



# MOUNTAIN PACIFIC SPORTS FEDERATION

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## 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 2005 Pre-Meet Technical meeting on February 25, 2005, and the Coaches' Committee conference call on November 30, 2005:

### 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.
- 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. 21, 2006). 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.
- 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 (*Nov. 30, 2005 conference call*).
- Heptathlon 1,000m: Will be moved up as needed but no less than 30 minutes after the finish of the heptathlon pole vault.
- 60m dash & 60mHH: New NCAA rule - heat winners must advance to the finals. Lane 6 will not be utilized.
- 200m & 400m: Advance top-8 times to final.
- 800m: Eight-person final per 2005 NCAA indoor rules Section 5, Article 1b, and Article 2. Will run in alleys.
- Mile: NCAA outdoor rule: men and women: 15 or less to finals; if 16 or more, preliminaries on Friday, and a final on Saturday. – 12 to final (*Nov. 30, 2005 conference call*).
- 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 Meet Referee Dave Murray. The Meet Referee's 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. 2005 starting heights were: Pole vault-men: 4.72m with 15cm increments to 5.32m, then 5cm increments; pole vault-women: 3.47m with 15cm increments to 4.07m, then 5cm increments; high jump-men: 1.94m with 5cm increments to 2.19m, then 3cm increments; high jump-women: 1.56m with 5cm increments to 1.81m, then 3cm increments.
- Games Committee: Al Beard, Andy Newing, Bill Hickman;
- Dave Murray, Meet Referee; Geof Newing, Running Events Referee; Bob Springer, Field Events Referee.