

## TRACK & FIELD POLICIES – UPDATED 12/16/2016

### A. GENERAL ADMINISTRATION

1. **Conference Schedule:** There shall be no required regular season competition between Conference institutions in the sport of men's and women's indoor and outdoor track and field. There shall be mandatory participation only in the annual America East Conference Indoor and Outdoor Track and Field Championships.
2. **Sporting Conduct:** Please refer to the America East Sportsmanship Policy. *(Revised March 2010)*

### B. CONFERENCE CHAMPIONSHIP

1. **Championship Eligibility:** An institution shall be prohibited in both team and individual sports from competing in Conference championship postseason play if a team falls below the 930 APR benchmark. *(Revised July 2012)*
2. **Date and Site:**
  - a. **Indoor Track and Field**  
The Men's and Women's Indoor Track and Field Championship shall be held annually in February on the Friday and Saturday three weeks prior to the NCAA Indoor Track & Field Championships. The men's and women's championship shall be conducted jointly. The site of the Conference championship shall be selected upon recommendations from the track and field coaches and approval by the Committee on Championships and Competition (CCC) and the Board of Directors. *(Revised December 2007)*
  - b. **Outdoor Track and Field:**  
The Men's and Women's Outdoor Track and Field Championship shall be held annually on the first full weekend of May. The men's and women's championship shall be conducted jointly. The site of the Conference championship shall rotate among institutions whose facilities have been deemed to be capable of hosting the Conference championships. If at a later point, an institution wishes to enter the rotation that wasn't previously included, that institution would be added to the end of the rotation schedule. Further, if an institution wishes to defer its slot in the rotation, it may do so for one year without going to the end of the rotation, i.e. in the case of a facility conflict.
3. **Entry Procedures (INDOOR and OUTDOOR TRACK & FIELD):**
  - a. Coaches must use the Direct Athletics website in order enter their student - athletes into the championship meet. The declaration window shall open on the Direct Athletics website, [www.directathletics.com](http://www.directathletics.com) on the Monday two weeks prior to the championship meet. *(Revised March 2011)*
  - b. Entry declarations on [www.directathletics.com](http://www.directathletics.com) must be completed by Tuesday, 3:00pm, the week of the championship meet. *(Revised March 2011)*

- c. Individual team descending order lists shall be emailed to each institution's head coach prior to receiving final America East descending order list. Coaches shall be responsible for verifying and confirming their student-athletes on their respective descending order lists by notifying the Conference office or the designated Conference representative by Wednesday morning. If an institution does not confirm its declarations, it shall be assumed that there are no errors. *(Revised July 2009)*
- d. The final descending order lists shall be emailed to each institution's head coach no later than Wednesday by noon, the week of the championship meet. Descending order lists shall be available on the America East Conference web site by Thursday, 11:00am, [www.americaeast.com](http://www.americaeast.com). *(Revised December 2007)*
- e. If a head coach declares his or her entries after the established Tuesday deadline or omits a student-athlete either from the meet or an event, the deadline will be noted and a letter indicating the circumstances will be sent to the institution's Director of Athletics. If the omission is discovered prior to the distribution of heat sheets, the timing coordinator shall redraw the heats, if necessary. If the omission is discovered after distribution of heat sheets or on the day of the championship, the games committee shall convene to determine if the heat needs to be redrawn. A student-athlete shall not be penalized for late or omitted entries by a coach and shall be allowed to compete in the championship. *(Revised December 2007)*
- f. A scratch deadline shall be established for Thursday. Once individuals are scratched, they are scratched from the entire meet. Heat sheets will be produced by Thursday evening and distributed to the institutions via email. There shall be no coaches' scratch meeting the day of the championship. *(Revised December 2007)*

#### 4. Submission of Performances:

##### INDOOR TRACK & FIELD

- a. To be entered in the 5000-meter run, a student-athlete must have a mark in the 3000 or the 5000 during the season and at the championship, the top fifteen (15) as according to the descending order list will be placed into a seeded heat of the 5000. Below is the approved conversion formula for converting 3k times to 5k. Coaches must alert the conference office via email if any athletes will be using the 3000 times to declare in the 5000.
  - i. 3000-meter time multiplied by 1.755 yields 5000 meter equivalency *(Revised April 2016)*.
- b. A student-athlete does not need a mark to be eligible to compete in the heptathlon and pentathlon. There are no limits on the number of entries for the multi-events. *(Revised November 2012)*
- c. Entry marks are not needed for the relays. *(Revised December 2007)*
- d. Heats and flights shall be accomplished in accordance with the guidelines established in these sport policies and drawn by computer.

- e. All scratches should be reported to the official table no later than 30 minutes prior to the first event. Any scratches shall disqualify the athlete for all events occurring after the scratch.
- f. Competitors must either check-in or scratch from the 3,000-Meter Run by the time the first running event of the competition day begins. Coaches are permitted to check-in or scratch a competitor on his/her behalf. *(Revised December 2016)*

#### **OUTDOOR TRACK & FIELD**

- a. Indoor marks achieved during the current academic year can be used to qualify in outdoors. Coaches must verify that the times/marks are on the performance lists on the Direct Athletics website.
- b. A student-athlete does not need a mark to be eligible to compete in the heptathlon or decathlon. There are no limits on the number of entries for the multi-events. *(Revised December 2008)*
- c. Entry marks are not needed for the 10k. *(Revised December 2007)*
- d. Coaches may use an official time in a mile race to enter athletes in the 1500. Below is the approved conversion formula for converting mile times to 1500.
  - i. Mile time divided by 1.08 yields 1500 meter equivalency *(Revised April 2016)*.
- e. Heats and flights shall be accomplished in accordance with the guidelines established in these sport policies and drawn by computer.
- f. All scratches should be reported to the official table no later than 30 minutes prior to the first event. Any scratches shall disqualify the athlete for all events occurring after the scratch.
- g. Competitors must either check-in or scratch from the 5,000-Meter Run by the time the first running event of the competition day begins. Coaches are permitted to check-in or scratch a competitor on his/her behalf. *(Revised December 2016)*

#### **5. Event Management:**

- a. Meet Director(s): The meet director shall have the following responsibilities, in conjunction with the host head coach(s): serve as administrator and supervisor for the championship; hire all necessary meet officials; coordinate the planning activities of all aspects of the championship; coordinate and supervise the officials and groups involved in the administration of the championship, including ensuring that they are educated as to the rules of track and field; see to the needs of contestants, officials and spectators and ensure that all technical details of the championship have been taken care of within the rules of the America East Conference and as prescribed by this manual; and other duties as outlined in the NCAA Track and Field Rules book and as requested by the Conference Office.

- b. Officials & Championship Staff: The number of championship staff, personnel and officials shall be provided by the host institution and the Conference office to perform the following duties:
- i. General

Meet director	Meet referees	Scorer
Announcers	Marshals	Medical Doctor, ATC
Security	Electrician	Maintenance
  - ii. Track Events Officials

Clerks of course	Judges of finish	Manual timers
Starters	Lap counter(s)	Hurdle setters and block setters
Running referee	Head finish evaluator	Timing-device operator(s)
  - iii. Field Events Officials

Head field judge	Field judges	Markers
Measurers	Implement inspector	Throwing referee
Jumping referee		
- c. Fully Automatic Timing: Fully automatic timing and photos shall provide the official results for all track events. Times shall be recorded officially to 1/100 of a second. The head photo-finish judge shall determine the results of each race from the photos. If there is an equipment failure, the manual timing and judging shall then be official. Four watches must always be used on first place (three officials and one designated as the backup watch). If, in an event, qualifiers are picked by time, manual timing must cover each place in case of an equipment failure with the electronic device. If, in the event of a mechanical failure, manual timing is used for one heat, it must then be used for all heats in that round of competition. Official pictures under protest shall be viewed only by the referee and jury. The coach involved in the protest may view the picture with the referee's consent.
- d. Headphones/Earbuds: Competitors may not wear headphones/earbuds in the competition areas during Indo or and Outdoor Championships. At the discretion of the host institution, competitors may wear headphones/earbuds in the designated warm-up areas. *(Revised December 2016)*

**6. Format (Heats, Flights, Qualifying Procedures and Staggers):**

- a. Regulations for Assigning Lanes:
  - i. If lanes are vacant, in drawing heats of curve races, the same number of lanes shall be used in all heats, regardless of the number of athletes in the heat. The computer shall draw the empty lanes at random.
  - ii. Lane assignments are never altered after drawn by the computer except as mandated by NCAA Rule 5-10 Article 4: Redrawing Heats.
- b. Regulations for Forming Heats:
  - i. The heats in running events shall be formed using NCAA Rule 5-11 Article 2: Regulations for Forming Heats.

- c. Tie for Last Qualifying Position:
    - i. **Indoor Championship:** For the indoor championship, trials and finals shall be run in the 55/60 meter dash, 200-meter dash, 400-meter dash, 500-meter dash and the 55/60 meter high hurdles. For all other events, there shall be timed finals. In the event of a tie for the last qualifying place for a subsequent race, the position shall be determined by NCAA Rule 10-4 Article 5: Tie for Last Qualifying Position. *(Revised April 2016)*
    - ii. **Outdoor Championship:** For the outdoor championship, there will be trials and finals for all events run in lanes up to and including the 400m/400IH dash. In the event of a tie for the last qualifying place for a subsequent race, the position shall be determined by NCAA Rule 5-10 Article 5: Tie for Last Qualifying Position. *(Revised April 2016)*
- 7. **Misconduct:** The NCAA Misconduct rule (NCAA Rule 4-1) shall be in effect for all America East Conference track and field championships. Athletes must participate honestly in all trials and finals of all track and field events in which they legally are declared or they shall be barred from all remaining events in the meet. Athletes must compete with maximum effort and/or qualify from trials into the finals.
- 8. **Field Events:**
  - a. Field Event Implements: The inspection, weighing and measuring of the shot and weights for men shall take place one hour prior to the competition. The women's weigh-in shall take place immediately after the men's weigh-in (depending upon schedule and meet management). In the event an implement should become damaged during the course of competition, its use shall be permitted only after it has been re-inspected and approved. A competitor may use another competitor's implement, with the competitor's permission, during competition.
  - b. Opening Pole Vault Height: The starting height and subsequent progressions for men's and women's pole vault will be reviewed and approved in conjunction with the schedule on the coaches' call preceding the Indoor and Outdoor Track & Field Championships. Heights shall be raised at intervals of 15 centimeters. (Each year, progressions should be reviewed in order to include ECAC/IC4A standards). *(Revised April 2016)*
  - c. Opening High Jump Height: The starting height and subsequent progressions for men's and women's high jump will be reviewed and approved in conjunction with the schedule on the coaches' call preceding the Indoor and Outdoor Track & Field Championships. (Each year, progressions should be reviewed in order to include ECAC/IC4A standards). *(Revised April 2016)*
  - d. Order of Competition: Competitors shall be arranged in flights of no less than five and no more than twelve (appropriate breaks will be determined during seeding). A maximum of 15 minutes for warm-up attempts shall be permitted before each flight. In the throwing events, long jump and triple jump, the flight assignments are based on seeded marks with the top-seeded marks in the later flights. The order within each flight is random. Each competitor in a flight shall complete three attempts in the order drawn. In the finals of these events, competition shall be in reverse order of

performance in the preliminaries. For the final three attempts, the finalists shall compete in one flight. *(Revised April 2016)*

- e. Pole Vault, High Jump Procedure: 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. The competitor is granted a maximum of three attempts at any one height. Continuing flights of five competitors shall be established. Once there are six competitors left at any height, the flight shall then include all those left at that height.
- f. Preliminary Procedures: Field-event contestants who first report after the first competitive attempt has been made shall not be allowed to compete in the event. In preliminaries of the throwing events, long jump and triple jump, each contestant shall be allowed three attempts. Competitors tying for the last position shall advance to the finals, unless otherwise ruled by the games committee before the competition. The top nine athletes shall qualify to the finals. All performances made in field-event preliminaries shall be counted with performances in the finals to determine final place-winners. Competitors shall be credited with the best of all their efforts.
- g. Time Limits:
  - i. Throwing Events: In the throwing events, a competitor shall be charged with an unsuccessful attempt if the competitor does not initiate a trial within one minute after the competitor's name has been called by the event judge.
  - ii. Jumping Events: In the jumping events, a competitor shall be charged with an unsuccessful attempt if the competitor does not initiate a trial within one minute after the pit, crossbar or standards have been prepared or set, and after the competitor's name has been called by the event judge.
    - In the high jump and pole vault, when there are two or three competitors remaining in the competition, high jumpers shall have two minutes and pole-vaulters three minutes to initiate an attempt. After all other competitors have failed, a competitor who has won the competition has the right to continue vaulting or jumping at a height the competitor chooses until elimination by three consecutive failures. The competitor shall be allowed four minutes for the high jump and five minutes for the pole vault to initiate an attempt.
- f. Visible Time Indicators: Visible time indicators should be stationed at each field event so that competitors, officials and fans can see them. If visible indicators are not used, the event timer shall give a 30-second warning.
- g. Warm-Up Restrictions: Once competition begins, it shall be a foul or missed attempt if a competitor uses the runway or takeoff area for practice purposes. In vertical jumps, an athlete who has not taken an attempt in at least one hour may use the runway and landing areas without the crossbar with the permission of the event official. A high jumper has a maximum of one and one-half minutes and a pole-vaulter has a maximum of two minutes to warm up. Such warm up must occur at height changes (NCAA Rule 6-1 Article 9: Warm-Up Restrictions)

9. **Games Committee:** The games committee shall consist of the head official, the America East Conference staff member directing the championship, and one of the following; the CCC liaison, the CCC representative from the host institution, or a senior administrator from the host institution. The coaches' chair, if present, as well as any available administrators may voice their opinion and offer input, but will be a non-voting member only. The primary function of the committee is to give specialized assistance and guidance to the meet director when questions and problems arise during the conduct of the championship, where authority for resolution of such problems is not covered by this manual, NCAA Track and Field Rules or the Conference rules, regulations and agreements. *(Revised July 2009)*
10. **Jury of Appeals:** The jury of appeals shall consist of three coaches (including the coaches' chair) who would serve a two-year term to coincide with the coaches' chair. There shall be no substituting by the selected head coach. The two coaches other than the chair shall be determined by random selection by the conference office. This process shall be followed for both the men's and women's championship. *(Revised August 2006)*
11. **Medical Attendance:** A physician or a certified athletic trainer must be present at the championship and be available at all times, beginning one hour prior to the start of competition and until all competition is complete.
12. **Officials:** The meet director shall keep all jury members and pertinent officials at the championship site at least 30 minutes after the final results are posted or read.
13. **Protests:** On any disqualification, the referee shall inform the coach involved before the official results are announced.
  - a. Protests relating to matters that develop during the conduct of the championship should be made at once and not later than 15 minutes after the results have been posted. The head coach must make any such protest in writing and submit to the referee, who shall render a decision. *(Revised April 2016)* (NCAA Rule 4-4 Article 10)
  - b. A second protest (appeal) may be made to the referee. Upon receiving this second protest (appeal), the referee is required to turn the protests over to the Jury of Appeals, which shall make the final decision. This decision is final and without appeal.
  - c. Decisions of the jury are final. Protests arising from decisions of the officials or any inadvertent misinterpretation of the rules shall not be considered by the Conference. Anytime a protest reaches the Jury of Appeals, the jury must use authorized videotape, if it is available, for reference.
  - d. The head referee, inspectors, head field judge and members of the Jury of Appeals shall remain at the championship site 30 minutes after the final results are announced or until dismissed by the meet director.

#### **INDOOR TRACK & FIELD**

14. **Qualifying Procedures - Indoor Track Events:**
  - a. 55/60 Meter Dash and 55/60 Meter Hurdles: The number of competitors shall determine advancement to subsequent rounds of competition, as follows: (6 Lane Track)
    - i. Finals only:

- Two heats; qualify first two from each heat and next two best times to the finals
    - Three heats; qualify first place from each heat and next three best times to the finals
    - Four heats; qualify first place from each heat and next two best times to the finals
    - Five heats; qualify first place from each heat and the next fastest time to the finals
  - ii. Preliminaries running 8 lanes max.
    - 2 heats 2 + 4
    - 3 heats 1 + 5
    - 4 heats 1 + 4
    - 5 heats 1 + 3*(Revised April 2016)*
  - iii. For these events, if the entries are such that there is no need for trial competition, the first competition shall come at the listed final time.
- b. 200-Meter Dash and 400-Meter Dash and 500-Meter Dash: 8 qualify for the finals. Lane 1 is not to be used.
  - i. If indoor facility has fewer than eight (8) useable lanes, competitors shall qualify only on the basis of time from preliminary rounds. Advancement based on time only is not permitted for any other circumstance.
    - To properly form heats when following advancement by time, must see NCAA Rule 10-5 Article 3 & 4: Formation of Heats/Assignment of Lanes.  
*(Revised April 2016)*
  - ii. The number of competitors shall determine advancement to subsequent rounds of competition, as follows (8 person final). *(Revised April 2008, December 2013)*
    - 2 heats 2 + 4
    - 3 heats 2 + 2
    - 4 heats 1 + 4
    - 5 heats 1 + 3
  - iii. Lanes for the 200, 400, 500 and 4x400: The number of lanes for the 200, 400, 500 and 4x400 is determined by the discretion of the Games Committee.
  - iv. The 400-meter dash and the 500-meter run shall be run with a two-turn stagger. *(Revised December 2013)*
- c. 800-Meter Run and 1,000-Meter Run: The 800 Meters, 1000 Meters and 4x800 Meter Relay shall start and continue in lanes or alleys until at least the end of the second turn.
  - i. The 800 The 800 Meters shall have not more than 12 competitors in any non championship race. In a championship, each race, preliminary or final, shall be limited to 8 competitors. The games committee shall determine the composition of each section at the championship. *(Revised December 2013)*
- d. 1,500-Meter (One Mile) Run: The waterfall start shall be used with two alleys and a two-turn stagger, depending on size of facility. All heats shall be determined as follows:
  - i. A minimum of nine (9) competitors and a maximum of twelve (12) competitors for the 1,500-Meter. The games committee shall determine the composition of each section at the championship. *(Revised December 2006)*



- e. 3,000-Meter (Two Miles) and 5,000-Meter Run (Three Miles): The waterfall start shall be used with two alleys and a two-turn stagger, depending on the size of the facility. In the seeded section, a minimum of twelve (12) competitors and a maximum of sixteen (16) competitors for the 3k and the 5k. In the unseeded section(s), a minimum of five (5) competitors and a maximum of eighteen (18) competitors for the 3k and the 5k. The composition of each section at the championship is determined by the number of entries at the time the first running event of the competition day begins. The following chart, as listed on **Appendix A**, shall be used to determine section composition. *(Revised December 2016)*
- f. 1,600-Meter (Mile) Relay: A two-turn stagger shall be used. Two heats shall be run, one of which shall be a fast heat. Within each section, lane assignments shall be based on seed marks. The final results shall be based on time.
- g. 3,200-Meter (Two-Mile) Relay: A one-turn stagger shall be used. Boxes shall be used with four teams in Box 1 and three teams in Box 2. Positions shall be drawn at random. If five (5) teams are entered, there shall be a waterfall start.
- h. Distance Medley (DMR) Relay: A one-turn stagger shall be used. Boxes shall be used with four teams in Box 1 and three teams in Box 2. Positions shall be drawn at random. If five (5) teams are entered, there shall be a waterfall start.
- i. Pentathlon, Heptathlon: The women's pentathlon will be the first event for the Indoor Championship followed by the men's heptathlon. *(Revised July 2007)*

## OUTDOOR TRACK & FIELD

### 15. Qualifying Procedures - Outdoor Track Events:

- a. 100-Meter Dash and 100/110-Meter Hurdles: The number of heats shall determine advancement to subsequent rounds of competition, as follows:
  - One heat: Finals only
  - Two heats: First two places from each heat, next four best times to the finals
  - Three heats: First place from each heat and next five best times to the finals
  - Four heats: First place from each heat and next four best times to the finals
  - Five heats: First place from each heat, next three fastest times to the finals

For these events, if the entries are such that there is no need for trial competition, the first competition shall come at the listed final time.

- b. 200-Meter, 400-Meter and 400-Meter Intermediate Hurdles Run: These events will be trials and finals. *(Revised April 2016)*
  - 2 heats 2 + 4
  - 3 heats 1 + 5
  - 4 heats 1 + 4
  - 5 heats 1 + 3

- c. 800-Meter Run: The 800-meters shall be trials and finals. The 800-meter run shall be run in lanes around the first curve using a one-turn stagger. (*Revised April 2016*)
    - 2 heats 2 + 4
    - 3 heats 1 + 5
    - 4 heats 1 + 4
    - 5 heats 1 + 3
  - d. 1,500-Meter (One Mile) Run: The waterfall start shall be used with two alleys and a one-turn stagger, depending on size of facility. The event will be trials and finals. (*Revised April 2016*)
    - 2 heats 4 + 4
    - 3 heats 3 + 3
  - e. 3,000-Meter (Steeplechase) and 10,000-Meter Run: These events shall be drawn by lot for lane position, unless two lines are needed; if so, seed the front line with the top 12 entered times. The maximum number of competitors on the front row will be sixteen. If two rows are used the maximum on the front row shall be twelve. (*Revised April 2016*)
  - f. 5,000-Meter Run: This event shall be drawn by lot for lane position, unless two lines are needed; if so, seed the front line with the top 12 entered times. The maximum number of competitors on the front row will be sixteen. If two rows are used the maximum on the front row shall be twelve. In the seeded section, a minimum of sixteen (16) competitors and a maximum of twenty-four (24) competitors. In the unseeded section(s), a minimum of seven (7) competitors and a maximum of twenty-four (24) competitors. The composition of each section at the championship is determined by the number of entries at the time the first running event of the competition day begins. The following chart, as listed on **Appendix B**, shall be used to determine section composition. (*Revised December 2016*)
  - g. 400-Meter Relay: The final shall be run in lanes the entire race.
  - h. 1,600-Meter Relay: The first two legs of the 1,600-meter relay shall be run with a three-turn stagger. The final results shall be based on time.
  - i. 3,200-Meter Relay: The final results shall be based on time.
  - j. In outdoor races run in lanes around at least one turn, if the number of competitors exceeds the number of lanes on the track, all groups shall use a waterfall start, which may be staggered (i.e. alleys). The 400-meter, 400-meter relay and 400-meter intermediate hurdles shall be run in lanes all the way.
16. **Results**: All results shall be posted during the competition after each event, in a place(s) where all coaches and athletes have equal access to the information. Adequate staff at the official table shall be provided to allow for expedient preparation of the championship results. Copies of the results shall be made available to the coaches as soon as possible after the championship.

17. **Rules:** The America East Conference Indoor and Outdoor Track & Field Championships shall be conducted according to NCAA Track & Field rules. There shall be no change in the rules of conduct of the championship at the championship site.
18. **Schedule:** The time schedules for both the Indoor and Outdoor Track & Field Championships, with the order of events, shall be approved on the coaches' call preceding the related Championship. It shall be submitted to the conference office by the host institution and once approved, may not be changed, except by the games committee. The NCAA recommended order of events shall be followed as closely as possible, with any alterations dictated by the design of the host facility to ensure a consistent flow of the meet.
19. **Scoring:** NCAA rules on scoring shall be followed.
  - a. The America East Conference Indoor Track and Field Championship shall be scored to eight places for all events. The value of first through eighth place shall be recorded as follows: 10, 8, 6, 5, 4, 3, 2 and 1. *(Revised August 2006)*
  - b. The America East Conference Outdoor Track and Field Championship shall be scored to eight places for all events. The value of first through eighth place shall be recorded as follows: 10, 8, 6, 5, 4, 3, 2, and 1.
  - c. All individual entries shall have the ability to score in the competition. One relay entry per institution shall score. If two or more competitors are judged as having tied for a place, points for the places involved shall be equally divided between these competitors. The conference office shall order duplicate awards.
20. **Squad Size:** The Men's and Women's Indoor Track and Field squad size will be limited to 38 student-athletes for the Conference championship. The Men's and Women's Outdoor Track and Field travel squad size will be limited to 44 student-athletes for the Conference championship. *(Revised July 2009)*
21. **Ties:** Ties in team and individual competition at the conference championship shall stand, with the exception of ties in the field events. NCAA Track & Field Rule 7-1 Article 5 shall be referred to for the method of separating ties produced by identical measurements in the field events.
22. **Track, Competitive Area and Competitive Equipment:** The track, competitive area and competitive equipment shall meet NCAA specifications.
23. **Uniforms:** Competitors are expected to wear the official institutional uniforms. Logos on warm-ups and competition uniforms must comply with NCAA rules. If an athlete is in violation of this rule, an official shall give one warning to both the coach and the athlete. If the correction is not made, the athlete in violation shall be disqualified by the referee from all remaining events. Any points scored by the athlete in question before the disqualification shall stand.

## C. AWARDS

1. **Selection:** The head coaches shall select recipients of all the Track & Field awards except for the Coaches' Award. Coaches shall not be allowed to vote for themselves or for their own athletes for any of the awards. Coaches will conduct a brief mandatory coaches meeting prior to voting for the Championship awards to provide the opportunity for coaches to highlight the accomplishments of student athletes from their teams. *(Revised August 2005)*

2. **All-Conference:** The All-Conference team shall consist of the top three finishers in each individual event and the top team in each relay event. The All-Conference team shall be recognized in a Conference media release. Medals shall be awarded to individuals placing in first through eighth place in each individual event and first through third place in each relay event.  
*(Revised August 2006)*
3. **Individual Awards:** Awards shall be provided to the Men's and Women's Track & Field Coaching Staffs of the Year, the Men's and Women's Outstanding Track Performers of the Meet, the Men's and Women's Outstanding Field Performers of the Meet and the Men's and Women's Rookie of the Meet. A Coaches' Award will be presented annually to the male/female student athlete compiling the most points at the Indoor and Outdoor Track & Field Championship. These awards [excluding the coaches' award] shall be selected by a vote of all men's coaches and all women's coaches participating in the championship meets. The ballots shall be returned to a representative of the Conference office prior to the awards ceremony.  
*(Revised August 2006)*
4. **Championship Team Awards:** A team trophy shall be awarded to both the championship team and the runner-up. Additionally, members of the championship team shall receive individual gifts.

### Appendix A – Indoor 3k and 5k

Unseeded Section: Minimum 5, Maximum 18

Seeded Section: Minimum 12, Maximum 16

TOTAL ENTRIES	SECTION 1	SECTION 2	SECTION 3
48	16	16	16
47	16	16	15
46	16	16	14
45	16	16	13
44	16	16	12
43	16	16	11
42	16	16	10
41	16	16	9
40	16	16	8
39	16	16	7
38	16	15	7
37	16	14	7
36	16	13	7
35	16	12	7
34	16	18	-
33	16	17	-
32	16	16	-
31	16	15	-
30	16	14	-
29	16	13	-
28	16	12	-
27	16	11	-
26	16	10	-
25	15	10	-
24	15	9	-
23	14	9	-
22	14	8	-
21	13	8	-
20	13	7	-
19	12	7	-
18	12	6	-
17	12	5	-
16	16	-	-

### Appendix B – Outdoor 5k

Unseeded Section: Minimum 7, Maximum 24

Seeded Section: Minimum 16, Maximum 24

TOTAL ENTRIES	SECTION 1	SECTION 2	SECTION 3
58	24	24	10
57	24	24	9
56	24	24	8
55	24	24	7
54	24	23	7
53	24	22	7
52	24	21	7
51	24	20	7
50	24	19	7
49	24	18	7
48	24	24	-
47	24	23	-
46	24	22	-
45	24	21	-
44	24	20	-
43	24	19	-
42	24	18	-
41	24	17	-
40	24	16	-
39	24	15	-
38	24	14	-
37	24	13	-
36	24	12	-
35	24	11	-
34	24	10	-
33	24	9	-
32	24	8	-
31	24	7	-
30	23	7	-
29	22	7	-
28	21	7	-
27	20	7	-
26	19	7	-
25	18	7	-
24	24	-	-
23	23	-	-