

2014 MEN'S AND WOMEN'S INDOOR TRACK & FIELD CHAMPIONSHIPS



CHAMPIONSHIP MANUAL

**Friday, February 28 -Saturday, March 1
Athletics and Recreation Center
Indianapolis, IN**

Welcome to Indianapolis, Indiana

Congratulations on participating in the 2014 Great Lakes Valley Conference Men's and Women's Indoor Track and Field Championships. This event will occur Friday – Saturday, February 28-March 1, at the University of Indianapolis Athletics and Recreation Center (ARC) hosted by Indianapolis and the league office.

This participant manual will be helpful as a guide to the policies and procedures governing the administration and conduct of this championship event. It will also provide specific information regarding hotel arrangements, restaurants, tickets, a schedule of events, and so much more.

Additional information about the championships:

- Results will be posted on the lockers in the lobby outside the ARC
- Limited seating is available for fans
- Lockers are located adjacent the weight room for coaches and athletes consideration and use. The lockers referenced have been assigned to members of the faculty and staff and not available.
- The athletic training room is located in the ARC Main Hall, in the HH Gregg Support Building
- Parking is FREE and designated at partner hotels and Indianapolis; no parking allowed behind the ARC; emergency vehicles only
- Concession at Indianapolis is located in the Southeast corner of the ARC
- Shower service is available in the ARC; the facility has five showers that will be available for use.
- To protect injury or any mishap, the second level of the ARC is off limit; as it is the sole use for UIndy golf, baseball, and softball teams; no one is to enter the level
- The tournament hospitality room is located outside ARC in the Wells Fargo Room, and is available for tournament workers, volunteers, coaches, media, administrators, and officials
- Student-Athlete Players Social Room is located in the Wells Fargo Room

Should you have any questions or need any further information, please contact me.

We look forward to an exciting championship and we wish your team the best of luck.

Regards,

Camelia Trahan
Assistant Commissioner, Championships and Marketing
O: 317.237.2107
C: 518.428.5623
ctrahan@glvc-sports.org





GENERAL INFORMATION

President	Dr. Robert Manuel	
V.P. of Intercollegiate Athletics	Dr. Sue Willey	317-788-3412 swilley@uindy.edu
Faculty Representative	Dr. Lawrence Sondhaus	
Head Athletic Trainer	Ned Shannon	317-788-6122 shannon@uindy.edu
Mailing Address	1400 East Hanna Avenue, Indianapolis, IN 46227	
Athletics Phone	(317) 788-3246	
Athletics Fax	(317) 788-3472	
UIndy Police Department	(317) 788-3333 (Ext. 3333 from campus phones)	
	Schwitzer Student Center, Room 001	
UIndy Student Health Center	(317) 788-3368	
Police/Fire/Ambulance Emergencies	911	
About Indianapolis	www.visitindy.com	
What's Happening in Indianapolis	www.icclos.com	

MEDICAL ASSISTANCE

UIndy Health Center	Schwitzer Student Center, Room 210, UIndy	317-788-3437
Community Hospital South	1402 E. County Line Road, Indianapolis, IN 46227	317-887-7200
St. Francis Hospital	1600 Albany St. Beech Grove, IN 46107	317-783-8261
St. Francis South and Urgent Care	8111 S. Emerson Ave., Indianapolis, IN 46237	317-865-5261
Local Weather	Click here .	

Local News

4	WTTV		Web Site: http://www.indianas4.com/
6	WRTV		Web Site: http://www.theindychannel.com/
8	WISH		Web Site: http://www.wishtv.com/
13	WTHR		Web Site: http://www.wthr.com/

2014 GLVC MEN'S AND WOMEN'S INDOOR TRACK & FIELD CHAMPIONSHIP

University of Indianapolis
Athletics & Recreation Center (ARC)

Great Lakes Valley Conference

CHAMPIONSHIP ADMINISTRATION

Jim Naumovich, Commissioner (jim@glvc-sports.org)Office: (317) 237-5633
Cell: (317) 508-5442

Camelia Trahan, Assistant Commissioner, Championships (camelia@glvc-sports.org).....Office: (317)237-2107
Cell: (518) 428-5623

Jeff Smith, Assistant Commissioner, Communications (jeff@glvc-sports.org).....Office: (317)237-2106
Cell: (317) 607-4611

Tonya Charland, Assistant Commissioner, Compliance (tonya@glvc-sports.org) Office: (317) 237-5636
Cell: (317) 997-7334

Amy Selk, Intern (intern@glvc-sports.org)Office: (317) 237-2105
Cell: (920)912-1284

Scott Fangman (pfangman@uindy.edu) Office: (317) 788-2107
Meet Director Cell: (812) 371-1890

Jackie Paquette (paquettej@uindy.edu) Office: (317) 788-3494
Event Management, Tournament Director Cell: (708) 642-0767

Amy Selk (intern@glvc-sports.org)Office: (317) 237-2105
Tournament Apparel Cell: (920) 912-1284

ATHLETIC TRAINING

Scott Lawrance (lawrances@uindy.edu) Office: (317) 788-3248
Athletic Trainer

Jennifer Dompier (dompierj@uindy.edu) Office: (317) 788-6143
Athletic Trainer

FACILITY OPERATIONS

Adam Martin..... Office: (317) 788-3273
Facility Coordinator Cell: (812) 360-9998

MEDIA RELATIONS/SPORTS INFORMATION

Jeff Smith (jeff@glvc-sports.org) Office: (317) 237-2106
Communications Cell: (317) 607-4611

TICKETS

GLVC (camelia@glvc-sports.org)..... Office: (317) 237-2107

TIMING/RESULTS

TRXC Timing LLC.....
Rich Schilling
Denise Schilling

OFFICIALS COORDINATOR

Nathan SmurdonPentathlon Referee

JURY OF APPEALS

TBD.....

HEAD STARTER

Nathan Smurdon.....

ASSISTANT STARTER

TBD.....

HEPTATHLON REFEREE/HEAD UMPIRE

TBD.....

FIELD EVENTS REFEREE

TBD.....

RUNNING EVENTS REFEREE

TBD

CLERK OF THE COURSE

TBD

HORIZONTAL JUMPS

TBD

VERTICAL JUMPS

TBD

HIGH JUMPS

TBD

THROWS OFFICIAL/CERTIFICATION OF IMPLIMENTS

TBD

TIMING

TBD

PA ANNOUNCER

Fred Geswein.....

Great Lakes Valley Conference
201 South Capitol Avenue
Pan Am Plaza, Suite 560
Indianapolis, IN 46225
Fax: 317.237.5632
www.glvc-sports.com

2014 GLVC INDOOR TRACK AND FIELD CHAMPIONSHIPS SCHEDULE

Thursday, February 27

10:00 a.m. ARC open for practice
9:00 p.m. ARC closes for practice

Friday, February 28

7:00 a.m. ARC Opens for Practice
12 p.m. Coaches/Referee Technical Meeting – Wells Fargo Room
12:45p.m. Implement Certification Deadline
8:30 p.m. ARC open for restricted practice; post event competition
9 p.m. ARC closes for practice and the day

Friday, February 28

Combined Events

9:00 a.m. Women's Pentathlon
9:25 a.m. Men's Heptathlon

Field Events

3:30 p.m. Men's Pole Vault
4:00 p.m. Men's Weight Throw
4:30 p.m. Men's Long Jump
6:00 p.m. Women's Weight Throw
6:30 p.m. Women's Long Jump

Running Events

3:45 p.m. GLVC Sportsmanship Statement
4:00 p.m. Women's 60m hurdles prelims
4:25 p.m. Men's 60m hurdles prelims
4:50 p.m. Women's 400m dash prelims
5:10 p.m. Men's 400m dash prelims
5:15 p.m. Women's 60m dash prelims
5:30 p.m. Men's 60m dash prelims

Awards Break - Women's Pentathlon

5:45 p.m. Women's 5000m run
6:30 p.m. Men's 5000m run
7:15 p.m. Women's 200m dash prelims
7:30 p.m. Men's 200m dash prelims

Awards Break – 5000M, 200M, MPV, WT, LJ

7:45 p.m. Women's Distance Medley Relay
8:00 p.m. Men's Distance Medley Relay

Awards Break - DMR

Saturday, March 1

Combined Events

9:00 a.m. Men's Heptathlon

Field Event

11:30 a.m. Women's Triple Jump
Men's Shot Put
Women's High Jump
1:30 p.m. Men's Triple Jump
Women's Shot Put
Men's High Jump
3:00 p.m. Women's Pole Vault

Running Events

1:15 p.m. National Anthem
1:30 p.m. Women's Mile final
1:45 p.m. Men's Mile final
2:00 p.m. Women's 60m hurdles final
2:10 p.m. Men's 60m hurdles final
2:20 p.m. Women's 400m dash final
2:30 p.m. Men's 400m dash final

Awards Break – 1Mile, 60MH, 400M

2:40 p.m. Women's 60m dash final
2:45 p.m. Men's 60m dash final
2:50 p.m. Women's 800m run final
3:05 p.m. Men's 800m final
3:20 p.m. Women's 200m dash final
3:30 p.m. Men's 200m dash final

Awards Break – 60M, 800M, 200M, Heptathlon

3:40 p.m. Women's 3000m run final
3:55 p.m. Men's 3000m run final
4:20 p.m. Women's 4x400m relay final
4:35 p.m. Men's 4x400m relay final

Awards Break -3000M, 4x4M, TJ, HJ, SP, WPV

5:15 p.m. Team and Postseason Awards



ATHLETE CHECK-IN PROCEDURES

Athletes in all **RUNNING EVENTS** must check-in with the Clerk of the Course in the end field in the tent area. Look for signage 30 minutes prior to their race, and 10 minutes to their event area for final instructions. Hip numbers for all running events will be distributed at the clerk's table. After receiving hip numbers, athletes should report to their start lines to check-in with starting line clerks.

ATHLETIC TRAINING ROOM & SERVICES

Indianapolis Sports Medicine will staff a training room inside the ARC, located in the East part of the facility. Athletic trainers from participating schools will have access to this area and all the modalities available at the site. All other training tables/equipment will be restricted to the established training room. If you have questions/concerns, please contact Head Athletic Trainer, Ned Shannon at (317) 788-3246 or nshannon@uindy.edu or track and field trainer, Scott Lawrance at (317) 788-3248 or lawrances@uindy.edu.

AWARDS

(See Section 1 ALL SPORTS, part D. AWARDS; the following are specific additions or changes to the general guidelines given there.). Each event award winner will be presented a gold medal and each second-place event finisher will be presented a silver medal, signifying First- and Second-Team All-GLVC distinction, respectively. Player-of-the-Year Award shall be known as the Indoor & Outdoor Track and Field Athlete-of-the-Year Award. These awards will be chosen by vote of the coaches immediately following the conference championship. Indoor/Outdoor female and male Track Athlete-, Field Athlete-, Freshman-, and Coach-of-the-Year Awards will be chosen by vote of the coaches immediately following the conference championship. The student-athlete award coordinator at the GLVC Office is Jeff Smith (jeff@glvc-sports.org) | 317-237-2106)

CAMPUS MAPS

See attachments.

COACHES TECHNICAL MEETING

A coaches' technical meeting will be held each day of competition in the Wells Fargo room located near the hospitality area. The head coach or a designee from each competing institution is required to attend the technical meeting. Friday's meeting will be held at 12 p.m., and Saturday at 12 p.m.

CREDENTIALS

Credentials will not be administered for this championship.

DECLARE PROCESS

1 - All entries including NO MARKS must be submitted through by 8 p.m. EST on Tuesday, Feb. 25th.

(Performance marks will be updated through DA when results submitted to TFRRS)

2 - All challenges and corrections must be submitted via email to the GLVC office by 9 p.m. on Wednesday, Feb. 26th (challenges and corrections should be sent to attention of Jeff Smith (jeff@glvc-sports.org))

3 - The approved Heat and Flight sheets will be posted by 3 p.m. EST on Thursday, Feb. 27th for your consideration.

The performance list, heat sheets, and live results will be available at the following site throughout the competition: <http://www.glvcsports.org/index.aspx>

ELECTRONIC/AUDIO DEVICES (I-PODS, CD PLAYERS, CELL PHONES & OTHER AUDIO DEVICES)

Radios or "boom box" portable stereos will NOT be allowed in the ARC. Personal CD players, iPod's, iPad's, tablets, and smartphone with headphones are permitted in the "team-camp" areas. Audio devices of any kind (CD players, iPods, cell phones, etc.) are NOT allowed on the sites of competition. iPads are allowed for video purposes only, and should not be used for music; if violated a warning will be issued, and second violation will result in the student-athlete being disqualified from the site of competition.

ELIGIBILITY

All student-athletes must be certified as eligible by the institution as required by the GLVC prior to participating in the GLVC Championship.

EQUIPMENT (*Starting Blocks and Batons*)

All starting blocks will be provided by Indianapolis. Relay teams should supply their own batons. Extra batons will be available from Indianapolis track should a participating team require them.

EMERGENCY / EVACUATION PLAN

Please see attachment.

ENTRY FEES

Each institution will pay a \$450 entry fee to assist with the annual costs of timing and scoring and officials' fees at GLVC Championships. The fee will be paid separately for the indoor and outdoor championships. The championship host institution will be responsible for the first \$2,000 spent toward officiating fees as well as all lodging needs for the timing and scoring company (effective 2015) The conference office will collect the fees and pay the officials and other related expenses of administering the championships.

FANS ENTRY

Fans will enter from the south entrance of the ARC, through the HH Gregg Support Building ONLY.

FILMING

Those wanting to film an event must submit a request to Jackie Paquette at paquettej@uindy.edu to obtain location details.

FOOD POLICY

Pre-competition snack food (nutritional bars, fruit, etc.) and team "fast-food" picnic meals **are allowed** in the turf area in the ARC. Please limit all drinks and food to the student-athlete social room. Only water containers with lids are allowed inside the ARC. Please ask SA's to deposit all refuse in the trash cans and plastic bottles/aluminum cans in appropriate recycling bins. Your assistance in keeping the facility clean is greatly appreciated.

GAMES COMMITTEE

A championship meet games committee shall oversee the conduct of the meet and resolve any dispute. The committee shall consist of the following individuals or their appointed representatives:

- [a] The Athletic Director or SWA appointed as conference representative for Track & Field,
Dr. Sue Willey (Indianapolis)
- [b] The GLVC Commissioner or his appointee, **Jim Naumovich**
- [c] The host institution's head coach, **Scott Fangman (Indianapolis)**
- [d] Two additional coaches to be appointed alphabetically, **Dan Schwarting (Lewis) and Micky Kaufman (Maryville)**
- [e] The Sports Liaison for track & field, **Jerry Wollmering (Truman State)**

HEAT SHEETS

Heat sheets will be sold for \$1.00 at the ticket table. Heat sheets will be posted on the coaches' display board, where results will be posted and updated throughout the tournament.

HIP NUMBERS

Athletes are required to wear hip numbers (as directed) in all running events at this year's championship. The numbers should be placed on the left hip in clear view of the officials and finish-lynx operator.

HOSPITALITY ROOMS

A hospitality area for team personnel and officials will be located in the Wells Fargo room. Access to the hospitality room is restricted only to coaches, staff, volunteers, and administration. Student athletes are not allowed to patronize this room.

LAP COUNTER

Each participating institution must have a designated lap-counter for the 3000m and 5000m runs to ensure accurate results; the official lap counter will account for the leader.

LODGING

All teams will be responsible for securing their own lodging accommodations. The league office has secured and negotiated rates with several properties for the tournament. See [APPENDIX](#) for lodging options.

MEDIA RELATIONS

All media relations will be done by Assistant Commissioner, Jeff Smith (jeff@glvc-sports.org). Results will be posted on the GLVC website, along with small recaps.

PACKETS

Team packets may be picked up at the registration table located in front of the Wells Fargo room in the ARC. Registration will be open on Friday, Feb. 27 from 8 a.m. - 10 am, thereafter packets will be available at the check-in/clerking area located.

Packets will include, relay cards, protest forms, and an updated participant manual. Institutions that have been levied fines for late declarations will be required to pay the fine prior to picking up their packet. Payment may be made at the registration table.

PARKING

Hotel: Free parking is available for team buses, vans, and vehicles. Buses and vans have designated parking, and should check with the hotel concierge for specific locations.

UINDY: Free parking for team travel vehicles (buses and vans) is available in the 53rd Bank parking lot; and should not park outside the designated area. Teams travel vehicles cannot park behind the ARC; this passage is reserved for emergency vehicles access. Regular vehicles can park in any space that is not marked reserved behind Nicoson Hall, adjacent to the football stadium.

Spectators parked in reserved area may be ticketed, and as a result will be their responsibility. For safety and to avoid congestion, team buses or vans should **not** drop-off student-athletes along the curb directly in front of ARC. Please follow parking staff directions.

PHOTO PURCHASE

At tournament end, photos taken by the GLVC staff will be available for purchase from the league office. Those interested in purchasing photos, can contact camelia@glvc-sports.org.

POLES STORAGE

If participants require a storage facility for vaulting poles on Friday night, space will be provided in the ARC. Teams should contact Adam Martin martinad@uindy.edu as storage facilities are provided “as-is” and in no-way guarantee the safety and security of competitors’ equipment.

PRACTICE

The track will be available to all teams for practice and viewing, and should be made by contacting Kara Gill gillk@uindy.edu or Scott Fangman at pfangman@uindy.edu | 317.788.6146.

PROTEST AND APPEALS FORMS

See attachment.

PROTEST TABLE

The protest table will be located adjacent to the scoring table near the finish line. Protests must be made in writing on the official protest form which will be available at the protest table. Consult the 2014 NCAA Rules Book for explanation. The referee's decision will be posted at the results board, located across from the concession stand as soon as the information is available from the referee.

RELAY CARDS

Relay cards must be submitted to the check-in table no later than second call for the distance medley relay(s) and 4x400m relay(s). See attachment.

RESTROOMS

To minimize possible congestion in the ARC, restrooms are located in the main lobby, and near the Wells Fargo room area.

RESULTS

Results will be posted on the lockers in the main lobby area of the ARC for spectators. A board will be located inside the ARC for coaches. The results will be posted by gender.

ROSTERS

Rosters will be printed and must be completed by Wednesday, Feb. 26.

SCRATCHES

On the day of the meet, only scratches are made and if that person is scratched, he/she is scratched for the entire meet. The NCAA policy on Good Faith effort will be used in the case of a scratch of an entry due to medical reasons.

STUDENT-ATHLETE SOCIAL ROOM

A student-athlete hospitality room will be located in the Wells Fargo room. The room will be for the sole purpose for student-athletes to relax, enjoy Gatorade, snacks, and other social activities (movies) during the tournament. The GLVC will restock the room daily.

SPIKES

Spikes that are 1/4 or 1/8-inch pyramid, Needle, and Christmas tree spike pins will not be permitted beyond the site of competition. Spikes are permitted only on the track surface, and inside the competition area; spikes are prohibited in the facility hallways (all team camps will be in no-spike areas). Only .25" pyramids are allowed as spikes will be checked throughout the competition by meet management.

TEAM CAMPS

Team camps will be assigned prior to the Friday technical meeting. All camps will be located in short proximity to the ARC the turf field. (See ARC Map for indicated camp areas).

TEAM ENTRANCE

The ARC is located on the south side of Indianapolis campus between Hanna and State Street. All teams should enter the ARC side door which is located east of the football stadium; please follow signage.

THROWING IMPLEMENT WEIGH-IN

Implement weigh-in will take place near the throwing cage on the north end of the infield. All implements must be turned in at least one hour before the warm-up period for the first flight. Once an implement is submitted for certification, it must remain at the event site until completion of the event.

TICKET INFORMATION

Type	One Day	Championship Pass
Adults	\$10.00	\$15.00
Students	\$5.00	
Seniors (60+)	\$5.00	
Children (<6)	Free	

TOURNAMENT APPAREL

Teams that pre-ordered tournament shirts will be issued at the coaches' technical meeting. Additional tournament apparel will be sold in the ARC Southeast Corner. The league office will have a variety of merchandise available for purchase.

TRAINING SERVICES

The host school will be responsible for providing athletic training services to all student athletes at the GLVC Championships. Any athletic training costs incurred, the host school will be accountable for payment.

GLVC TRACK AND FIELD HANDBOOK-SECTION

SECTION 11: TRACK & FIELD

*Updated 11/12/13

A. REGULATIONS FOR ALL CONFERENCE COMPETITION

None

B. REGULAR SEASON COMPETITION

Regular season competition among conference members is not required.

C. CONFERENCE CHAMPIONSHIP COMPETITION

1. The championship status of the meet will be determined as of the September annual meeting based on the number of institutions that have declared track and field as an NCAA sponsored sport for that year. If the minimum required number of one half the conference member institutions have so declared, the meet will qualify as a championship event. If the minimum is not met, the event may be conducted as an invitational meet.
2. All institutions having declared track and field as an NCAA sponsored sport are required, per Article III, Section H of the Conference Bylaws, to participate in the championship meet and are eligible to score meet points, count in the standings of the championship and earn points toward the all sports trophy without regard to the number of competing athletes they have at the meet. The GLVC Indoor and Outdoor Track & Field Championships must be one of the four required meets member institutions participate in to comply with NCAA sponsorship requirements (Bylaw 20.10.3.5). If an institution fails to meet this requirement then individual student-athletes whose physical condition and eligibility by NCAA and institutional standards qualifies them for competition are expected to compete. Points toward the all sports trophy will be determined on the basis of the number of institutions meeting these conditions and competing.
3. Other institutions not meeting the conditions noted above, but wishing to include individual athletes in the meet competition, are welcome to do so with the approval of the commissioner; however, those athletes will not be scored in the meet or considered for all conference awards.
4. The continuing status of track and field as a conference championship sport will be determined based on the actual number of institutions that successfully meet the NCAA requirements for track and field sponsorship in a given year. If for three consecutive years, as per Article III, Section E of the Conference Bylaws, the sport fails to meet the minimum number of one half of the member institutions satisfying the sponsorship requirement, it will be dropped from championship status and may be reinstated only by meeting the conditions of the conference for establishing a new championship sport.

5. The indoor track and field championship meet shall be held the week prior to the NCAA Indoor National Championship. The outdoor track and field championship meet shall be held on the Friday and Saturday three weeks before the NCAA National Championships.
 6. All GLVC Championships hosting responsibilities, event operations procedures, and pre-Championship team entry requirements are to adhere to the GLVC Track & Field Championships Procedural Manual. (Link to Manual is inserted on the online handbook.)
 7. On the day of the meet, only scratches are made and if that person is scratched, he/she is scratched for the entire meet. The NCAA policy on Good Faith effort will be used in the case of a scratch of an entry due to medical reasons.
 8. Each institution will pay a \$450 entry fee to assist with the annual costs of timing and scoring and officials' fees at GLVC Championships. The fee will be paid separately for the indoor and outdoor championships. The championship host institution will be responsible for the first \$2,000 spent toward officiating fees as well as all lodging needs for the timing and scoring company. The conference office will collect the fees and pay the officials and other related expenses of administering the championships. Certified officials must be the head starter, back-up starter, field event referee and track referee. All other positions will be the most qualified individual for the position.
 9. The conference office will enter into a contract with a third-party source to provide Performance Lists, Online Entries, Seeding and Timing for Cross Country, Indoor Track & Field and Outdoor Track & Field beginning with the 2013-14 academic year. (10/4/12)
- D. **AWARDS** (See Section 1 ALL SPORTS, part D. AWARDS; the following are specific additions or changes to the general guidelines given there.)
- Track Athlete & Field Athlete of the Week The GLVC coaches will select a Track Athlete and a Field Athlete of the Week each week of the indoor and outdoor track and field season. Coaches will submit nominations by Monday at 12:00 p.m. Nominations will be collected by the GLVC office and distributed to the coaches for voting on Monday by 4:00 p.m. Ballots are due back to the GLVC by Tuesday 4:00 p.m. The GLVC Track Athlete and Field Athlete of the Week will be announced on Tuesday of each week. All times are Eastern Standard.
- All Conference Team: *Each event award winner will be presented a gold medal and each second-place event finisher will be presented a silver medal, signifying First- and Second-Team All-GLVC distinction, respectively.*
- Player-of-the-Year Award shall be known as the Indoor & Outdoor Track and Field Athlete-of-the-Year Award. These awards will be chosen by vote of the coaches immediately following the conference championship.
- Indoor/Outdoor female and male Track Athlete-, Field Athlete-, Freshman-, and Coach-of-the-Year Awards will be chosen by vote of the coaches immediately following the conference championship.
- E. **COACHES ASSOCIATION**
1. Each Coaches Association shall meet at least once annually, either in person or by conference call. Such meetings shall be scheduled by the conference commissioner.
 2. The coaches association will have a chair who will serve one year terms beginning at the conclusion of the championship meet.
 3. The chair(s) of the coaches association will be the head coach (es) at the institution hosting the next championship.

FACILITY INFORMATION

FACILITY SITE – ATHLETICS & RECREATION CENTER (ARC)

The Athletics & Recreation Center (ARC) which is housed on the University of Indianapolis campus features the 90,200 square-foot. The ARC provide much-needed space for sports teams and related academic programs as well as fitness facilities for the entire campus community.

Location: Northeast corner of UIndy campus, National and State Avenues

Dimensions: 410 by 220 feet; 72 feet high at center

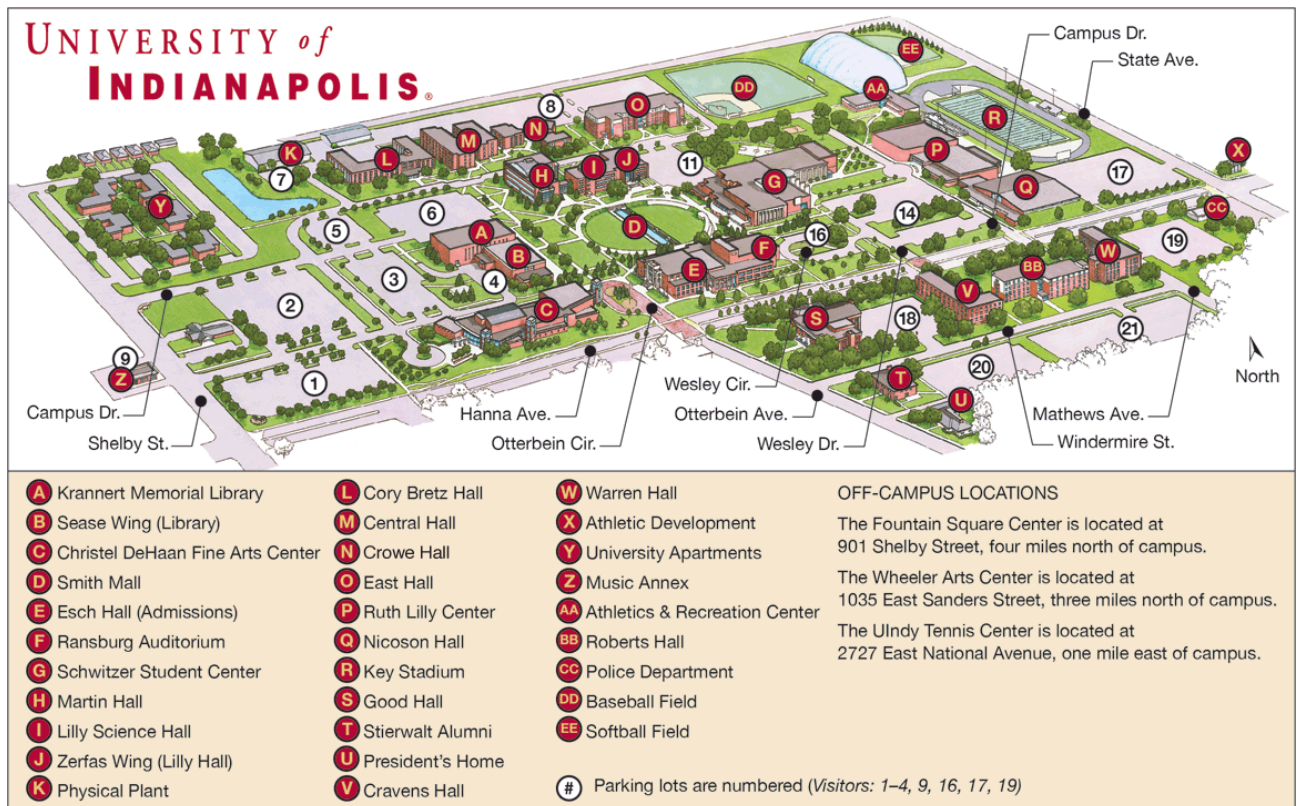
Interior features will include:

- Multipurpose rubber flooring
- Six-lane NCAA-regulation track
- Space for three basketball courts inside the track oval
- Baseball batting cages
- Long jump and hammer throw areas
- Lockers, storage, training and practice areas

Design and construction:

- Three-layer membrane of gray vinyl-coated polyester and Mylar; six-inch air space between layers for insulation; fabric sections easy to repair or replace
- Supported by internal air pressure and anchored to concrete footings; airlock entrances
- Roof-suspended electric lighting; central skylight of translucent material allows daytime use at lower cost
- Shape and support system designed to prevent snow accumulation; structure is entirely different from Minneapolis Metrodome
- Vendor: Arizon Companies of St. Louis, Mo. (name rhymes with “horizon”)

UNIVERSITY OF INDIANAPOLIS CAMPUS MAP



DRIVING DIRECTIONS

From the Northwest

Take I-65 south through Indianapolis to Exit 107 (Keystone Avenue). Turn right. Go to the third stoplight (Hanna Avenue); turn right. Once you pass the second stoplight (State Street), you have reached the UIndy campus. See the [campus map](#) for available visitor parking.

From the North

Take U.S. 31 south to I-465. Take I-465 east all the way around Indianapolis to Exit 53A (I-65 North). Now see “[Exit 53A](#)” below.

From the Northeast

Take I-69 south to I-465. Take I-465 south around the city to Exit 53A (I-65 North). Now see “[Exit 53A](#)” below.

From the East

Take I-70 or U.S. 40 west to I-465. Take I-465 south around Indianapolis to Exit 53A (I-65 North). Now see “[Exit 53A](#)” below.

From the Southeast

Take I-74 northwest to I-465. Take I-465 south around Indianapolis to Exit 53A (I-65 North). Now see “[Exit 53A](#)” below.

From the South

Take I-65 north to Exit 107 (Keystone Avenue); turn left. Go to the third stoplight (Hanna Avenue). Turn right. Once you pass the second stoplight (State Street), you have reached the UIndy campus. See [campus map](#) for available visitor parking.

From the Southwest

Take Ind. 67 or Ind. 37 northeast to I-465. Take I-465 east to Exit 2A (East Street). Now refer to “[Exit 2A](#)” below.

From the West

Take I-70 or I-74 east to I-465. Take I-465 south around Indianapolis to Exit 2A (East Street). Now refer to “[Exit 2A](#)” below.

Exit 53A

Take I-65 north one exit to Exit 107 (Keystone Ave.); turn left. Go to the third stoplight (Hanna Ave.); turn right. Once you pass the second stoplight (State St.), you’re on campus. See [campus map](#) for visitor parking.

Exit 2A

Go to the second stoplight (Hanna Avenue); turn right (east). Go to the third stoplight (Otterbein Avenue). Campus is on the left. See [campus map](#) for visitor parking.

HOTEL PARTNERS

Hotels are blocked for Check-In: Feb. 28, 2014 and Check Out: March 1, 2014
Please mention the 2014 GLVC Indoor Track and Field Championship when making reservations.

Comfort Inn-Keystone

Contact: Ms. Patty Stevens, General Manager
3514 South Keystone Avenue
Indianapolis, IN 46227
Distance: 1.1 miles from UIndy = 3 minutes
Direct: (317) 788-3100
Fax: (317) 780-6636
Email: gm.in351@choicehotels.com

 [Find us on Facebook](#)


Available Rooms: Feb. 21-23 = 10 Doubles and 9 King Beds
Rate: \$79

Cut-off date to receive discount is: February 1, 2014

FREE parking, WI-FI, and complimentary breakfast

Country Inn & Suites

Contact: Mrs. Jan O'Mara and Mr. Gary Grey
4325 Southport Crossings Way
Indianapolis, IN 46237
Distance: 6.2 miles from UIndy = 11 minutes
Direct: (317) 859-6666
Fax: (317) 859-6666
Email: cx_inin@countryinns.com

 [Find us Facebook!](#)

Available Rooms: Feb. 21-23 = 14 Double Beds and 4 King Suites (Sleeps 3-4 w/king bed & double sofa bed)
Rate: \$80

Cut-off date to receive discount is: February 14, 2014

FREE parking, WI-FI, and complimentary breakfast

Holiday Inn Express South

Contact: Ms. Mandi Taylor, Sales Manager
5151 South East Street
Indianapolis, IN 46227
Distance: 1.9 miles from UIndy = 4 minutes
Direct: (317) 783-5151
Fax: (317) 782-4793
Email: CSIndianapolis@midwesthospitality.com

 [Find us on Facebook!](#)

Available Rooms: Feb. 21-23 = 17 Double Beds
Rate: \$84

Cut-off date to receive discount is: February 20, 2014

FREE parking, WI-FI, and complimentary breakfast

Courtyard Marriott Indianapolis South

Contact: Ms. Rhonda Jaszgarszewski, Director of Sales

4650 Southport Crossing Drive

Indianapolis, IN 46237

Distance: 6.5 miles from UIndy = 12 minutes

Direct: (317) 885-9799

Fax: (317) 885-3982

Email: Rhonda.Jaszgarszewski@marriott.com

 [Find us on Facebook!](#)

Available Rooms: Feb. 21-23 = 15 Standard Double Queen Beds

15 Standard Kings (King Bed and Sofa Bed)

Rate: \$85

Cut-off date to receive discount is: February 20, 2014

FREE parking and WI-FI only

Holiday Inn Express Hotel & Suites

Contact: Ms. Jamie L. Givens, General Manager

1180 Wilson Drive


Greenwood, IN 46143

Distance: 9.0 miles from UIndy = 15 minutes

Direct: (317) 881-0600

Fax: (317) 881-0700

Email: gm.gnwin@gmail.com

 [Find us on Facebook!](#)

Available Rooms: Feb. 21-23 = 20 Double Beds

Rate: \$87

Cut-off date to receive discount is: February 20, 2014

FREE parking, WI-FI, and complimentary breakfast

Crowne Plaza Indianapolis Airport

Contact: Mrs. Cindy Walker, Sales Manager

2501 South High School Road


Indianapolis, IN 46241

Distance: 10.3 miles from UIndy = 14 minutes

Direct: (317) 243-1093

Fax: (317) 243-1074

Email: cwalker@genhotels.com

 [Find us on Facebook!](#)

Available Rooms: Feb. 21-23 = 212 Rooms

Rate: \$89

Cut-off date to receive discount is: January 31, 2014

FREE parking and WI-FI only

If family and friends are attending the Championship, please have them to mention the GLVC Men's and Women's Track and Field Championships for special rates.

FOOD/ DINING

Restaurant	Address	Phone	Type
Applebee's	1251 U.S. 31 N., Greenwood, IN 46142	(317) 888-0744	American
Arni's	1691 Curry Rd., Greenwood, IN 46143	(317) 881-0500	American
Azteca Grill	7129 Southeastern Ave., Indianapolis, IN 46239	(317) 357-3723	Mexican
B's Po Boy	1261 S. Shelby St., Indianapolis, IN 46203	(317) 916-5555	Vegetarian
Bravo Italian	1251 US Highway 31 N., Greenwood, IN 46142	(317) 889-1379	Italian
Brewskies Eatery	7925 Southeastern Ave., Indianapolis, IN 46239	(317) 862-6998	American/Pizza
*Buca di Beppo	659 U.S. 31 North Greenwood, IN 46142	(317) 884-2882	Italian
Burger King	3650 South Keystone Ave., Indianapolis, IN 46227	(317) 788-7778	American
*Chick-fil-A	5240 E Southport Rd, Indianapolis, IN 46237	(317) 780-7477	American
*Carrabba's	4690 Southport Crossing Drive, Southport, IN 46237	(317) 881-4008	Italian Grill
*City Barbeque	7863 US 31 S., Greenwood, IN 46227	(317) 865-1220	BBQ
*Donatos Pizza	5835 Madison Ave., Indianapolis, IN 46227	(317) 780-7040	Fast Food
Don's Pablo	8150 U.S. 31 S., Indianapolis, IN 46227	(317) 888-0363	Mexican
Enzo Pizza	3940 Madison Avenue, Indianapolis, IN 46227	(317) 808-2284	Fast Food
McAlister's Deli	1011 N. SR 135, Greenwood, IN 46142	(317) 300-8064	American
McDonald's	2830 Madison Ave, Indianapolis, IN 46225	(317) 784-4492	Fast Food
McDonald's	3649 South Keystone Avenue Indianapolis, IN 46227	(317) 780-1184	American
MCL	3630 S. East Street, Indianapolis, IN 46227	(317) 783-2416	American
Outback	7525 US Highway 31, Greenwood, IN 46132	(317) 881-6283	American
Penn Station	3429 South East Street, Indianapolis, IN 46227	(317) 786-7366	Deli
Steak 'n Shake	4020 South East Street, Indianapolis, IN 46227	(317) 781-1525	Fast Food
*Subway	936 E Hanna Ave, Indianapolis, IN 46227	(317) 786-7827	Deli

Bold-Can accommodate team dining and offering discounts

* - Call for pick-up

For a complete list of restaurants in the area, please visit: <http://visitindy.com/indianapolis-restaurants>



**TRACK & FIELD
CHAMPIONSHIPS
PROCEDURAL
MANUAL**

The most current NCAA Track & Field Rule Book shall govern all meet conduct and procedures not addressed in this manual.

GENERAL PROCEDURES

[A] Changes to the Manual

Changes to the conference procedural manual may only be made at the summer coaches meeting when a quorum of the member institutions are represented by a head coach and must adhere to the following procedures.

EXCEPTION: Prior to adjournment of the summer coaches meeting, and with a 2/3 vote, an emergency meeting may be scheduled to conduct conference business.

EXCEPTION: In extenuating circumstances, the policies and procedures outlined in this manual can be amended by a 75% vote by the head coaches.

[B] Amendments

[1] A proposed amendment/motion must be presented in writing to the conference representative at least seven (7) days prior to the date of the fall coaches meeting.

EXCEPTION: Prior to adjournment of the summer coaches meeting and with a 2/3 vote of the attending coaches, an unscheduled motion may be accepted to the agenda and acted upon. An “unscheduled” motion will be permitted one (1) reading prior to a vote of acceptance.

[2] The conference representative shall add the proposed motion to the fall meeting agenda under “New Business” and shall provide each member institution’s head coach with a copy of said agenda via email no later than three (3) business days prior to the fall coaches meeting.

[3] A majority vote is required to approve an amendment to the conference championships procedural manual.

[C] Voting

For the purpose of conducting business, only member institution’s head track coaches shall have voting privileges at the summer conference meeting. Each head coach shall have one (1) vote for each gender program they represent.

NOTE: If one individual serves as the head coach for both the men’s and women’s track programs, he/she shall have two (2) votes.

[D] Definitions

[1] Majority Vote: More than 50% of authorized voters in attendance.

[2] Two-Thirds (2/3) Vote: 66% of authorized voters in attendance.

[3] Quorum: At least 50% or 7 institutions represented.

MEET ADMINISTRATION – GENERAL

[A] Equipment

[1] Timing

[a] A Fully Automatic Timing (F.A.T) system must be used.

[b] A backup timing system shall be on site and ready to operate within thirty (30) minutes of a failure with the primary system.

[c] Access to the timing area shall be restricted to the timing crew as well as authorized conference personnel.

[2] Implement Certification

[a] All throwing implements shall be confiscated, certified and impounded prior to use in competition.

[b] Implements shall be checked in during the designated check-in time established by the meet director only.

[c] Any implements which fail certification must be confiscated and held in isolation until any and all competition in which said implement may be used has concluded.

[d] It is the responsibility of the implement’s owner to ensure that the said implement is clearly labeled and identified as to which institution it is affiliated with.

[e] All certified implements shall be held in isolation until thirty (30) minutes prior to the starting of the implements' corresponding event at which time they shall be brought to the competition area.

[f] Certified implements may not be taken from the competition area until the competition has concluded.

[g] The field event referee shall verify the scales/measuring devices for the throwing implements for accuracy.

[B] Schedule of Events

A final schedule of events shall be provided to all head coaches via email at least 48 hours prior to the start of the meet.

[C] Heat Sheets

[1] Heat sheets shall be provided to all head coaches via email at least 48 hours prior to the start of the meet.

[2] Each head coach will be provided two (2) copies of heat sheets at least one (1) hour prior to the start of the meet on the first day of competition.

[3] Updated heat sheets shall be promptly posted in a location which provides equal access to coaches and athletes.

[4] Each head coach will be provided two (2) copies of heat sheets at least one (1) hour prior to the start of the meet on the second day of competition

[5] Heats shall be run in order from slowest to fastest.

[D] Scoring

The GLVC Track & Field Championship meets shall score the top eight (8) places with the following point designations:

- 1st Place = 10 points
- 2nd Place = 8 points
- 3rd Place = 6 points
- 4th Place = 5 points
- 5th Place = 4 points
- 6th Place = 3 points
- 7th Place = 2 points
- 8th Place = 1 point

[E] Results

[1] All event results shall be promptly posted in a location which provides equal access to coaches and athletes.

[2] Current team scores shall be announced frequently throughout the meet.

[3] Current team scores including all running and field events shall be announced prior to the start of the final event.

[4] After the conclusion of each event within the combined events, a set of results shall be provided for each combined events coach at the subsequent event.

[5] After the completion of each event within the combined events, an announcement of the starting time of the subsequent event shall be made by the meet announcer.

[6] At least one (1) paper copy of the final meet results shall be made available to each head coach promptly after the conclusion of the meet.

[7] Final results shall be provided to each head coach via email within 24-hours of the conclusion of the meet.

[8] When possible, live results shall be made available for the duration of the meet.

[F] Games Committee

[1] A championship meet games committee shall oversee the conduct of the meet and resolve any dispute. The committee shall consist of the following individuals or their appointed representative:

- [a]** The Athletic Director or SWA appointed as conference representative for Track & Field,
- [b]** The GLVC Commissioner or his appointee,
- [c]** The host institution's head coach,
- [d]** Two additional coaches to be appointed alphabetically, and
- [e]** The Sports Liaison for track & field.

[G] Coaches Meeting

[1] A meeting of all head coaches, or their designee, shall take place each day of competition one (1) hour prior to the start of the day's first event, excluding the combined events.

[2] A meeting of all combined event coaches shall take place each day of competition one (1) hour prior to the start of the day's first event.

[H] Officials

[1] Meet Officials The host institution shall appoint the starter, assistant starters, announcer, and clerk of the course. It is highly recommend that a running referee, field event referee, and combined event referee be appointed.

[a] The starters, running referee, field event referee, and combined event referee shall not be employed by or otherwise affiliated with any member institution for purposes other than officiating track & field meets.

[b] There shall be at least one qualified, certified official at each field event.

[i] All field event officials shall report to their respective competition site no later than one (1) hour before the scheduled start of the event.

[c] All meet officials shall be paid by the conference office.

[2] Protests

[a] All protests must be submitted in writing on a provided official form to the timers' station within thirty (30) minutes of the incident in question.

[b] All protests will be reviewed by the games committee.

[c] The games committee shall convey its decision in writing to the appropriate parties promptly after rendering its judgment.

[d] All games committee decisions are final.

[I] Uniforms and Competitor Numbers

[1] All competitors shall be assigned a competitor number which shall be worn on the front and back of the uniform top during competition.

[a] Competitors in the throwing events and the pole vault are not required to wear a competitor numbers on the front of their uniform tops.

[b] Competitors in the high jump are not required to wear a competitor number on the back of their uniform tops.

[2] When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disqualification. Wearing any part of the official team competition uniform illegally 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. Uniforms for all track and field student-athletes must meet the following criteria:

[a] 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.

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

[c] 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 the competitor's numbers to be placed above the waist, front and back.

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

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

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

Note: Individual or team uniform, logo, number and shoe rules shall be enforced through inspection by the clerk or the head field event official at initial event check-in. Violators shall be warned, given the chance to correct the violation, and reported to the referee.

[3] In addition to the above specifications, the following shall apply for relay teams:

[g] All relay team members must wear uniforms clearly indicating, through color, logo and combination of all outer garments worn as a uniform that members are from the same team.

[h] 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.

Note: The effect of this rule is that no imagination shall be required to justify a clear sense of belonging to a team.

[J] Credentials

[1] The purpose of credentialing is to restrict access to certain areas, as designated by the host institution, to the appropriate personnel. This may include but is not limited to the competition area, the warm-up area, locker rooms, hospitality rooms, and athlete social rooms.

[1] Credentials shall be issued to necessary coaches and staff only, including SID and Sports Medicine when applicable.

[2] The competitor number shall serve as the student-athletes' credentials.

[K] Playing Rules

[1] The GLVC Championships shall be conducted under the NCAA Track & Field/Cross Country Men and Women's Rules, unless modified in the Conference regulations.

[a] Fraudulent Entry Rule

An athlete whose mark/time is determined to be fraudulent by the games committee will be disqualified from the event in which the illegal mark/time was entered. The event in question will not be re-seeded, UNLESS, doing so would eliminate the need for a heat. Re-seeding of the event must be done without delay upon the games committee's ruling.

[b] Scratches

Once the entry declaration deadline has passed, the only scratches that will be permitted are those which completely remove an athlete from any and all events of the meet.

[ii] Combined Event participants that do not start the multi-event should be scratched from the entire meet not just the multi-event (however, the medical waiver exception will be in effect for those that do not finish the combined events).

[J] The Medical Doctor/Certified Trainer

[1] The medical doctor/certified trainer shall examine injured competitors and make recommendations to the competitor, the competitor's coach and the representative of any sponsoring organization as to the advisability of continued participation by the competitor in the meet. Such recommendations shall be considered in the application of the failure-to-participate rule.

[2] Should the decision be made to withdraw the competitor from the current event, the competitor shall be scratched from any subsequent event(s) in the meet, unless that competitor is medically approved to continue participation by the medical doctor/certified trainer and the referee determines that continued participation is allowable.

[3] Combined Event participants that do not start the combined events should be scratched from the entire meet not just the multi-event (however, the medical waiver exception will be in effect for those that do not finish the combined events).

CONFERENCE CHAMPIONSHIPS

[A] General Meet Information:

The following shall be provided by the host institution to each head coach via email twenty-one (21) days prior to the start date of the championship meet:

1. Facility specific rules.
2. Order of Events.
3. Online Entry Information (website address, deadlines, etc.).
4. Tentative Schedule of Events.

**A list of preferred lodging shall be provided to head coaches at the summer coaches meeting.*

[B] Criteria for Hosting Indoor Championship

[1] Track Venue

- [a]** The track shall be at least 200 meters in length and no more than 300 meters in length.
- [b]** The track shall have no less than six (6) lanes on the curve and no less than eight (8) lanes on the straight.
- [c]** The running surface must be compatible with the use of spiked running shoes.
- [d]** The track shall have markings such that the venue can accommodate all conference approved running races in accordance with all applicable rules.
- [e]** The venue shall be equipped with hurdles of like make and model.
- [f]** The venue shall be equipped with starting blocks of like make and model.

[2] Field Event Venues

[a] The site facility must be able to accommodate all approved Horizontal/Vertical Jumping Events including the follow specific requirements:

[i] Triple Jump & Long Jump

- [1]** There shall be a minimum of two (2) takeoff boards in the triple jump. Additional boards may be added only if the games committee determines the size of the landing area is such that it requires additional takeoff options to ensure the safety of the athletes. In addition, the runway and landing area must comply with current rules governing such facilities.
- [2]** The sand in the landing areas shall be kept damp to enhance the ability of the officials to mark attempts.

[ii] Pole Vault - The runway, box, cross bar, standards and landing areas must comply with current rules governing such equipment.

[iii] High Jump - The cross bar, standards and landing areas must comply with current rules governing such equipment.

[iv] The competition areas must be compatible with the use of spiked shoes.

[b] The site facility must be able to accommodate all approved Throwing events and include the following specific requirements:

- [i]** The throwing circle, stopboard (when applicable), enclosures, and landing areas must comply with current rules governing such equipment and facilities.

[3] Timing/Measuring

[a] A Fully Automatic Timing (F.A.T.) system shall be used and operated by a third party which has been contracted by the conference office.

[b] All field event measurements shall be made and reported in metric.

[4] Spectators

[a] It is recommended that adequate seating be provided to allow spectators to view the event.

[b] It is recommended that adequate restroom facilities be available to spectators that are separate from those used by competitors.

[C] Criteria for Hosting Outdoor Championship

[1] Track Venue

- [a]** The track shall measure no more or no less than 400 meters.
- [b]** There track shall have no less eight (8) lanes.
- [c]** The running surface shall be compatible with the use of spiked running shoes.
- [d]** The track shall have markings such that the venue can accommodate all conference approved running races in accordance with all applicable rules.
- [e]** The venue shall be equipped with hurdles of like make and model.
- [f]** The venue shall be equipped with starting blocks of like make and model.

[2] Field Event Venues

- [a]** The site facility must be able to accommodate all approved Horizontal/Vertical Jumping Events including the follow specific requirements:

[i] Triple Jump & Long Jump

- [1]** There shall be a minimum of two (2) takeoff boards in the triple jump. Additional boards may be added only if the games committee determines the size of the landing area is such that it requires additional takeoff options to ensure the safety of the athletes. In addition, the runway and landing area must comply with current rules governing such facilities.
- [2]** The sand in the landing areas shall be kept damp to enhance the ability of the officials to mark attempts.
- [3]** A Coaches Box shall be provided to allow coaches an adequate view of the event at or near the takeoff board. Only one (1) credentialed coach from each member institution shall be permitted in the Coaches Box at a time.

[ii] Pole Vault

- [1]** The runway, box, cross bar, standards and landing areas must comply with current rules governing such equipment.
- [2]** A Coaches Box shall be provided to allow coaches an adequate view of the event at or near the box. Only one (1) credentialed coach from each member institution shall be permitted in the Coaches Box at a time.

- [iii] High Jump** - The cross bar, standards and landing areas must comply with current rules governing such equipment.

- [iv]** The competition areas must be compatible with the use of spiked shoes.

- [b]** The site facility must be able to accommodate all approved Throwing events and include the following specific requirements:

- [i]** The throwing circle, runway, stopboard (when applicable), enclosures, and landing areas must comply with current rules governing such equipment and facilities.

[3] Timing/Measuring

- [a]** A Fully Automatic Timing (F.A.T.) system shall be used and operated by a third party which has been contracted by the conference office.
- [b]** All field event measurements will be made and reported in metric.

[4] Spectators

- [a]** It is recommended that adequate seating be provided to allow spectators to view the event.
- [b]** It is recommended that adequate restroom facilities be available to spectators that are separate from those used by competitors.

[D] Date and Site

[1] Indoor.

- [a]** The GLVC Indoor Track & Field Championships shall be held two (2) weekends prior to the NCAA-II Indoor Track & Field Championships.
- [b]** The site shall be rotated among those member institutions with indoor facilities that meet the aforementioned criteria and of quality to host the event.

[c] List of approved site locations:

- University of Indianapolis – Indianapolis, IN
- University of Wisconsin-Parkside – Kenosha, WI

[d] Future Date & Sites

- February 22-23, 2013 – University of Indianapolis
- February 28-March 1, 2014 – University of Indianapolis
- February 20-21, 2015 – University of Indianapolis

[2] Outdoor

[a] The GLVC Outdoor Track & Field Championships shall be held three (3) weekends prior to the NCAA-II Outdoor Track & Field Championships.

[b] The annual Outdoor Track & Field Championships will rotate every two years between able-hosting schools in the East and West Divisions, with caveat that Bellarmine be entitled to host when able. When Bellarmine is able to host, it takes place of listed host, regardless of division and/or if that school is in the first or second year of its hosting cycle. The lost year is not returned to the original listed host.

[i] East Division

- Bellarmine University – Louisville, Kentucky
- University of Indianapolis – Indianapolis, Indiana
- Lewis University – Romeoville, Illinois
- Saint Joseph's College – Rensselaer, Indiana
- University of Southern Indiana, Evansville, Indiana
- University of Wisconsin-Parkside – Kenosha, Wisconsin

[ii] West Division

- Drury University – Springfield, Illinois
- Maryville University – Saint Louis, Missouri
- McKendree University – Lebanon, Illinois
- University of Missouri Science & Technology – Rolla, Missouri
- Truman State University – Kirksville, Missouri
- William Jewell College – Liberty, Missouri

[c] List of approved site locations:

- Bellarmine University (East Division)
- University of Indianapolis (East Division)
- Lewis University (East Division)
- University of Missouri Science & Technology (West Division)
- Saint Joseph's College (East Division)
- Truman State University (West Division)
- William Jewell College (West Division)

[d] Future Dates & Sites

- May 2 – 3, 2014 at Lewis University – Romeoville, Illinois
- May 1 – 2, 2015 at William Jewell College – Liberty, Missouri
- May 6 – 7, 2016 at William Jewell College – Liberty, Missouri
- May 5 – 6, 2017 at Saint Joseph's College – Rensselaer, Indiana
- May 4 – 5, 2018 at Saint Joseph's College – Rensselaer, Indiana
- May 3 – 4, 2019 at Truman State University – Kirksville, Missouri
- May 1 – 2, 2020 at Truman State University – Kirksville, Missouri
- May 7 – 8, 2021 at Bellarmine University – Louisville, Kentucky
- May 6 – 7, 2022 at Missouri S&T – Rolla, Missouri
- May 5 – 6, 2023 at Missouri S&T – Rolla, Missouri

[E] Entry Procedures (Indoor & Outdoor)

[1] Entries.

- [a]** All Entries must be made through an online entry service which has been contracted by the conference office.
- [b]** Online entry sites must be open for entries fourteen (14) days prior to the start of the meet.
- [c]** Online entries must be completed and declared by 12:00pm eastern time/1:00pm central the Tuesday prior to the meet.
- [d]** All field event entries must be entered in metric measurement.
- [e]** If an eligible athlete does not have a previous verifiable mark/time in an event, they may be entered in that event, but must be entered with a seed mark/time of “no time” (NT) or “no mark” (NM).
- [f]** Proof of performance is required to verify any mark/time that may be challenged by another head coach.
 - *Proof of Performance may be satisfied through TFRRS.*
- [g]** All entry mark/time challenges must be made in writing to the conference office at least twenty four (24) hours prior to the start of the meet.
- [h]** An athlete whose mark/time is determined to be fraudulent by the conference office will be disqualified from the event in which the illegal mark/time was entered. The event in question will not be re-seeded, UNLESS, doing so would eliminate the need for a heat. Re-seeding of the event must be done without delay upon the games committee’s ruling.
- [j]** All entries shall be blind (not able to be viewed by anyone) until after the declaration period has closed.
- [k]** After the declaration period has passed, a performance list of entries shall be made available by Wednesday at 7:00pm eastern time/6:00pm central time.

[2] Entry Limits

- [a]** Each school shall be permitted four (4) entries in each individual event and one (1) team per relay.
- [b]** Any school with more than four (4) athletes ranked in the top ten on the final performance list in an event can enter all of those athletes in that event up to a maximum of six (6).

[3] Time/Distance Conversions

[a] Indoor

- [i]** All entry times achieved that were not F.A.T. must be converted prior to entering.
- [ii]** All entry times must be converted to correspond with the track size and banking of the forthcoming NCAA-II Indoor Track & Field National Championships.
- [iii]** All conversions will be based on the current NCAA approved indexing formulas for each event.
- [iv]** All unconverted times become subject to the fraudulent entry rule (See above).
- [v]** All field event entry marks must be converted to metric measurements using the NCAA Track & Field Rule Book’s Multi-Event Distance Conversion Tables.
- [vi]** Conversions shall be made by the keeper of the performance list.

[b] Outdoor

- [i]** All entry times achieved that were not F.A.T. must be converted prior to entering.
- [ii]** All field event entry marks must be converted to metric measurements using the NCAA Track & Field Rule Book’s Multi-Event Distance Conversion Tables.
- [iii]** Conversions shall be made by the keeper of the performance list.

[F] Performance List

The conference performance list shall act as the official time and mark list for the GLVC Track & Field Championships.

- [a] A weekly conference performance list will be produced each week of the season by an online service that has been contracted by the conference office.
- [b] Corrections to the Performance list must be made within seven (7) days of the performance.
- [c] Any mark not listed on the performance list will be considered to have not occurred.
- [d] A Final Performance List will be posted no later than 12:00pm central time/1:00pm eastern time on the Monday prior to the meet.
 - [i] Corrections to the Final Performance List must be made by 7:00pm central time/8:00pm eastern time on the Monday prior to the meet.
 - [ii] All head coaches shall be notified by the conference office of any corrections to the Final Performance List that occur after the Final Performance List is posted on the Monday prior to the meet.

MEET ADMINISTRATION – INDOOR TRACK & FIELD

[A] Administration of Running Events

[1] Formation of Heats and Lane Assignments – Running Events in lanes

- [a] The competitors shall be assigned to first-round heats in the order in which their names appear on the declared performance list using the serpentine method. Two or more athletes from the same team may fall in the same heat.
- [b] Heat order shall be selected randomly in all non-final rounds.
- [e] In all subsequent non-final rounds, heats and lanes shall be assigned using the mark attained in the previous round using the serpentine method.
- [c] In those events in which more than 2 rounds are contested, it is preferred that at least 2 qualifiers from each heat advance to the next round.
- [d] In all running events which have at least nine (9) entries and require a preliminary round, only eight (8) athletes shall advance to the finals.
- [e] In all final or subsequent rounds, lanes shall be assigned using the mark attained in the previous round and the criteria described later in this section.

[2] Formation of Heats – Running Events not in lanes

- [a] In general, the competitors shall be assigned to heats in the order in which their names appear on the declared performance list.
- [b] The number of competitors in each heat varies by event. Please see the specific event descriptions below.

[B] Qualifying for Finals – Running Events with Qualifying Rounds

[1] 55 Meters/60 Meters

- [a] Whenever possible, the 60 Meters shall be run instead of the 55 Meters.
- [b] A preliminary round shall be run if there are more than eight (8) entries.
- [c] Heat winners shall qualify for the final.
- [d] Any remaining positions in the final shall be determined by time.

[2] 55 Hurdles/60 Hurdles

- [a] Whenever possible, the 60 Hurdles shall be run instead of the 55 Hurdles.
- [b] A preliminary round shall be run if there are more than eight (8) entries.
- [c] Heat winners shall qualify for the final.
- [d] Any remaining positions in the final shall be determined by time.

[3] 200 Meters

- [a] Lanes 1 and 2 shall not be used in the 200 Meters.
- [b] A preliminary round shall be run if entries are greater than twelve (12). If there are fewer than twelve (12) entries then the event shall be run as a timed final.
- [c] A two heat final shall be run in the 200 Meters.
- [d] Heat winners shall advance to the final.
- [e] Any remaining positions in the final shall be determined by time.
- [f] In the event there are more preliminary heats than there are available lanes in the final, advancement to the final will be determined by time.

[g] For seeding purposes, lane preference in all non-final rounds of the 200 Meters shall be as follows; assuming a 6-lane track:

**Heats shall be determined using the serpentine method*

1. Lane 5
2. Lane 6
3. Lane 4
4. Lane 3

[h] For seeding purposes, lane preference in the final of the 200 Meters shall be as follows; assuming a 6-lane track:

1. Heat 2; Lane 5
2. Heat 2; Lane 6
3. Heat 1; Lane 5
4. Heat 1; Lane 6
5. Heat 2; Lane 4
6. Heat 2; Lane 3
7. Heat 1; Lane 4
8. Heat 1; Lane 3

[4] 400 Meters

[a] Lanes 1 and 2 shall not be used during the running of the 400 Meters races.

[b] A preliminary round shall be run if entries are greater than twelve (12). If there are fewer than twelve (12) entries then the event shall be run as a timed final.

[c] A two heat final shall be run in the 400 Meters.

[d] Heat winners shall advance to the final.

[e] Any remaining positions in the final shall be determined by time.

[f] In the event there are more preliminary heats than there are available lanes in the final, advancement to the final will be determined by time.

[g] For seeding purposes, lane preference in all non-final rounds of the 400 Meters shall be as follows; assuming a 6-lane track:

**Heats shall be determined using the serpentine method*

1. Lane 5
2. Lane 6
3. Lane 4
4. Lane 3

[h] For seeding purposes, lane preference in the final of the 400 Meters shall be as follows; assuming a 6-lane track:

1. Heat 2; Lane 5
2. Heat 2; Lane 6
3. Heat 2; Lane 4
4. Heat 2; Lane 3
5. Heat 1; Lane 5
6. Heat 1; Lane 6
7. Heat 1; Lane 4
8. Heat 1; Lane 3

[C] Finals – Events without Qualifying Rounds

The declared competitors in events without qualifying rounds shall be assigned to heats in the order in which their names appear on the declared performance list. Heats will be run from slowest to fastest.

[1] 800 Meters

[a] The 800 Meters shall have not more than eight (8) competitors in each race, be it a preliminary or a final. **See Rule 10, Section 4, Article 3 of the 2013/2014 NCAA Cross Country/Track & Field Rulebook.*

[b] The competitors will be assigned to their heats in the order in which their names appear on the declared performance list.

[2] Mile

[a] A “fast” heat shall be composed of the top nine (9) competitors as determined by the order in which their names appear on the declared performance list.

[b] The second heat shall be formed by placing the next nine (9) competitors as determined by the order in which their names are listed on the declared performance list.

[i] For example, the 10th through 18th times will be in the second heat, and the 19th through 27th times will be in the third heat.

[c] If there are twenty-two (22) or fewer entries, the top nine (9) times will be placed in the “fast” heat and the remaining number in the second heat.

[3] 3000 Meters

[a] A “fast” section shall be composed of the top twelve (12) competitors as determined by the order in which their names are listed on the declared performance list.

[b] The second heat, or “slow” section, shall have no more than twenty-one (21) participants.

[c] A third heat will only be formed if there are more than thirty-three (33) participants in the 3000 Meters.

[d] If there are fourteen (14) or fewer entries then the 3000 Meters will be run as one heat.

[e] The declaration of the 3000 Meters must be made 60 minutes prior to the scheduled start time of the event.

[f] No more than three (3) heats will be run in the “slow” section.

[4] 5000 Meters

[a] Women’s 5000 Meters

[i] Top 12 times in fast heat.

[ii] 14 or less entries will be run as one heat. Establish cut off for two heats.

[b] Men’s 5000 Meters

[i] Top 12 times in fast heat.

[ii] 14 or less entries will be run as one heat. Establish cut off for heats.

[5] 4x400 Relay

[a] The 4x400 Relay shall be run in heats.

[b] The heats should be split as evenly as possible, with no less than four
teams being in the fast heat.

[6] Distance Medley Relay

The Distance Medley Relay shall be conducted as a one (1) heat final, with all teams entered taking
part.

[D] Administration of Field Events

In all field events which have at least ten (10) entries and require a preliminary round, nine (9) athletes shall advance to the finals.

[1] Warm-Ups

[a] The Games Committee shall determine the length of time allowed for warm-up before the start of each flight.

[b] Within an event, each flight shall be given the same amount of time to warm-up and no more or no less.

[c] It is the responsibility of the event official to monitor and track the time provided for warm-ups.

[2] High Jump and Pole Vault

[a] In the high jump and pole vault, each competitor is allowed an attempt in the order in which the competitor’s name has been drawn by lot.

[b] When there are large fields in the high jump or pole vault, as determined by the games

committee, it is advisable to establish continuing flights of 5 competitors (five-alive method). Once an athlete has cleared or missed 3 attempts at a height, another athlete shall be added to that position in the continuing flight, moving down the listed order of competition until all competitors have completed attempts at each height. Therefore, jumps attempted by competitors would not be separated by more than 4 attempts from other athletes at any height.

[c] When the number of competitors remaining at a given height is fewer than 9, the 5-alive system is abandoned and replaced by a continuous flight until the next height change.

[d] Starting Heights

The starting height for high jump and pole vault shall be determined by the following formula. Using the declared entry marks, discard the highest and the lowest marks and average the remaining marks. Then, drop down three (3) natural increments and set the starting height at the nearest height that aligns with a current national qualifying standard. "No Marks" (NM) shall not be used when establishing starting heights.

[i] The Games Committee may approve a different starting height if it is believed that said starting height will provide competitors a greater opportunity to attain a mark that will qualify them for the national championships rather than the qualifying standard.

[3] Throwing Events, Long Jump and Triple Jump

[a] The competitors shall be assigned to first round flights in the order in which their names appear on the declared performance list. Within each flight, however, the order in which they compete shall be determined by random selection.

[b] There shall be no more than twelve (12) participants in each flight; however, only one (1) flight shall be contested if there are thirteen (13) or fewer competitors.

[c] Every attempt shall be made to have an equal number of competitors in each flight. If the number of declared competitors does not allow the size of the flights to be equal then the flight with the higher ranked competitors shall have more.

[E] Administration of Combined Events

[1] Seeding

[a] The following events shall be seeded based upon marks attained during the current season and that appear on the conference performance list:

- 55/60 Meters
- 55/60 Hurdles

[b] Competitors in the Pentathlon 800 Meters (women) and the Heptathlon 1000 Meters (men) shall be seeded based upon their current standing in the combined event with the competitor with the highest score assigned to Position #1. The competitor with the second highest score will be assigned to Position #2 with this pattern repeating until all positions have been assigned.

[2] Results/Scores

[a] A hard copy of the scores and standings shall be provided to each institution's combined event coach at the conclusion of each event within the combined events.

[b] The announcer shall announce the scores and standings before the start of the next event within the combined events.

MEET ADMINISTRATION – OUTDOOR TRACK & FIELD

[A] Administration of Running Events

[1] Formation of Heats and Lane Assignments – Running Events in lanes

[a] The competitors shall be assigned to first-round heats in the order in which their names appear on the declared performance list using the serpentine method. Two or more athletes from the same team may fall in the same heat.

[b] Heat order shall be selected randomly in all non-final rounds.

[e] In all subsequent non-final rounds, heats shall be assigned using the mark attained in the previous round using the serpentine method.

[c] In those events in which more than 2 rounds are contested, it is preferred that at least 2 qualifiers from each heat advance to the next round.

[d] In all running events which have at least nine (9) entries and require a preliminary round, only eight (8) athletes shall advance to the finals.

[e] In all final or subsequent rounds, lanes shall be assigned using the mark attained in the previous round and the criteria described later in this section.

[f] For seeding purposes, preferred lanes in all rounds for events that start and end in lanes – assuming an 8-lane track – are as follows:

1. Lane 4
2. Lane 5
3. Lane 3
4. Lane 6
5. Lane 2
6. Lane 7
7. Lane 1
8. Lane 8

[3] Formation of Heats – Running Events not in lanes

[a] In general, the declared competitors shall be assigned to heats in the order in which their names appear on the declared performance list.

[b] The number of competitors in each heat varies by event. Please see the specific event descriptions below.

[B] Finals – Events with Qualifying Rounds

[1] 100 Meters, 200 Meters, 100/110 Hurdles

[a] The number of runners shall not exceed the number of lanes available for the race, be it preliminary or final.

[b] A preliminary round shall be run if there are more than eight (8) entries.

[c] Heat winners shall qualify for the final.

[d] Any remaining positions in the final shall be determined by time.

[e] If the host facility has nine (9) lanes or more then the number of competitors that qualify for the finals shall correspond with the number of lanes available.

[C] Finals – Events without Qualifying Rounds

[1] 400 Meters, 400 Hurdles

[a] The number of runners shall not exceed the number of lanes available for the race, be it preliminary or final.

[2] 800 Meters

[a] The top 12 times placed on a declared performance list shall be placed in the fast heat.

[b] Subsequent heats shall have no more than 12 runners and no fewer than 6 runners with the goal of maximizing the number in each heat until no longer possible.

[3] 1500 Meters, Mile

[a] The top 15 times placed on a declared performance list shall be placed in the fast heat.

[b] Subsequent heats shall have no more than 15 runners and no fewer than 6 runners with the goal of maximizing the number in each heat until no longer possible.

[4] 3000 Steeplechase

[a] If there are 20 or fewer participants then only 1 section shall be run.

[b] If there are more than 20 participants, then the top 14 declared times shall be placed in the fast heat.

[5] 5000 Meters

- [a]** If there are 24 or fewer participants then only 1 section shall be run.
- [b]** If there are more than 24 participants, then the top 16 declared times shall be placed in the fast heat.

[6] 10,000 Meters

- [a]** All declared competitors shall compete in one (1), timed final section.
- [b]** If men's and women's fields are small, the Games Committee can approve running the men's and women's races together.

[7] Relays

[a] 4x100 Relay.

- [i]** The 4x100 Relay shall be run as a timed final.
- [ii]** If there are more than eight (8) entries then the 4x100 Relay shall be run in a two heat timed final.
- [iii]** The two heats shall be split as evenly as possible, with no less than five teams in the fast heat.
- [iv]** The greater number of teams shall be in the fast heat.
- [ii]** The host institution is responsible for assigning exchange zone judges.
- [iii]** Zone 1 shall have two judges. Each of the other two zones shall have one judge.

[b] 4x400 Relay

- [i]** The 4x400 Relay shall be run as a timed final.
- [ii]** If there are more than eight (8) entries then the 4x400 meter relay shall be run in a two heat timed final.
- [iii]** The two heats shall be split as evenly as possible, with no less than five teams in the fast heat.
- [iv]** The greater number of teams shall be in the fast heat.

[B] Administration of Field Events

In all field events which have at least ten (10) entries and require a preliminary round, nine (9) athletes shall advance to the finals.

[1] Warm-Ups

- [a]** The Games Committee shall determine the length of time allowed for warm-up before the start of each flight.
- [b]** Within an event, each flight shall be given the same amount of time to warm-up and no more or no less.
- [c]** It is the responsibility of the event official to monitor and track the time provided for warm-ups.

[2] High Jump and Pole Vault

- [a]** In the high jump and pole vault, each competitor is allowed an attempt in the order in which the competitor's name has been drawn by lot.
- [b]** When there are large fields in the high jump or pole vault, as determined by the games committee, it is advisable to establish continuing flights of 5 competitors (five-alive method). Once an athlete has cleared or missed 3 attempts at a height, another athlete shall be added to that position in the continuing flight, moving down the listed order of competition until all competitors have completed attempts at each height. Therefore, jumps attempted by competitors would not be separated by more than 4 attempts from other athletes at any height.
- [c]** When the number of competitors remaining at a given height is fewer than 9, the 5-alive system is abandoned and replaced by a continuous flight until the next height change.
- [d] Starting Heights**
The starting height for high jump and pole vault shall be determined by the following formula. Using the declared entry marks, discard the highest and lowest marks and average the remaining

marks. Then, drop down three (3) natural increments and set the starting height at the nearest height that aligns with a current national qualifying standard. "No Marks" (NM) shall not be used when establishing starting heights.

[i] The Games Committee may approve a different starting height if it is believed that said starting height will provide competitors a greater opportunity to attain a mark that will qualify them for the national championships rather than the qualifying standard.

[3] Throwing Events, Long Jump and Triple Jump

[a] The competitors shall be assigned to first round flights in the order in which their names appear on the declared performance list. Within each flight, however, the order in which they compete shall be determined by random selection.

[b] There shall be no more than twelve (12) participants in each flight; however, only one (1) flight shall be contested if there are thirteen (13) or fewer competitors.

[c] Every attempt shall be made to have an equal number of competitors in each flight. If the number of declared competitors does not allow the size of the flights to be equal then the flight with the higher ranked competitors shall have more.

[C] Administration of Combined Events

[1] Seeding

[a] The following events shall be seeded based upon marks attained during the current season and that appear on the conference performance list:

- 100 Meters
- 100/110 Hurdles
- 200 Meters
- 400 Meters

[b] Competitors in the Heptathlon 800 Meters (women) and the Decathlon 1500 Meters (men) shall be seeded based upon their current standing in the combined event with the competitor with the highest score assigned to Position #1. The competitor with the second highest score will be assigned to Position #2 with this pattern repeating until all positions have been assigned.

[2] Results/Scores

[a] A hard copy of the scores and standings shall be provided to each institution's combined event coach at the conclusion of each event within the combined events.

[b] The announcer shall announce the scores and standings before the start of the next event within the combined events.

SCHEDULE OF EVENTS

The meet director/games committee may alter the order of events if the constraints of the facility require such a change to ensure the safety of athletes, coaches and spectators. Such a change should be conspicuously noted in the meet information letter provided to all head coaches twenty-one (21) days prior to the start of the meet.

The following is a list of events in the order in which they are to be contested:

[1] Indoor.

FRIDAY EVENTS

COMBINED EVENTS

Women Pentathlon

Men Heptathlon

FIELD EVENTS

Men's Pole Vault Final

Men Weight Throw Final

Men's Long Jump Final

Women Weight Throw Final

Women Long Jump Final

RUNNING EVENTS

Women's 60 Hurdles Prelims

Men's 60 Hurdles Prelims

Women's 400 Meters Prelims

Men's 400 Meters Prelims

Women's 60 Meters Prelims

Men's 60 Meters Prelims

Women's 5,000 Meters Final

Men's 5,000 Meters Final

Women's 200 Meters Prelims

Men's 200 Meters Prelims

Women's Distance Medley Relay Final

Men's Distance Medley Relay Final

SATURDAY EVENTS

COMBINED EVENTS

Men's Heptathlon

FIELD EVENTS

Women's Triple Jump Final

Men's Shot Put Final

Women's High Jump Final

Men's Triple Jump Final

Women's Shot Put Final

Men's High Jump Final

Women's Pole Vault Final

RUNNING EVENTS

Women's Mile Final

Men's Mile Final

Men's 60 Hurdles Final

Women's 60 Hurdles Final

Women's 400 Meters Final

Men's 400 Meters Final

Women's 60 Meters Final

Men's 60 Meters Final

Women's 800 Meters Final

Men's 800 Meters Final

Women's 200 Meters Final

Men's 200 Meters Final

Women's 3,000 Meters Final

Men's 3,000 Meters	Final
Women's 4 x 400 Meters Relay	Final
Men's 4 x 400 Meters Relay	Final

[2] Outdoor.

FRIDAY EVENTS

COMBINED EVENTS

Women's Heptathlon
Men's Decathlon

FIELD EVENTS

Women's Triple Jump	Final
Men's Triple Jump	Final
Women's Hammer	Final
Men's Javelin	Final
Men's Hammer	Final
Women's High Jump	Final
Men's High Jump	Final
Women's Javelin	Final
Men's Hammer	Final
Men Long Jump	Final
Women's Pole Vault	Final

RUNNING EVENTS

Women's 100 Meters	Prelim
Men's 100 Meters	Prelim
Women's 3000 Steeplechase	Final
Men's 3000 Steeplechase	Final
Women's 100 Hurdles	Prelim
Men 110 Hurdles	Prelim
Women's 200 Meters	Prelim
Men 200 Meters	Prelim
Women's 10,000 Meters	Final
Men's 10,000 Meters	Final

SATURDAY EVENTS

COMBINED EVENTS

Women's Heptathlon
Men's Decathlon

FIELD EVENTS

Men's Long Jump	Final
Women's Long Jump	Final
Men's Discus	Final
Women's Shot Put	Final
Men's Shot Put	Final
Women's Discus	Final
Men's Pole Vault	Final

RUNNING EVENTS

Men's 4x100 Relay	
Women's 4x100 Relay	Final
Men's 110 Hurdles	Final
Women's 100 Hurdles	Final
Women's 400 Meters	Final
Men's 400 Meters	Final
Women's 100 Meters	Final
Men's 100 Meters	Final
Women's 800 Meters	Final
Men's 800 Meters	Final
Women's 400 Hurdles	Final
Men's 400 Hurdles	Final
Women's 200 Meters	Final
Men's 200 Meters	Final
Women's 5000 Meters	Final
Men's 5000 Meters	Final
Women's 4x400 Relay	Final
Men's 4x400 Relay	Final

GLVC Track and Field Championship Protest Form

All protests must be submitted in writing on the designated protest form. Protests must be filed no later than **thirty (30) minutes** after the posting of the results of the particular event. Protests must be filed at the meet administration table with the meet referee. The referee's decision shall be written on the protest form. A copy shall be made and returned to the protesting coach. The original shall be placed in the meet director's files.

The protesting coach may petition the matter to the Rules Interpretation Committee by filing a written request after the referee's decision has been made. The committee's decision will be written on the appeal form and returned to the coach who made the appeal. No further action is allowed.

School	
Coach's Name	
Event	

Description of incident

Time of Protest		Date	
Coach's Signature			

Referee's Decision

Referee's Signature	
Date	

GLVC Track and Field Championship Appeal Form

Regarding Protest Ruling by Meet Referee

The protesting coach may petition the matter to the Rules Interpretation Committee by filing a written request after the referee's decision has been made. The committee's decision shall be written on the appeal form and returned to the coach who made the appeal. No further action is allowed.

School	
Coach's Name	
Event	

Rationale for Appeal

Time of Appeal		Date	
Coach's Signature			

Rules Interpretation Committee Decision

Committee Chair Signature	
Date	

2014 GLVC INDOOR TRACK AND FIELD RELAY CARD

☐ Men's Division

☐ Women's Division

School _____ State _____

Check one: ☐ 1,600 Meter Relay
☐ Distance Medley Relay

PLEASE PRINT THE FOLLOWING:

Athlete _____ Running Number _____

Athlete _____ Running Number _____

Athlete _____ Running Number _____

Athlete _____ Running Number _____

Coach's Name

Coach's Signature

2014 GLVC INDOOR TRACK AND FIELD RELAY CARD

☐ Men's Division

☐ Women's Division

School _____ State _____

Check one: ☐ 1,600 Meter Relay
☐ Distance Medley Relay-PRELIM or FINALS (circle)

PLEASE PRINT THE FOLLOWING:

Athlete _____ Running Number _____

Athlete _____ Running Number _____

Athlete _____ Running Number _____

Athlete _____ Running Number _____

Coach's Name

Coach's Signature