

2015 TRACK & FIELD CHAMPIONSHIPS

PARTICIPANT MANUAL

MAY 8, 9, • 2015

SOU
ASHLAND, OREGON

COLLEGE OF IDAHO

CONCORDIA

CORBAN

EASTERN OREGON

EVERGREEN

NORTHWEST

NORTHWEST CHRISTIAN

OREGON TECH

SOUTHERN OREGON

WARNER PACIFIC



Introduction

This championship manual has been prepared by the CCC commissioner's office and host officials from Southern Oregon University and is intended to provide comprehensive information related to the 2015 Cascade Collegiate Conference Track & Field Championships.

Coaches should thoroughly review this document and bring it with them to the championship.

If you have any questions, please contact Rob Cashell of the CCC office (541-605-0137 or 541-805-5192).

CCC Code of Behavior

In upholding and acting upon the principles, traditions and responsibilities enunciated in the Cascade Collegiate Conference Statement of Philosophy, the Conference expects, and will insist upon, maintenance of commendably respectable standards of decorum and personal deportment of all players, coaches, officials and spectators at Conference contests.

In this regard, Referees are recognized as fully in charge of such events, with full and undeniable authority to sustain such standards and take whatever enforcement or disciplinary actions, including declaration of game forfeiture, as are necessary and appropriate. Specifically; threatening, disruptive, unsportsmanlike, disrespectful, violent, harassing, and/or seriously distracting behavior will not be tolerated. In implementing this policy, the senior game official should, at the beginning of each event, clearly outline with the team captains and coaches the standards of behavior and decorum that will be upheld and enforced.

As a matter of Conference policy, all Referees have the full support of the Conference Commissioner's authority, as authorized by the COP and Council of Athletic Directors.

The Cascade Collegiate Conference wishes to exemplify behavior of a kind that will deserve and command the respect and support of the public and campus communities which they represent and with which they relate, as well as the NAIA at large.

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Meet Management Staff

Cascade Collegiate Conference

Name	Title	Office	Cell	E-Mail
Rob Cashell	Commissioner	541-605-0137	541-805-5192	cccommish@gmail.com
Sam Ghrist	Statistician	541-962-3929	541-805-5874	sam.ghrist1@frontier.com
Jacob Coburn	CCC SID	N/A	530-277-6381	jcoburn1@gmail.com
Stephanie Upshaw	Championships-CCC	541-962-3518	503-507-6799	upshaws@eou.edu

Southern Oregon University

Name	Title	Office	Cell	E-Mail
Matt Sayre	Athletic Director	541-552-6273	541-601-3801	sayrem@sou.edu
Bobby Heiken	Associate AD	541-552-6824	541-941-5273	heikenb@sou.edu
Josh McDermott	SID	541-552-6801	541-324-8017	mcdermotj@sou.edu
Grier Gatlin	Head Coach	541-552-6500	541-778-1864	gatling@sou.edu
Kristy Johnson	Athletic Trainer	541-552-6727	541-282-4928	johnsok10@sou.edu

Sports Information Coordinators

Josh McDermott	Southern Oregon	541-552-6801	541-324-8017	mcdermotj@sou.edu
Sam Ghrist	CCC	541-962-3929	541-910-4123	sam.ghrist1@frontier.com
Jacob Coburn	CCC SID	N/A	530-277-6381	jcoburn1@gmail.com

Sports Medicine Coordinators

Kristy Johnson	Southern Oregon	541-552-6727	541-282-4928	johnsok10@sou.edu
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USATF Official's Coordinator

TBA	USATF
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Meet Referee/On site Official's Coordinator

TBA	USATF
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Clerk

TBA	USATF
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Timing/Results

Michael Schell, Sam Ghrist

Areas of Responsibility

CCC Office – SOU liaison, entries, participant manual, pre-meet publicity, merchandise, awards and awards presentations

Southern Oregon –meet program, coaches' packets, credentials, results coordination, Timing systems/backup, venue setup/breakdown, volunteers, Coaches' meeting, Athletic training coordination, announcer, Press Box coordination, hospitality, ticket/program sales, officials , concessions

On-Site Officials' Liaison – Officials' check-in, officials' management-

Schedule of Events

Friday, May 8

11:30 a.m. - Coaches Meeting Room 114 McNeal Pavilion

Friday, May 8

2:00 p.m.	(W) Hammer, (M) Hammer immediately following
4:00 p.m.	(M) Long Jump (W) High Jump
4:30 p.m.	(W) Steeplechase
5:00 p.m.	(M) Steeplechase
	(W) Discus (M) Discus immediately following
6:00 p.m.	(W) 4x100 Relay
	(W) Long Jump, (M) High Jump,
6:05 p.m.	(M) 4x100 Relay
6:15 p.m.	(W) 1,500
6:30 p.m.	(M) 1,500
6:45 p.m.	(W) 100 Hurdles
7:00 p.m.	(M) 110 Hurdles
7:15 p.m.	(W) 400
7:25 p.m.	(M) 400
7:35 p.m.	(W) 10 K
8:20 p.m.	(M) 10 K

Saturday, May 9

10:00 a.m.

Special Olympics Events

10:30 a.m.

Graduation Ceremony

11:00 a.m.	(M) Javelin, (M) Triple Jump, (W) Shot Put, (W) Pole Vault
2:00 p.m.	(M) Shot Put, (M) Pole Vault, (W) Triple Jump, (W) Javelin
2:00 p.m.	(W) 100
2:10 p.m.	(M) 100
2:20 p.m.	(W) 800
2:30 p.m.	(M) 800
2:45 p.m.	(W) 400 Hurdles
2:55 p.m.	(M) 400 Hurdles
3:05 p.m.	(W) 200
3:15 p.m.	(M) 200
3:25 p.m.	(W) 5,000
3:55 p.m.	(M) 5,000
4:15 p.m.	(W) 4x400 Relay
4:25 p.m.	(M) 4x400 Relay
4:30 p.m.	Coaches Meeting
4:45 p.m.	Final Awards

Coaches' Checklist

ITEM	DUE DATE	TO WHOM	COMPLETED
Institutional Credential Form <i>(Please see form in separate attachment)</i>	Friday, May 1	Josh McDermott, SOU E-Mail: mcdermotj@sou.edu	
Updated Times and Marks & All Possible Entries <i>Institutions must have updated times and marks (as of 5/4) submitted to Direct athletics</i>	Monday, May 4 11 a.m. PT	Sam Ghrist, CCC Sghrist1@frontier.com	
Final Declarations/Scratches	Tuesday, May 5 2 p.m. PT	Sam Ghrist, CCC Fax: 541-962-3577	

Championship Information

Dates and Site

The 2015 Cascade Conference Outdoor Track and Field Championships will be hosted by Southern Oregon University May 8 and 9.

Friday	–	Competition begins at 2 p.m.
Saturday	–	Competition begins at 11 a.m.

Championship Schedule

The event schedule for the CCC Outdoor Track and Field Championships can be found on page 5 of this manual.

Admission

Daily admission prices are \$7 for adults and \$5 for students, seniors and children. The ticket booths will open one hour prior to the first event each day. 2014-15 NAIA passes accepted.

All-Conference Team

The top three finishers in each event are recognized as all-conference.

Athletes of the Meet/Coaches of the Year

Selection of the male and female Athletes of the Meet and Coaches of the Year will be determined by a vote of conference coaches immediately following the posting of meet results on Saturday.

Awards Presentations

Beginning Friday, awards will be formally distributed **immediately** upon completion of each event. The final awards ceremony is scheduled for Saturday at approximately 4:45 p.m. The individual champion will receive a plaque; the second- and third-place finishers will receive medals. Volunteers will escort top three finishers in each event immediately to the awards area for presentations.

CCC Performance List

The CCC performance list will be finalized by 5 p.m. on Monday, May 4.

Clerking

The clerk's table will be located at the Northwest Corner of Raider Stadium

Coaches' Meeting – Room

A coaches' meeting will be held Friday, May 8 at 11:30 a.m. in Room 114 in McNeal Pavilion.

Concessions

The concession stand at SOU will be open during the following hours of competition:

Friday, May 8 – 1 p.m.-9 p.m.
Saturday, May 9 – 9 a.m.-4 p.m.

Hospitality

Hospitality area will be located in the grassy area to the South of the Raider Stadium grandstands.

Championship Information

Conference Coaching Contacts

Institution	Name	Cell Phone	E-Mail
College of Idaho	Pat McCurry	208-559-2031	pmccurry@collegeofidaho.edu
Concordia	Jerret Mantalas	503-888-4830	jmantalas@cu-portland.edu
Corban	Norm Berney	503-793-0325	nberney@corban.edu
Eastern Oregon	Ben Welch	541-805-5875	ben.welch@eou.edu
Evergreen	Jenny Brogdon	360-259-7443	brogdonj@evergreen.edu
Northwest	Mark Mandi	425-319-5471	mark.mandi@northwestu.edu
Northwest Christian	George Walcott	541-517-4270	gwalcott@nwcu.edu
Oregon Tech	Jack Kegg	541-786-3432	jack.kegg@oit.edu
Southern Oregon	Grier Gatlin	541-778-9463	gatling@sou.edu
Warner Pacific	David Kilian	503-656-0001	dkilian@warnerpacific.edu

Entries

Team Entry/Declaration Sheets will be sent via e-mail to each institution by 5 p.m. on Monday, May 4. All entry mark corrections and scratches are to be e-mailed or faxed back to Sam Ghrist by **2 p.m. Tuesday, May 5**. If an individual is scratched AFTER Tuesday with the exception of a medical scratch, he/she will be scratched from the entire meet. See Entry Procedures elsewhere in this manual.

Implement Weigh-In

Implement weigh-in will take place Friday from 8:30 to 11 a.m.

Locker Rooms

Locker rooms WILL be available at SOU (teams must provide their own towels).

Media Information/Results

The host will provide media coverage and coordinate all press box operations, headed by SOU SID Josh McDermott and CCC Head Statistician Sam Ghrist. Results will be posted on the Cascade Collegiate Conference web site and the SOU athletic web site following each day.

Merchandise

Fine Designs will be on site printing and selling souvenir merchandise throughout the event, beginning Friday. Prices will vary.

Parking

Free parking is available in the SOU parking lots. Bus parking will be located at the East side of McNeal Pavilion on Stadium Street. All buses must park in this area!

Protests

A protest must be made to the Meet Referee at once and not later than 30 minutes after the results have been announced or posted. Protest forms are in each coach's packet, and require a \$50 fee (refunded if protest is upheld).

Championship Information

Restrooms

Restrooms will be available for fans and participants.

Results

Results will be posted where on the south side of the Raider Stadium grandstand.

Rules

The meet will be conducted in accordance with the NAIA Coaches' Manual and the NCAA Track and Field Rule Book.

Scoring

Eight-place scoring (10-8-6-5-4-3-2-1) in each event, including relays. NCAA Rules will be followed.

Field Events Advance to Finals

Top nine (9) from prelims advance to finals

Medical Scratch/Reentry

Individuals scratched from an event(s) as a result of injury or illness may only be reentered into the meet after evaluation and clearance by the host school head certified athletic trainer. Head trainer may seek consultation from affected student athlete's training if on site.

Sports Medicine

The host institution will provide on-site sports medicine coverage.

Warm-Up Area

There will be designated warm-up space available in the practice area behind the visiting grandstands.

Practice Times

SOU facilities will be open for practice the following times:

Thursday May 7- 2-6 p.m.

Friday May 8- noon- 2 p.m.

Driving Directions to SOU

Southern Oregon University
1250 SISKIYOU BLVD
Ashland, Oregon

Traveling (From Caldwell/Boise)

Merge onto I-84 W toward Ontario/Portland (Crossing into Oregon).
Take the OR-201 exit, EXIT 374, toward US-20/US-26/Weiser/Vale.
Turn right onto US-30 Bus E/OR-201/Yturri Beltline.
Turn right onto Highway 20 26/US-20 W/US-26 W. Continue to follow US-20 W.
Turn right onto W Monroe St/US-20 W/US-395 S. Continue to follow US-20 W/US-395 S.
Turn right onto N 4th St/OR-140. Continue to follow OR-140.
Turn left onto S 6th St/OR-140/OR-39. Continue to follow OR-140/OR-39.
Turn right onto Airway Dr/OR-140. Continue to follow OR-140.
Stay straight to go onto Greensprings Dr/OR-66. Continue to follow OR-66.
Turn slight right onto Siskiyou Blvd/OR-99.
1250 SISKIYOU BLVD is on the right.

Traveling South on I-5 (From PDX):

Merge onto I-405 S toward I-5/I-84.
Stay straight to go onto I-5 S.
Take the OR-66 exit, EXIT 14, toward Ashland/Klamath Falls.
Keep right to take the ramp toward City Center/S Oregon Univ.
Turn right onto Ashland St/OR-66.
Turn slight right onto Siskiyou Blvd/OR-99.
1250 SISKIYOU BLVD is on the right.

Sports Medicine/Local Hospital

The following information related to sports medicine/athletic training will assist you and your teams during your stay:

If your team will not be traveling with an athletic trainer and your team requires special needs, please contact Kristy Johnson at SOU via e-mail at johnsok10@sou.edu with any written instructions in advance so that host sports medicine personnel may work to accommodate your request.

A Certified Athletic Trainer will be available on site the following hours:

Friday, May 8: noon.--9:30 p.m.
Saturday, May 9: 9 a.m.-5:30 p.m.

Please note there will be a training room available and a training room tent located outside the track on the Southwest side of the stadium.

Teams are requested to bring their own supplies (tape, etc.) other than those that are listed below (which will be available at the competition):

Water and cups	Ice bags
Automated External Defibrillator	Crutches
	Emergency/first aid supplies

Asante Ashland Community Hospital will be used in case of emergency (see driving directions and telephone numbers below).

Asante Ashland Community Hospital
560 Catalina Dr, Ashland, OR 97520

Cross Streets: Between Chestnut St and Maple St

(541) 201-4800

Directions From SOU

1. Head toward Bridge St on Siskiyou Blvd (OR-99 S)
2. Make a U-turn at Bridge St onto Siskiyou Blvd (OR-99 N)
3. Turn left onto Maple St
4. Turn left onto Catalina Dr
- 5.

2.2 mi/ and 7 mins.

Awards Ballot

2015 Cascade Collegiate Conference Coach of the Year /Athlete of the Meet Ballot

Coaches may not vote for anyone from their own institution.

Institution Voting:

Female Coach of Year _____

Institution _____

Female Track Athlete of the Meet _____

Institution _____

Female Field Athlete of the Meet _____

Institution _____

Male Coach of Year _____

Institution _____

Male Track Athlete of the Meet _____

Institution _____

Male Field Athlete of the Meet _____

Institution _____

2015 CCC Qualifying Standards

WOMEN

Event	Standard
100m	13.15
200m	26.91
400m	61.81
800m	2:22.98
1500m	4:56.93
5,000m	18:58.52
10,000m	43:00.49
100 Hurdles	18:08
400 Hurdles	74.71
Steeplechase	13:50.05
High Jump	1.37m
Pole Vault	2.33m
Long Jump	4.52m
Triple Jump	9.40m
Shot Put	10.09m
Discus	29.13m
Hammer Throw	27.32m
Javelin	29.02m

MEN

Event	Standard
100m	11.50
200m	23.14
400m	50.99
800m	1:57.88
1500m	4:03.82
5,000m	15:32.07
10,000m	33:54.17
110 Hurdles	17.10
400 Hurdles	62.35
Steeplechase	10:31.24
High Jump	1.71m
Pole Vault	3.22m
Long Jump	6.05m
Triple Jump	11.56m
Shot Put	11.79m
Discus	36.43m
Hammer	35.67m
Javelin	44.41m

**Note: each institution is guaranteed one entry in each event
(either via qualification or non-qualification).**

CCC Entry Procedures

Entry Procedures for CCC Championships

Conference Performance List

1. TFRRS (Direct Athletics) will act as the Cascade Collegiate Conference official performance list.

CCC Championship Entry Procedures

Multi-Events

1. Final entries for the CCC Multi-Event Championships are due at Direct Athletics by 11:00 A.M. on the Monday prior to the championships.
2. The final entry list will be made available for review by 5 p.m. Monday on the conference web site.
3. The final entry list (and Hy-Tek files) will be forwarded to the Meet Director of the host school before the seeding is done. The meet director will do the seeding.
4. Final heat/flight sheets will be posted to the web by noon on the Wednesday prior to the championship. They will also be distributed at the coaches' meeting Thursday prior to the start of the Championship.

Track and Field

1. Performances used for qualifying must appear on the conference performance list (TFRRS).
 - a. Only results from outdoor meets taking place after the close of the qualification window for the NAIA Indoor Track & Field Championships will be accepted.
 - b. Athletes must meet the CCC Championships qualifying standard for his or her event.
 - c. If an institution does not have an automatic qualifier in an event, or chooses not to enter at least one automatic qualifier in an event, it may enter a maximum of one student-athlete per event who has not met the standard or who has not achieved a mark in the event.
 - d. Each institution may enter one relay team in the 4x100 relay and the 4x400 relay.
2. Final entries for the CCC Championships must be declared on Direct Athletics by 11:00 A.M. on Monday prior to the championships. (This is the same procedure used at the NAIA National Championships).
 - a. If you are declaring an athlete in an event using the right of entry, the athlete will be entered into the meet with current non-qualifying mark or NM (no mark).
 - b. The final entry list will be made available for review by 5 p.m. Monday on the conference web site.
 - c. All corrections/scratches are to be email (sam.ghrist1@frontier.com or sam.ghrist@eou.edu) or faxed to Sam Ghrist at (541) 962-3577 by 2 p.m. on the Tuesday prior to the championship. If you cannot connect, please call Sam Ghrist on his cell phone at (541) 910-4123. If an individual is scratched AFTER Tuesday, he/she will be scratched from the entire meet.
3. Final heat/flight sheets will be posted to the web by noon on the Wednesday prior to the championship. They will also be distributed at the coaches' meeting prior to the start of the Championship.
4. The final entry list (and Hy-Tek files) will be forwarded to the Meet Director of the host school before the seeding is done. The meet director will do the seeding and make changes.
5. It is each school's responsibility to correct any errors in the performance list, including spelling.
6. The following formula will be used to determine annual qualifying standards: previous year's standard x 3 + 16th mark on previous year's final / 4 = new standard.

Lightning/Severe Weather

Chain of Command

The decision to delay or terminate the Cascade Collegiate Conference Track & Field Championships in the event of lightning, severe weather, and/or storms will be made by the CCC Commissioner and the meet officials, in consultation with host sports medicine department personnel.

Criteria For Evacuation of the Practice / Competition Area

- a) The Cascade Collegiate Conference Commissioner and/or his/her designee, the meet director, and a member of the host sports medicine staff will monitor one or more of the following for lightning, severe weather, and/or storms:
 - National Weather Service and/or National Oceanic & Atmospheric Administration (NOAA) local weather radar (www.noaa.gov or www.weather.com);
 - Commercial lightning detector; and/or
 - “flash / bang” count.
- b) When an appropriate warning is received, the “flash/bang” count reaches 50 seconds, and/or a severe weather watch has been issued for the immediate area, the host sports medicine director will notify the CCC Commissioner, Meet Referee, Meet Director, and other applicable personnel.
- c) When an appropriate warning is received, the “flash/bang” count reaches 30 seconds or less, and/or a severe weather watch has been issued for the immediate area, the championship sports medicine director and/or a member of the host staff will notify the CCC Commissioner, Meet Referee, Meet Director, and other applicable personnel.

At this point, all championship activities should immediately cease, and ALL personnel are to evacuate to one of the following locations-

- Personal vehicles with a metal roof and/or Team Bus

Golf carts, John Deere Gator vehicles, convertible / “soft-top” vehicles, outside storage sheds, canopies, tents, awnings, etc. are not considered safe locations and should be avoided.

- d) Persons should avoid taking showers and using plumbing facilities (including indoor and outdoor pools, whirlpools, Jacuzzis, and hot tubs) and land-line telephones during a thunderstorm.
- e) If no safe structure or location is within a reasonable distance, personnel should find a thick grove of small trees surrounded by taller trees or a dry ditch. Everyone should assume the “lightning-safe” position -- a crouched position on the ground with the feet together, weight on the balls of the feet, head lowered, and ears covered. DO NOT LIE FLAT! Minimize the body’s surface area and minimize contact with the ground.

Lightning/Severe Weather Policies

- f) If unable to reach safe shelter, persons should stay away from the tallest trees or objects (i.e., light poles, flag poles, etc.), metal objects (i.e., fences, bleachers, etc.), individual trees, standing pools of water, and open fields. Persons should avoid being the highest object in an open field.
- g) In situations where thunder and/or lightning may or may not be present, yet someone feels his/her hair stand on end and skin tingle, **LIGHTNING IS IMMINENT!** Therefore, all persons should assume the “lightning-safe” position as described above.
- h) A cellular and/or portable remote phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.

Criteria For Safe Return to the Practice/Game Area

The decision to return to a Cascade Collegiate Conference Championship activity after a period of evacuation will be made by the CCC Commissioner and the Meet Referee, in consultation with the Meet Director and championship host staff and sports medicine personnel.

Personnel should not return to the practice/competition area until:

- Thirty (30) minutes have passed since the “flash/bang” count was 30 seconds; and/or
- The last lightning flash or the last sound of thunder.
 - Each time the “flash/bang” count goes below 30 seconds, lightning is observed and/or thunder is heard; the “30-minute clock” is to be reset.



TRACK & FIELD

CONFERENCE

CHAMPIONSHIPS 2015



Presented by:

