching area.

REGIONAL COMPETITIONS RELAYS POLICIES AND PROCEDURES

The policies and procedures for declaring and competing relay teams for the regional competitions have been developed to protect opportunities for student-athletes as well as to convey clear understandings and directions for coaches. There are two fundamental underlying values and principles that are at the heart of these guidelines.

1. To protect student-athletes' opportunities to participate and perform to the best of their abilities within new competitive formats and challenges as defined by the regional and national competitive schedules.
2. To protect the integrity of the cap (544 men and 544 women), by not allowing the relay events to erode an inordinate and unintended large percentage of competitor places in the championships.

Regional Competition Relay Policy.

1. Each coach will declare one relay team from those on the qualified descending order list. That relay team's performance will be used for seeding purposes. All other teams on the descending order list from that institution will be scratched.
2. The coach will declare by the end of packet pick-up a relay pool of six (6) student-athletes to include the four (4) who comprised the team that qualified and two (2) potential replacements. The two potential replacements may be any student-athletes already qualified to compete in the meet in other events or named alternate student-athletes not already in the meet.
3. Any four (4) student-athletes from this pool, and only those from this pool, may run in any round of the relay competition at the Regional competition.

REGIONAL CASE STUDIES

Injury Situations at Regional Competition.

SITUATION 1: A student-athlete highly ranked on the final regular-season regional descending-order list has a nagging injury. The coach, after declaring the student-athlete into the regional, decides that student-athlete could use the rest instead of competing at the regional; therefore, he does not send the student-athlete to start her event. Can the student-athlete advance to the national championships as an at-large student-athlete, using her best regular-season performance?

RULING: No. Scratching a student-athlete from any event, for any reason at any point after the declaration deadline (1 p.m. Eastern time, Saturday, May 24) eliminates the student-athlete from remaining regional competition and from advancing to the national championships in any event not concluded at the time of the scratch.

SITUATION 2: A student-athlete highly ranked on the final regular-season national descending-order list has a nagging injury. Knowing that she must compete in the regional competition to have any opportunity to advance to the championships the student-athlete makes the effort to compete at the regional competition, but does not finish in the top five in her event. Can the student-athlete advance to the national championship as an at-large student-athlete, using her best regular-season performance?

RULING: Yes. But only if she is one of the next seven declared student-athletes (following in placement the five declared automatic qualifiers) from her region in the event. This requirement places her in the at-large pool for selection into the national championships. The at-large pool student-athletes are listed by their top performance of the year and at-large selections will start at the top of the list.

SITUATION 3: A student-athlete highly ranked on the final regular-season national descending-order list has an injury. The coach does not declare the student-athlete into the regional competition and the student-athlete does not compete in the regional competition. Can the student-athlete advance to the national championships as an at-large student-athlete, using her best regular-season performance?

RULING: No. The student-athlete did not compete in the regional competition. Individuals (and relay teams) can advance to the national championships as an automatic or as an at-large entrant only if and only in the events in which they compete at the regional competition.

Relay Situations at Regional Competition.

SITUATION 1: Of the six student-athletes listed on the regional declaration form for the 4 x 100 (or 4 x 400) relay, three have injuries that prevent them from competing in the regional preliminary or final. The coach knows the relay team cannot advance to the championships if they do not compete at the regional competition. Can the coach use another student-athlete who has qualified and is competing in the regional to fill the final spot on the relay?

RULING: No. The relay student-athletes that run in the regional can only come from the list of six student-athletes designated by the coach during the declaration process.

SITUATION 2: Of the six student-athletes listed on the regional declaration form for the 4 x 100 relay, three sustain injuries after the relay team has advanced to the finals. The coach knows the relay team cannot advance to the championships if they do not compete in the finals after qualifying for the finals. Can the coach use another student-athlete who has qualified and is competing in the regional to fill the final spot on the relay?

RULING: No. The relay student-athletes that run in the regional can only come from the list of six student-athletes designated by the coach during the declaration process. If the institution does not field a relay team in the regional finals in this situation, the institution cannot advance a team in this relay to the national championships, including as an at-large selection.

SITUATION 3: A coach has declared six student-athletes in a relay pool for the 4 x 100. The first four are the student-athletes who ran the declared regional time. The coach uses his two alternates in the preliminary and the team advances to the final. On Saturday, the coach submits a relay card for the final but decides not to send his relay team to the start line for the finals. Can the relay team advance to the national championships as an at-large selection?

RULING: No. Scratching a student-athlete (or in this case a relay team) from any event, for any reason at any point after the declaration deadline (1 p.m. Eastern time, Saturday, May 24) eliminates the student-athlete from remaining regional competition and from advancing to the national championships in any event not concluded at the time of the scratch.

In addition, the four student-athletes listed on the relay card for the finals (or the four who ran the declared regional time if a relay card is not submitted for the finals) are disqualified from competing in the remainder of their individual and any relay events at the regional. It is important to note that student-athletes who qualified for the finals in an individual event but are scratched from the final for any reason at any time cannot advance to the national championships in their individual event. The two student-athletes not on the relay card for the finals (or the alternates listed at the time of declarations if a relay card for the finals is not submitted) are not affected by the disqualification of the relay.

Failure to Participate In Event Finals.

SITUATION: A student-athlete highly-ranked on the final regular-season descending-order list, competes in the preliminary in the 1500, and advances to the final. The student-athlete (or coach) believes he/she has fulfilled the requirement of competing at the regional, and decides not to run in the 1500 final the next day. Can the student-athlete advance to the national championships as an at-large entrant?

RULING: No. Scratching a student-athlete from any event, for any reason at any point after the declaration deadline (1 p.m. Eastern time, Saturday, May 24) eliminates the student-athlete from remaining regional competition and from advancing to the national championships in any event not concluded at the time of the scratch.

In addition, as a continuation of the situation listed above, the student-athlete is disqualified from competing in any individual or relay events that follow the 1500 at the regional. It is important to note that the student-athlete, possibly having qualified for the finals in ensuing individual

events (and listed as a possible member of a relay team), cannot compete in any other finals because they were disqualified for not running the 1500 final. Therefore, he or she cannot advance to the national championships in the ensuing individual events.

Field Events.

SITUATION: A long jumper takes a jump in regional preliminaries placing them in the top five and advancing them to finals. During the finals, the competitor passes all attempts, but maintains a top five position. Should the competitor be allowed to advance to the national championships?

RULING: Yes. While Rule 4-2.2a of the 2009 and 2010 NCAA Track and Field/Cross Country Rules Book legislates that a competitor must participate in the final of an event they are legally declared, the contesting of the field event is continuous, unlike explicitly scheduled rounds in a running event, and the committee also recognizes that passing on attempts in field events is a strategy available in those events and is not considered a question of participation.

Advancement.

SITUATION: Following the conclusion of regional competition, the descending order list for the 100-meter for the national championships shows 20 student-athletes as automatic qualifiers. These are the top five from each of the four regions. At the end of declarations for the national championships, the third place finisher in the East region 100-meter is a scratch. How is his/her position as an automatic qualifier to the national championship filled?

RULING: The sixth place finisher in that region (in this example the East region) then becomes an automatic qualifier in order to guarantee five automatic qualifiers from each region in each individual event at the national championships.