



# MOUNTAIN PACIFIC SPORTS FEDERATION

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## 2007 MPSF CHAMPIONSHIP INDOOR TRACK & FIELD MEET GUIDELINES

The following were established as ground rules and guidelines for the annual MPSF Indoor Championship Track and Field Meet at the University of Washington's Dempsey Indoor Facility during the 2006 Pre-Meet Technical meeting on February 24, 2006, and the Coaches' Committee conference call on December 20, 2006:

### Administrative Guidelines:

- Pre-meet Technical Meeting & Annual Business Meeting – In succession, from 5:00-7:00pm, Thursday evening prior, with dinner.
- Facility – the infield is the only usable space for resting and staging, and the facility has minimal warm-up space, so please make sure your student-athletes and coaching staffs are courteous and respectful of all other participants and spectators.
- Coaching Conduct – professionalism and courtesy – must stay out of athlete areas. Do not abuse proximity.
- Videotaping – one credentialed individual per team on stairs/landing.
- Headphones – OK in areas not designated for competing athletes – not in competition areas and not on the track.
- Results of each heat/event will be posted at south end of facility. Hard copies will be available. Results will also be emailed.
- Best Marks Reporting - Although there are no longer any qualifying standards, coaches will still be required to submit Best Marks each week. Best Marks will be used for seeding events. Last reports are due in to the MSPF no later than midnight Sun, Feb. 18.
- Entries - MPSF Indoor Track and Field Championship Meet entries shall be entered into the Direct Athletics.com website by 5:00pm of the Tuesday preceding the meet (Feb. 20, 2007). Heat sheets will be emailed to all head coaches and posted on the host institution's website by 12noon on the Wednesday following the entry deadline.
- Entry Errors - The Direct Athletics online meet entry system provides an entry receipt which coaches should double-check. Floreal noted that coaches have to manually change effected marks online.

### Meet Guidelines:

- No qualifying standards – thus no wild cards, no rights of entry, no limitations. 27-person squad size limit maintained.
- Order of lane preference: 3, 4, 5, 2, 1.
- \*For seeding purposes – all entries in all events shall use 2007 indoor marks.
- Implement weigh-ins will take place until one-hour prior to event start-time. Indoor weights only (need to change coach handbook)
- Spikes: ¼ in needle or Nike Christmas tree spikes.
- Student-athletes shall check-in prior to the first flight of their event at the clerking area behind the long jump pit.
- Scratches – student-athletes withdrawn from one event are withdrawn from all events. Only one student-athlete was scratched.
- Relay cards are to be submitted one-hour prior to the event start.
- Warm-ups: 15 minutes before each flight and the final heats
- Heptathlon 1,000m: Will be scheduled no less than 30 minutes after the finish of the heptathlon pole vault.
- 60m dash & 60m HH: Per NCAA rules, heat winners must advance to the finals. Lane 6 will not be utilized.
- \*200m & 400m: Finals heats only. In 200m, only lanes 3, 4 & 5 will be used. In 400m, lane one will be used.
- 800m: Eight-person final per 2005 NCAA indoor rules Section 5, Article 1b, and Article 2. Will run in alleys.
- Mile: Timed finals only on Saturday –14 athletes in the fastest heat; if 16 or fewer entries then 16 or all entries will run.
- 3,000m & 5,000m: Straight final seeded fastest to slowest, left to right. 31 entrants with 16 in front row. Back row seeded fastest to slowest, left to right. No times seeded to back row. Lapped athletes are allowed to finish.
- Field events – nine to the finals per NCAA rule: must have one more competitor than scoring places; all ties will qualify for finals.
- Ties in running events will go if room 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 second final heat.
- The Honest Efforts Rule is in effect.
- 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 will be resolved by the Meet Referee, whose decision is final and binding unless overruled by the Games Committee.
- Starting Jump Heights – will be determined at the pre-meet technical meeting each year. 2006 starting heights were: Pole vault-men: 4.76m with 15cm increments to 5.36m, then 5cm increments; pole vault-women: 3.54m with 15cm increments to 4.09m, then 5cm increments; high jump-men: 1.89m with 5cm increments; high jump-women: 1.56m with 5cm increments to 1.81m.
- Games Committee: Al Beard, Andy Newing, Bill Hickman.
- Meet Referee TBD; Geoff Newing, Running Events Referee; Bob Springer, Field Events Referee.  
*\*newly established during December 20, 2006 conference call*