



**MOUNTAIN PACIFIC SPORTS FEDERATION  
INDOOR TRACK AND FIELD CHAMPIONSHIPS  
2026 Participant Manual**

Cal State Fullerton • CSUN  
Hawaii • Long Beach State • Pacific  
Pepperdine • Portland • Saint Mary's  
University of San Francisco  
UC Davis • UC Irvine • UC Riverside  
Washington State • Oregon State

**Sunday, March 1 – Monday, March 2, 2026**

**Reno-Sparks Convention Center  
Reno, NV**



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## CHAMPIONSHIP PERSONNEL

Executive Director	Foti Mellis (805) 235-9055 fmellis@mpsports.org
Associate Commissioner	Steve Robertello (559) 790-2191 steve@mpsports.org
Meet Technical Director	Raul Sheen (206) 419-4207 raulsheen@outlook.com
MPSF Media Relations	Darren Preston (818) 943-2033 dp725@sbcglobal.net
Reno Sports Contact	Shelli Fine, Director of Sports Development (775) 232-2121 SFine@visitrenotahoe.com
Reno Sports Contact	Donnie Nelson, Track and Field Specialist 775-450-0033 DNelson@visitrenotahoe.com
Officials Contact	Anthony Davis, Track and Field Specialist 775-685-4463 nntoaemail@gmail.com
Meet Referee	Rick Sloan (509) 432-1146 ricksloan1968@gmail.com
Timing Contact	Sean Laughlin, Record Timing (415) 786-2550 sean@recordtiming.com
Host Athletic Trainer	Justin Whitehouse (559) 679-5711
MPSF Website Host Website	www.mpsports.org www.visitrenotahoe.com



## CHAMPIONSHIP CALENDAR

- **Friday, January 30** List of ALL POTENTIAL competitors due to Raul Sheen by 5:00
- Friday, January 30 T-shirt order form due to Steve Robertello by 5:00
- **Tuesday, February 24** **MPSF Championship Team Roster Forms due to Raul Sheen by 5:00**
- **Thursday, February 26** **Final Declaration of entries through [www.directathletics.com](http://www.directathletics.com) due by 5:00**
- Friday, February 27 Ranked Performance List emailed to head coaches by 5:00
- **Saturday, February 28** **All scratches due to Raul Sheen by 12:00 noon**
- Saturday, February 28 Reno-Sparks Convention Center is open for Practice from 5:00-9:00 pm
- Saturday, February 28 5:30 pm Championship Technical Meeting at Reno-Sparks Convention Center E 1
- Saturday, February 28 Championship packet and T-shirt pick up at the Technical Meeting
- Sunday, March 1 Day 1 MPSF Championship Meet at Reno-Sparks Convention Center
- Monday, March 2 Day 2 MPSF Championship Meet at Reno-Sparks Convention Center

## INDOOR TRACK AND FIELD TECHNICAL MEETING

*Head coaches are required to attend, and each coach may bring two assistants. This meeting will review guidelines, seeding, heat sheets, and scratch declaration. Jump progressions and seeding will generally be set prior to the meeting, but adjustments to starting heights may be discussed and voted upon. Please help keep this meeting focused and on point.*

### Agenda & Logistics

1. Welcome
2. Review Participant Handbook (to include the following)
3. Venue Logistics – Reno-Sparks Convention Center Information
  - Parking
  - Credentials
  - Coaches Hospitality – Room E 1
  - Protest Desk – Located at the Clerk’s table
  - Referee(s)
  - Team Camp Area – Rooms F 1-8. Pole storage F 9
4. Meet Logistics
  - Other Personnel
  - Scratches
  - Jumps Progression
  - Review Guidelines
  - Warmups
  - Check-in Process
5. Timing Company – Record Timing (Sean Laughlin)
6. Sports Medicine and Emergency Medical Services – Located in the southeast corner of the venue
7. Sportsmanship & Conduct – All student-athletes, coaches, and athletic department personnel are fully expected to maintain the highest level of sportsmanship and decorum while participating in MPSF competition. Using profane language or inappropriate displays of disrespect will not be tolerated. Head coaches are responsible and held accountable for the conduct of their teams. The Executive Director will review all conduct-related issues, and individuals may be subject to additional sanctions over and above those mandated by the NCAA. Should a breach of sportsmanship or professionalism occur, details will be forwarded to the Athletic Director of the team(s) involved.
8. National Anthem
9. Awards



## Competition Schedule

Reno-Sparks Convention Center will be open for warmup at 8:00 am

### Sunday, March 1, Day 1 Schedule

2:30p	Women's Pole Vault – <i>Silver</i>	Final
3:45p	Women's Weight Throw	Final
4:30p	Men's Pole Vault – <i>Blue</i>	Final
5:00p	Women's High Jump – <i>PIT 1</i>	Final
5:00p	Women's Long Jump – <i>Blue</i>	Final
5:00p	Men's Long Jump – <i>Silver</i>	Final
5:30p	Men's Weight Throw	Final

10:00a	Men's Heptathlon: 60 Meter Dash	Final
10:30a	Women's Pentathlon: 60 Meter Hurdles	Final
2:50p	National Anthem	
3:00p	Women's 60 Meter Hurdles	Prelims
3:15p	Men's 60 Meter Hurdles	Prelims
3:30p	Women's 60 Meter Dash	Prelims
3:45p	Men's 60 Meter Dash	Prelims
4:00p	Women's 5000 Meter Run	Final
4:25p	Men's 5000 Meter Run	Final
4:50p	Pentathlon: Women's 800 Meter Run	Final
5:00p	Women's 200 Meter Dash*	Final
5:30p	Men's 200 Meter Dash*	Final
5:50p	Women's Distance Medley Relay	Final
6:15p	Men's Distance Medley Relay	Final

\*Races to be contested as timed-section Finals

### COMBINED EVENTS

10:30a	Women's Pentathlon: 60 Meter Hurdles
11:30a	Women's Pentathlon: High Jump – <i>2 Pits</i>
1:30p	Women's Pentathlon: Shot Put
3:15p	Women's Pentathlon: Long Jump – <i>2 Pits</i>
4:50p	Women's Pentathlon: 800 Meter Run
10:00a	Men's Heptathlon: 60 Meter Dash
10:45a	Men's Heptathlon: Long Jump – <i>Blue</i>
11:45a	Men's Heptathlon: Shot Put
1:30p	Men's Heptathlon: High Jump – <i>PIT 2</i>



## Competition Schedule

Reno-Sparks Convention Center *will be open for warmup at 7:00 am*

### Monday, March 2, Day 2 Schedule

9:30a	Women's Shot Put	Final
10:00a	Women's Triple Jump – <i>Blue</i>	Final
10:00a	Men's Triple Jump – <i>Silver</i>	Final
11:00a	Men's High Jump – <i>PIT 1</i>	Final
11:15p	Men's Shot Put	Final

<i>8:50a</i>	<i>National Anthem</i>	
9:00a	Women's 60 Meter Hurdles	Final
<i>9:10a</i>	<i>Heptathlon: Men's 60 Meter Hurdles</i>	<i>Final</i>
9:20a	Men's 60 Meter Hurdles	Final
9:30a	Women's 60 Meter Dash	Final
9:35a	Men's 60 Meter Dash	Final
9:45a	Women's 1 Mile Run*	Final
10:05a	Men's 1 Mile Run*	Final
10:20a	Women's 400 Meter Dash*	Final
10:45a	Men's 400 Meter Dash*	Final
11:15a	Women's 800 Meter Run*	Final
11:30a	Men's 800 Meter Run*	Final
11:40a	Women's 3000 Meter Run*	Final
12:20p	Men's 3000 Meter Run*	Final
<i>12:35p</i>	<i>Heptathlon: Men's 1000 Meter Run</i>	<i>Final</i>
12:45p	Women's 4x400 Meter Relay*	Final
1:00p	Men's 4x400 Meter Relay*	Final

1:15p	<b>TEAM AWARDS</b>	
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\*Races to be contested as timed-section Finals

### COMBINED EVENTS

9:10a	Men's Heptathlon: 60 Meter Hurdles
10:00a	Men's Heptathlon: Pole Vault – <i>Blue</i>
12:35p	Men's Heptathlon: 1000 Meter Run



## **RENO-SPARKS CONVENTION CENTER GENERAL INFORMATION**

### **Coaching Boxes**

Coaches' areas will be clearly marked around the perimeter of the track for the jumping events. Only coaches for that event will be allowed in coaching boxes. Student-athletes not participating must be in the bleachers. **At the conclusion of the 60m and 60mH** (4:00 pm Sunday /9:45 am Monday), the eight lanes of the straightaway between the start line and a hurdle barricade (at the back of HJ) will serve as an additional coaching box for the jumping events. Only coaches of athletes actively participating in jumping events are allowed in the infield coaching box. Rules and procedures that apply to coaches' boxes outside the competition area shall also apply to this infield coaches' box. Athletes are **NOT** allowed on the infield except those athletes competing in a flight that is in progress. Please honor these requests to keep the infield safe for all competing student-athletes.

### **Corral/Team Camp Area**

Each team will receive a designated location in the team camp area (rooms F 1-8). ***There will be no team camping in the warmup area.***

### **Entering & Exiting the Field of Competition**

All competitors will be escorted to the start or competitive venue by an official. Only **currently competing** student-athletes and track & field officials are allowed in the competition area. Medical personnel may enter the competition area in the event of an injury or illness to provide medical assistance. Coaches are not permitted to enter the competition area at any time (see exception for jumping events under "Coaching Boxes").

### **Field Event Competition Specs**

- Long Jump/Triple Jump Runways (2 each): 172-5 (52.55 meters)
- Long Jump take-off board to pit: 8-0 (2.44 meters)
- Triple Jump take-off boards to pit: 36-1 (11 meters) and 42-8 (13 meters)
- Pole Vault Runways (2): 131-3 (40 meters)
- Throws: Board throwing ring (1) with removable toe board

### **Food and Drinks**

There is a strict policy regarding outside food and beverages. Teams are NOT allowed to bring or order food delivered to The Reno-Sparks Convention Center unless it is picked up when leaving the facility. Food is available for purchase in the venue. Student-athletes may bring snacks, such as energy bars, energy chews, and other performance-related items, provided they are in their backpacks. These items may be consumed in the team camp or warmup area. Student-athletes may bring a refillable water bottle. **Food is expressly prohibited on the competition floor.**

### **Hospitality**

Coaches and team staff hospitality is located in room E1. Student-athletes are prohibited from accessing this area.

### **National Anthem**

The National Anthem will be played at 2:50 pm prior to the Women's 60 meter hurdles prelims on Day 1 and at 8:50 am prior to the Women's 60 meter hurdles Final on Day 2.

### **Parking**

After dropping off your team, please park in the lots listed below:

- Bus parking is located in Lot C
- Van/Car parking is located in Lot A&B

**Upon arrival at the Reno-Sparks Convention Center, Van/Car/Bus parking passes will be provided to each team.**



**Pole Vault Pole Storage**

Poles may be stored in room F 9 (located across the team entry hallway from the Team Camp area)

**Practice**

Reno-Sparks Convention Center will be available for practice on Saturday, February 28, from 5:00-9:00 pm. Please note that, for student-athlete safety and in accordance with NCAA rules, **headphones/electronic devices are not allowed** in the warm-up or competition areas **at any time during warmup practice/training/competition**. Coaches are responsible for ensuring their student-athletes are informed that the use of headphones/electronic devices are **not** allowed in these areas.

**Saturday Practice Schedule for throws:**  
**Weight Throw 5:00 – 7:00**  
**Shot Put 7:00 – 9:00**

**Results**

Timing and live results will be available through the **Record Timing** website: [www.rtspt.com](http://www.rtspt.com)

**Spikes**

Only **1/4” Pyramid** spikes are allowed on all running and jumping surfaces. The only exception is **High Jump**, where **3/8” spikes** will be allowed. Spikes will be checked, and those not meeting the regulations must be replaced. No pin/needle/Christmas tree spikes will be allowed on the competition floor or warmup area. Please be courteous and bring your own replacement spikes.

**Sports Medicine/Emergency Services**

The athletic training/medical location is in the Southeast corner of the competitive venue. Certified athletic trainers hired through Reno Sports will be available for limited services, including ice, acute, and urgent injury care. Additionally, an EMT will be on hand to cover both days of the meet.

**Ticket Information**

General Admission tickets are available at the ticket window in the Hall 4 entryway of Reno-Sparks Convention Center. Single-day tickets are available — discounts for students, children under 12, and first responders.

<b><u>Ticket prices are as follows:</u></b>	<b><u>Daily</u></b>
Adult General Admission	\$17
Student/Youth General Admission	\$12

**Venue Policies and Procedures**

All participants, including student-athletes, coaches, and staff, must comply with Reno-Sparks Convention Center policies and procedures. Visit <https://www.visitrenotahoe.com/event-venues/reno-sparks-convention-center>.

**Warmup Area**

The primary warmup area is located west of the main bleachers (Hall 5). Additionally, preliminary jogging may be performed in the TEAM ENTRY hallway or the team camp area.

- **Warmup lanes are ONLY for actively warming**
- **No bags or team camping allowed on warmup lanes**
- **Warmup lanes must ONLY be used running from north to south**

**Headphones and electronic devices are not permitted in the warmup area at any time for student-athlete safety.** Coaches are responsible for informing their students of this.



## **MPSF CHAMPIONSHIP ADMINISTRATIVE GUIDELINES**

### **Artificial Noisemakers**

Artificial noisemakers, such as cowbells, vuvuzelas, horns, thunder sticks, and whistles, are prohibited at MPSF sporting events. Event management staff will ask those using such devices to stop. If the individual(s) continue this behavior, the noisemakers should be confiscated, and/or the offending individual(s) may be escorted from the venue.

### **Awards**

The MPSF will present awards for the top three places in each event and winning relay teams. Award winners will receive individual awards during the awards ceremony, which will be held immediately following the conclusion of each event. The team champion and the men's and women's high-point awards ceremony will take place following the conclusion of the meet. The MPSF will first recognize the men's and women's high-point MPSF Champions. After the high-point presentation, the men's and women's team champions will be awarded. When introduced, the Executive Director will hand each individual a championship memento. The Executive Director will then present the championship trophy to the team's captain(s).

### **Best Marks**

MPSF Performance Lists shall be available weekly on [www.tfrrs.org](http://www.tfrrs.org).

### **Credentials**

Coaches and staff will be issued a waterproof wristband that serves as their credential and grants access to all facility areas except the streaming and timing areas. Security throughout the facility is instructed to actively monitor credentials in all areas.

Competitor Bibs will give student-athletes access to the building. Please plan to distribute bibs prior to entering the facility on Sunday and Monday. Student-athletes are expressly prohibited from accessing coaches' hospitality. Student-athletes, coaches, and staff will only be permitted to enter the facility with proper access credentials.

### **Entries and Entry Errors**

Championship entries must be completed online at [www.directathletics.com](http://www.directathletics.com). MPSF Championship entries close at **5:00 pm Pacific Time on Thursday, February 26**. By 5:00 pm on Friday prior to the Championships, the Meet Technical Director will distribute the Ranked Performance List via email. The DirectAthletics online meet entry system provides an entry receipt, which coaches should examine carefully for the accuracy of events entered and seed marks. Coaches should contact **Raul Sheen ([raulsheen@outlook.com](mailto:raulsheen@outlook.com))** prior to the entry deadline with any errors.

### **Health and Safety**

As part of preparation and planning to host and/or participate in championship events, member institutions are reminded and encouraged to review all applicable health and safety policies, legislative requirements, and guidance, including, among others, those relating to concussion management, catastrophic injury prevention, inclement weather, and independent medical care. These requirements and related information may be found in applicable division manuals, sports playing rules, and the NCAA Sport Science Institute website materials. Additionally, a summary of key health and safety considerations for traveling to championship events is available in the NCAA's Guidance for Medical Care and Coverage for Student-Athletes at Away Events. The decision to cancel, postpone, or suspend an MPSF Conference Championship contest due to weather quality will be made by the MPSF Games Committee and the host Certified Athletic Trainer present at the practice or competition site.

### **Live Streaming**

Live video stream coverage of the two-day meet will be provided by RunnerSpace.



### **Meet Management**

Meet Management will consist of Foti Mellis, Steve Robertello, Raul Sheen, and/or any other individuals appointed by the Executive Director.

### **Meet Officials**

Officials for the 2026 MPSF Indoor Track and Field Championships are provided by Tori Busto and NNTOA.

### **Meet Program**

The Meet Program will be distributed electronically to Head Coaches following any late scratches (Saturday, 12:00 pm). After distribution, changes will be made only if Meet Management determines the element of competition is compromised.

### **Meet Scratches**

**ANY** scratch made **after the close of declarations** (Thursday, 5:00 pm) eliminates that athlete from **ALL EVENTS**.

### **MPSF Championship Participant T-Shirts**

Institutions are required to order a participant t-shirt for each student-athlete in their official travel party. Institutions are responsible for the cost of each t-shirt ordered, and there is no limit to the number that may be ordered.

### **Official Travel Party**

The official travel party may include up to 67 individuals (a maximum of 27 student-athletes per gender and 13 coaches/team personnel). Championship credentials will be based on this list. Complete the enclosed **MPSF Championship Team Roster Forms (Appendices B, C, D)** and return them to **Raul Sheen (raulsheen@outlook.com)** by **5:00 pm Pacific Time on Tuesday, February 24**.

### **Photographers**

The MPSF has retained a photographer to capture photos throughout the meet, including shots of the awards ceremony and the championship team. Upon request, photos will be provided to the institution through the institution's Sports Information Director for the institution's use. Photo credentials may be issued to legitimate news agencies, but not to commercial photographers who sell photos. Spectators who wish to photograph any part of the event may do so from public areas or the seating area, but may not enter credentialed-only areas or block the view of any spectators. Flash photography is not permitted at any time. Professional-style lenses are not permitted in the venue unless the user has been issued a photographer's credential in advance by the MPSF. They are also not permitted in the stands unless the individual has been preauthorized to use the lens from the stands and is not blocking the view of any spectators. Photo credentials should be requested from **Darren Preston (dp725@sbcglobal.net)**.

### **Schedule and Gender Order**

Meet Management, with coaches' input, will establish the schedule of events contested each day. In even-numbered years, the women's events precede the men's events. In odd-numbered years, the men's events precede the women's events. The Final schedule (allowing for field sizes) will be distributed following the Final Declaration of entries.

### **Sportsmanship and Conduct**

All student-athletes, coaches, and athletic department personnel are fully expected to maintain the highest level of sportsmanship and decorum while participating in MPSF competition. Using profane language or inappropriate displays of disrespect will not be tolerated. Head coaches are responsible and held accountable for the conduct of their teams. The Executive Director will review all conduct-related issues, and individuals may be subject to additional sanctions over and above those mandated by the NCAA. Should a breach of sportsmanship or professionalism occur, details will be forwarded to the Athletic Director of the team(s) involved.



### **Squad Size**

The maximum number of student-athletes who may compete in the MPSF Championship is 27 for each men's and women's squad. Participating teams must field a minimum of 14 student-athletes for each gender.

### **Team Uniform**

All competitors must follow current NCAA uniform guidelines (Rule 6-4.1, 2) and wear exclusively the official team uniforms of their institution. Coaches must also wear appropriate team attire, identifying them by their institution.

## CHAMPIONSHIP TECHNICAL GUIDELINES

### Seeding

The MPSF's Technical Director shall seed this championship meet in conjunction with MPSF Championship guidelines and NCAA Championship rules.

- **Seeding Marks:**

If an athlete has an established indoor mark for the current indoor season, that mark shall be used for seeding. If an athlete does not have a mark from the current indoor season, they shall be entered with **NT/NM** and seeded accordingly.

### Clerking Procedures

- **Running Events:**

Check-in is at the Clerk, located in the warm-up area directly behind the main bleachers. Student-athletes may **check in** with the Clerk at any time, but **no later than** 30 minutes prior to the scheduled start of the running event. **The EXCEPTION is the WOMEN'S 3000m, for which the check-in is no later than 60 minutes prior to the scheduled start time of the race.** Student-athletes must **report** back to the clerking area no later than 10 minutes before the scheduled start time for instructions and to be escorted to the start line.

- **Field Events:**

Check-in is at the Clerk, located in the warm-up area directly behind the main bleachers. Student-athletes will be escorted **by flight** to the competition site for event-specific warmups. **Vertical Jumps** shall utilize a general warmup for all competitors. **Horizontal Jumps and Throws** shall utilize a 20-minute flight-specific warmup (30 minutes shall be allotted if the event is contested in one flight). Field event athletes may **check in** with the Clerk at any time, but **no later than** the following times before the scheduled start. Student-athletes must **report** back to the Clerk at the following times for instructions and to be escorted to the field for competition.

	<u>Check-In</u>	<u>Report Time</u>
High Jump	70 minutes	60 minutes before the scheduled start
Pole Vault	100 minutes	90 minutes before the scheduled start
Horizontal Jumps & Throws	40 minutes	Flight 1 – 30 minutes <b>before</b> scheduled start Flight 2 – 25 minutes <b>after</b> scheduled start Flight 3 – 85 minutes <b>after</b> scheduled start
One Flight Only	50 minutes	40 minutes before the scheduled start

### Implement Inspection

The inspection is behind the grandstands near the throwing cage. Weigh-in will be open on Sunday and Monday. **If shots used in a combined event competition are to be used in an open competition, they must be recertified.**

<u>Days</u>	<u>Open Times</u>
Sunday	8:00 am – 7:00 pm
Monday	7:00 am – 2:00 pm



## **Protests**

Protests shall be made in writing at once and not later than 15 minutes after the results have been deemed official and time-stamped for:

1. the heat, section, or final in running events,
2. each round of horizontal field events,
3. the competition in vertical jumps.

Meet officials must remain on site for a minimum of 15 minutes following the conclusion of their event(s).

**PROTEST FORMS will be located in the Clerking Area.**

## **Relay Cards**

Relay cards shall be submitted to the Clerk **no later than 15 minutes prior** to the scheduled start of the relay event.

## **Responsibility of the Competitor**

Misconduct, failure to participate, assistance, abandonment, and other rules pertaining to participation are all in effect for the MPSF Championships. (Including, but not limited to, NCAA Rules 1-42, 6-1, 6-2, 4-18, and Code of Conduct)

## **Shoe Check**

**All** shoes must be checked for spike length. Selected competitors will have their shoes checked for compliance with WA and NCAA rules and regulations. Shoe check officials are located near the Clerk's table.

## **Timed-Section Finals**

All events conducted as timed-section finals shall start with the slowest seeded section first, with subsequent sections in ascending order to the fastest seeded section last.

### **Exception**

- 60m and 60m Hurdles shall be contested as a Preliminary and Final

## **Running Events**

### **Sprints and Hurdles:**

#### **First round: 60m and 60m Hurdles**

1. Using the Ranked Performance List (fastest to slowest), place entries into heats working alternately left to right, then right to left throughout (serpentine). (7-9.2a)
2. The top four (4) fastest-seeded competitors in each heat shall be drawn by lot to one of the designated top four preferred lanes (lanes 3-6). The remaining competitors in each heat shall be drawn by lot to the remaining lanes.
3. Heat order shall be drawn by lot (random).

#### **Qualifying to the Final**

1. Eight competitors shall advance to the Final.
2. If there are two or three heats, the top two places in each heat shall advance automatically (Q), and the remainder shall advance based on best time (q).
3. If there are four or more heats, heat winners only shall advance automatically (Q), and the remainder shall advance based on best time (q). (7-12.2)
4. Lane assignment for the Final shall follow NCAA Rule 7-11.3

#### **Lane Preference: 4-5-3-6-2-7-1-8**

**Ties:** For the final time qualifier (60m and 60m Hurdles) shall be resolved in the following manner:

- First Tiebreaker: Extend time to 1/1000<sup>th</sup> second (.001)
- Second Tiebreaker: Run off for final position



**200m and 400m:** Contested as Timed Section Finals

1. Using the Ranked Performance List (fastest to slowest), sections shall be formed by first seeding ranked competitors in groups of two (2) per section, **left to right only** (1<sup>st</sup> and 2<sup>nd</sup> ranked competitors assigned to the **last** section, 3<sup>rd</sup> and 4<sup>th</sup> ranked competitors assigned to the **next to last** section, and so on). Once all scheduled sections for the event have been assigned a group of two ranked competitors, the remaining competitors shall be assigned to a section based on their ranked entry performance marks, **left to right only**, one by one, throughout the sections. (7-10.2a)
2. Lanes in each section shall be assigned using entry times from the ranked performance list. (7-11.4)
3. Section order shall be slowest to fastest. (7-10.2a).
4. Lane Preference for 200m/400m: 5-6-4-3

**Relays:**

**4x400m:** Contested as a Timed Section Final

- Assignment to sections and lanes shall be based on ranked entry performance. (7-10.2b and 7-11.4)
- Lane Preference for the 4x400m Relay: 5-6-4-3-2-1

**Distance Medley:** Contested as a Final

- Assignment to a position for a waterfall start shall be drawn by lot (random).
- If the field size necessitates the use of alleys, the better seed times shall be placed in the staggered alley.

**Distances:**

**800m:** Contested as a Timed Section Final with a **maximum** of twelve (12) competitors in any section.

**Note:** The fastest section is usually limited to eight (8) competitors.

1. Assignment to sections shall be based on ranked entry performance. (7-10.2b)
2. The fastest one-third (1/3) of the seed marks in each section shall be placed in the staggered alley, and start positions within each alley shall be drawn by lot (random). (7-11.4)
3. Races shall start from alleys with a two-turn stagger.
4. Section order is slowest to fastest.

**Mile:** Contested as a Timed Section Final with a **maximum** of sixteen (16) competitors in any section.

**Note:** The fastest section is usually limited to twelve (12) competitors.

1. Assignment to sections shall be based on ranked entry performance. (7-10.2b)
2. The fastest one-third (1/3) of the seed marks in each section shall be placed in the staggered alley, and start positions within each alley shall be drawn by lot (random). (7-11.4).
3. Races shall start from alleys with a two-turn stagger.
4. Section order is slowest to fastest.

**3000m and 5000m:** Contested as a Final or in timed sections, depending on the number who REPORT. Meet management shall determine the number of competitors in each section.

**Note:** The fastest section is usually limited to eighteen (18) competitors.

1. Assignment to sections shall be based on ranked entry performance. (7-10.2b).
2. Assignment to an alley and start position shall follow MPSF seeding guidelines.
3. Races shall start from a waterfall or alleys with a two-turn stagger.
4. Section order is slowest to fastest.



## **Field Events**

1. **Shot Put, Weight Throw, Long, and Triple Jumps:** If flights are required, they shall be configured from entry marks and consist of no fewer than five (5) and no more than sixteen (16) competitors. The top entries shall be placed in the final flight. Order within each flight shall be drawn by lot (random).
2. **Qualifying to Finals:** One more than the number of scored places, including ties, shall advance to the Final. Competition order shall be in inverse order of best qualifying marks, with the best qualifier competing last.
3. **Horizontal Event Warmup:** Shot Put, Weight Throw, Long and Triple Jumps shall utilize a twenty (20) minute flight-specific warmup. If the event is contested in one flight, competitors will be allowed thirty (30) minutes for warmup. Specific details for check-in and report times can be found on page 12.
4. **High Jump/Pole Vault:** Competition order shall be drawn by lot (random). If the field size necessitates two pits, assignments shall be based on seed marks.
5. **Vertical Jump Warmup:** High Jump and Pole Vault shall utilize a general warmup period for all competitors.
  - **High Jump** – 60 minutes
  - **Pole Vault** – 90 minutes
6. **Starting Heights and Bar Progressions:** Men's and Women's High Jump and Pole Vault starting heights and progressions will be set preceding the MPSF Championships. Minor adjustments to the starting heights may be made at the Technical Meeting to ensure hitting an NCAA Indoor Championships qualifying mark. The TFRRS MPSF ranked performance list, and the following procedure shall be used for this purpose.
  - **Starting Heights:** High Jump – 10 cm below the mark of the 8<sup>th</sup> best performer on the MPSF descending list.  
Pole Vault – 30 cm below the mark of the 8<sup>th</sup> best performer on the MPSF descending list.
  - **Bar Progressions:** High Jump – 5 cm until the NCAA 30<sup>th</sup> best mark, then 3cm.  
Pole Vault – 15 cm until the NCAA 30<sup>th</sup> best mark, then 10cm to the NCAA 16<sup>th</sup>, then 5cm.
  - Note: When one competitor remains (who has won the competition), it becomes the jumper's choice.

## **Combined Events**

1. When possible, no fewer than 3 competitors should start any section of running events.
2. Section and Lane Assignment: Shall be seeded following 7-10.2a1) and 7-11.4 using current season times. (Exception: 800m/1000m) Competitors with no time (NT) are seeded accordingly.  
**Note:** Heptathlon and Pentathlon 60m Hurdles shall utilize alternate lanes (preference: 4-6-2-8). Hurdles shall be placed in all lanes.
3. Section order: Slowest to fastest 7-10.1c
4. Field event order: Shall be drawn by lot (random).
5. Duplicate facilities may be used when the field size dictates. High Jump/Pole Vault flights: Competitors shall be grouped according to seed marks. Both pits must follow the same bar progression but may start at different heights.
6. Heptathlon 1,000m and Pentathlon 800m shall use a waterfall start or alleys, depending on the number of competitors. Multiple sections may be considered by the Meet Referee. Competitors with the highest point totals shall run in the last section.
7. Clerking/Hipping for the 800m (Pent) and 1,000m (Hep) will be done on the track. Hip numbers for the final event will reflect each competitor's current overall placing prior to the concluding event.



**MPSF CHAMPIONSHIP MEN’S TEAM ROSTER FORM**

Complete and return by Tuesday, February 24, no later than 5:00 pm Pacific Time

Email to: **Raul Sheen (raulsheen@outlook.com)**

**Head Coach:** \_\_\_\_\_ **Institution:** \_\_\_\_\_

**Head Coach Cell #:** \_\_\_\_\_

- Teams may designate up to 27 male athletes for competition
- Participating teams shall field a minimum of 14 student-athletes per NCAA sponsorship regulations

<b>Student-Athletes (First and Last Name)</b>	<b>Shirt Size</b>	<b>Student-Athletes (First and Last Name)</b>	<b>Shirt Size</b>
1.		15.	
2.		16.	
3.		17.	
4.		18.	
5.		19.	
6.		20.	
7.		21.	
8.		22.	
9.		23.	
10.		24.	
11.		25.	
12.		26.	
13.		27.	
14.			



**MPSF CHAMPIONSHIP WOMEN’S TEAM ROSTER FORM**

Complete and return by Tuesday, February 24, no later than 5:00 pm Pacific Time

Email to: **Raul Sheen (raulsheen@outlook.com)**

**Head Coach:** \_\_\_\_\_ **Institution:** \_\_\_\_\_

**Head Coach Cell #:** \_\_\_\_\_

- Teams may designate up to 27 female athletes for competition
- Participating teams shall field a minimum of 14 student-athletes per NCAA sponsorship regulations

<b>Student-Athletes (First and Last Name)</b>	<b>Shirt Size</b>	<b>Student-Athletes (First and Last Name)</b>	<b>Shirt Size</b>
1.		15.	
2.		16.	
3.		17.	
4.		18.	
5.		19.	
6.		20.	
7.		21.	
8.		22.	
9.		23.	
10.		24.	
11.		25.	
12.		26.	
13.		27.	
14.			



**MPSF CHAMPIONSHIP STAFF ROSTER FORM**

Complete and return by Tuesday, February 24, no later than 5:00 pm Pacific Time

Email to: **Raul Sheen (raulsheen@outlook.com)**

**Head Coach:** \_\_\_\_\_ **Institution:** \_\_\_\_\_

**Head Coach Cell #:** \_\_\_\_\_ **Local Hotel:** \_\_\_\_\_

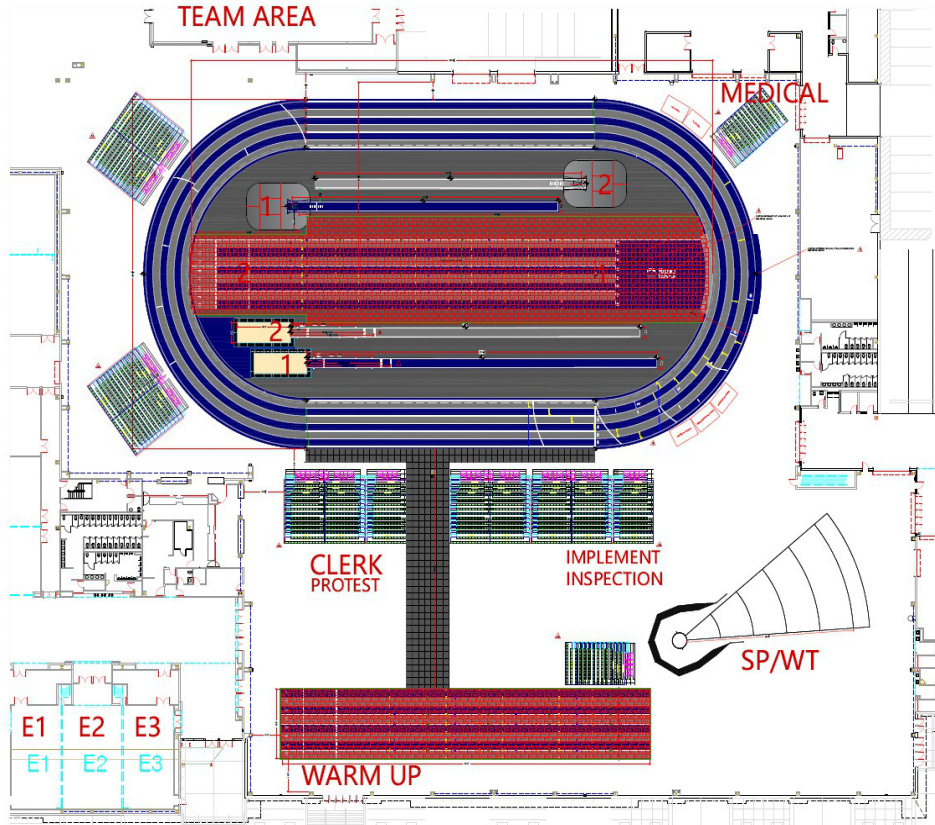
**Arrival Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

**Airline/Flight #:** \_\_\_\_\_ **Number of Vans/Cars/Bus:** \_\_\_\_\_  
(Circle All that Apply)

- Teams may designate up to 13 staff members for credentials
- Staff credentials must be designated in advance of arrival and cannot be exchanged for any other working designation other than those listed below
- Additional credentials for administrators may be requested from the Executive Director

<b>First and Last Name</b>	<b>Shirt Size</b>	<b>Credentialed Team Staff</b>
1.		<b>Head Coach</b>
2.		<b>Assistant Coach</b>
3.		<b>Assistant Coach</b>
4.		<b>Assistant Coach</b>
5.		<b>Assistant Coach</b>
6.		<b>Assistant Coach</b>
7.		<b>Volunteer Assistant Coach – Pole Vault</b>
8.		<b>Volunteer Assistant Coach/Other Staff</b>
9.		<b>Volunteer Assistant Coach/Other Staff</b>
10.		<b>Volunteer Assistant Coach/Other Staff</b>
11.		<b>Athletic Trainer</b>
12.		<b>Massage Therapist/2<sup>nd</sup> Athletic Trainer</b>
13.		<b>Administrator</b>

**COMPETITION VENUE MAP**



- HJ #1 FINISH LINE
- HJ #2 START LINE
- LJ/TJ #1 BLUE
- LJ/TJ #2 SILVER
- PV #1 BLUE
- PV #2 SILVER
- E1 COACHES HOSPITALITY
- E2 OFFICIALS HOSPITALITY

**\*\*BLEACHERS AND PLATFORMS ARE SHOWN FOR REPRESENTATION ONLY.\*\***



**FACILITY AND PARKING MAP**

## MPSF INDOOR TRACK & FIELD CHAMPIONSHIP RECORDS

### Spokane/Reno Era (Since 2022)

\*All-Time MPSF Record

#### MEN

<u>TRACK EVENTS</u>	<u>Mark</u>	<u>Student-Athlete</u>	<u>School</u>	<u>Year</u>
60 Meter Dash	6.55	Mason Lawyer	Washington State	2025
60 Meter Hurdles	7.71	Parker Duskin	Washington State	2025
*200 Meters	20.72	Grant Buckmiller	Washington State	2025
400 Meters	46.80	Tibyasa Matovu	CSUN	2025
800 Meters	1:51.11	Mark Milner	Portland	2025
Mile	4:03.23	Jonas Price	Portland	2025
3,000 Meters	8:07.90	Evans Kurui	Washington State	2025
5,000 Meters	14:14.12	Zachary Erikson	BYU	2023
1,600 Meter Relay	3:09.42	Schapp, Davis, Maxfield, Jensen	BYU	2023
Distance Medley Relay	9:48.28	Nokes, Ruiz, Rooks, Garnica	BYU	2022

<u>FIELD EVENTS</u>	<u>Mark</u>	<u>Student-Athlete</u>	<u>School</u>	<u>Year</u>
High Jump	2.18m (7-01.75)	Kyle Jankans	Long Beach State	2023
*Pole Vault	5.72m (18-09.25)	Zach McWhorter	BYU	2022
Long Jump	7.38m (24-02.50)	Aaron Fruge	UC Riverside	2025
Triple Jump	15.42m (50-07.25)	Eli Lawrence	Washington State	2025
Shot Put	17.70m (58-01.00)	Brayden Bitler	CS Fullerton	2025
35-lb. Wt. Throw	23.52m (77-02.00)	Trey Knight	CSUN	2024

HEPTATHLON	5,693 points	Ben Barton	BYU	2023
PENTATHLON	3,977 points	Claudine Raud-Gumiel	Long Beach State	2025

#### WOMEN

<u>TRACK EVENTS</u>	<u>Mark</u>	<u>Student-Athlete</u>	<u>School</u>	<u>Year</u>
60 Meter Dash	7.27	Trinity Barnett	Long Beach State	2025
60 Meter Hurdles	8.00	Micaela De Mello	Washington State	2025
200 Meters	23.30	Raykiyat Olukoju	UC Riverside	2025
400 Meters	53.53	Sofia Lavreshina	Long Beach State	2025
800 Meters	2:04.08	Meghan Hunter	BYU	2022
Mile	4:46.45	Veerle Baker	Portland	2022
3,000 Meters	9:21.00	Brianna Weidler	UC Davis	2024
5,000 Meters	16:13.32	Sierra Atkins	UC Davis	2023
1,600 Meter Relay	3:40.51	Warrington, Antolin, Gordon, Kneeshaw	Hawaii	2024
Distance Medley Relay	11:15.30	Pradere, Morales, Hessler, Smee	San Francisco	2022

<u>FIELD EVENTS</u>	<u>Mark</u>	<u>Student-Athlete</u>	<u>School</u>	<u>Year</u>
High Jump	1.86m (6-01.25)	Lilian Turban	Hawaii	2024
Pole Vault	4.36m (14-03.50)	Tatum Moku	Washington State	2025
Long Jump	5.97m (19-07.00)	Kadidja Sangare	UC Davis	2025
Long Jump	5.97m (19-07.00)	Reyna Johnson	UC Irvine	2024
Triple Jump	12.66m (41-06.50)	Tara Wyllie	Hawaii	2025
Shot Put	16.24m (53-03.50)	Gretchen Hoekstre	BYU	2023
20-lb. Wt. Throw	19.98m (65-06.75)	Jessica Thompson	BYU	2023

## MPSF ALL-TIME INDOOR TRACK & FIELD CHAMPIONSHIP RECORDS

### MEN

<u>TRACK EVENTS</u>	<u>Mark</u>	<u>Student-Athlete</u>	<u>School</u>	<u>Year</u>	<u>Site</u>
55 Meter Dash	6.06	Marcus Brunson	Arizona State	1999	Reno, NV
55 Meter Hurdles	7.25	Arend Watkins	Washington State	2000	Reno, NV
60 Meter Dash	6.51	Ja'Warren Hooker	Washington	2001	Flagstaff, AZ
60 Meter Hurdles	7.60	Devon Allen	Oregon	2016	Seattle, WA
<b>200 Meters</b>	<b>20.72</b>	<b>Grant Buckmiller</b>	<b>Washington State</b>	<b>2025</b>	<b>Spokane, WA</b>
400 Meters	45.94	Rai Benjamin	USC	2018	Seattle, WA
800 Meters	1:46.73	Elijah Greer	Oregon	2013	Seattle, WA
Mile	3:53.89	Izaic Yorks	Washington	2016	Seattle, WA
3,000 Meters	7:44.48	Lawi Lalang	Arizona	2012	Seattle, WA
5,000 Meters	13:41.58	Lawi Lalang	Arizona	2014	Seattle, WA
1,600 Meter Relay	3:06.40	Samuel, Owens, Shinnick, Jewett	USC	2019	Seattle, WA
Distance Medley Relay	9:26.78	Fleet, Berry, Greer, Centrowicz	Oregon	2011	Seattle, WA
<u>FIELD EVENTS</u>	<u>Mark</u>	<u>Student-Athlete</u>	<u>School</u>	<u>Year</u>	<u>Site</u>
High Jump	2.27m (7-5 1/4)	Randall Cunningham	USC	2017	Seattle, WA
Pole Vault	5.72m (18-9 1/4)	Zach McWhorter	BYU	2022	Spokane, WA
	5.72m (18-9 1/4)	Scott Roth	Washington	2010	Seattle, WA
Long Jump	8.12m (26-7 3/4)	Norris Frederick	Washington	2008	Seattle, WA
Triple Jump	16.43m (53-11)	Chris Benard	Arizona State	2012	Seattle, WA
Shot Put	21.47m (70-5 1/4)	Ryan Whiting	Arizona State	2008	Seattle, WA
35-lb. Wt. Throw	23.60m (77-5 1/4)	Connor McCullough	USC	2015	Seattle, WA
HEPTATHLON	5,843 points	Max Vollmer	Oregon	2020	Seattle, WA
PENTATHLON	4,444 points	Amalie Iuel	USC	2016	Seattle, WA

### WOMEN

<u>TRACK EVENTS</u>	<u>Mark</u>	<u>Student-Athlete</u>	<u>School</u>	<u>Year</u>	<u>Site</u>
55 Meter Dash	6.73	Shekedia Jones	UCLA	1998	Reno, NV
55 Meter Hurdles	7.68	Claudine Robinson	Washington	1994	Reno, NV
60 Meter Dash	7.15	Hannah Cunliffe	Oregon	2017	Seattle, WA
60 Meter Hurdles	7.95	Sasha Wallace	Oregon	2017	Seattle, WA
200 Meters	23.09	Kendall Ellis	USC	2017	Seattle, WA
400 Meters	51.60	Bailey Lear	USC	2020	Seattle, WA
800 Meters	2:03.39	Alysia Johnson	California	2008	Seattle, WA
Mile	4:31.29	Elise Cranny	Stanford	2018	Seattle, WA
3,000 Meters	8:58.58	Fiona O'Keeffe	Stanford	2019	Seattle, WA
5,000 Meters	15:50.65	Arianna Lambie	Stanford	2007	Seattle, WA
1,600 Meter Relay	3:29.92	Constantine, Cockrell, Roberts, Lear	USC	2020	Seattle, WA
Distance Medley Relay	10:55.01	Orr, Carlson, Mires, Flood	Washington	2012	Seattle, WA
<u>FIELD EVENTS</u>	<u>Mark</u>	<u>Student-Athlete</u>	<u>School</u>	<u>Year</u>	<u>Site</u>
High Jump	1.93m (6-4)	Brigetta Barrett	Arizona	2012	Seattle, WA
Pole Vault	4.45m (14-7 1/4)	Olivia Gruver	Washington	2020	Seattle, WA
Long Jump	6.50m (21-4)	Jacquelyn Johnson	Arizona State	2008	Seattle, WA
Triple Jump	13.90m (45-7 1/4)	Erica McLain	Stanford	2005	Seattle, WA
Shot Put	18.98m (62-3 1/4)	Maggie Ewen	Arizona State	2018	Seattle, WA
20-lb. Wt. Throw	22.40m (73-6)	Ida Storm	UCLA	2015	Seattle, WA