



LSC CROSS COUNTRY AND TRACK & FIELD COACHES MEETING

Monday, Sept. 15, Conference Call

Those participating were:

Angelo State: James Reid, Sean Johnson (liaison); Cameron: Zach Johnson; Eastern New Mexico: Danielle Kcholi; Harding: Steve Guymon; Midwestern State: Koby Styles; Tarleton State: Pat Ponder, Susan Burton (liaison); Texas A&M-Commerce: Tom Dibbern; Texas A&M-Kingsville: Ryan Dall; West Texas A&M: Darren Flowers (t&f chair); LSC Office: Jay Poerner, Melanie Robotham.

ACTION ITEMS

1. **TRACK & FIELD: INDOOR OPERATING CODE**: The following changes to the indoor operation code were proposed. **RATIONALE**: Clarity of expectations for meet hosts.

6. All heat winners plus the next top times needed to fill the lanes of the track will advance to the finals. Field events will take the top eight (8) performers to the finals. On a track with fewer than eight lanes for any race under 600m competitors shall qualify to a two section final on the basis of time from the preliminary rounds. In the 800, if there are three preliminary sections or less, the top two from each section shall automatically advance with the remaining spots in the final filled based on top times from the preliminary rounds. If there are more than three preliminary sections in the 800, only the heat winners shall advance with the remaining spots in the final based on top times from the preliminary rounds. **Moved (WT) and seconded (TAMUK). Passed Unanimously.**

8. 200 and 400 dashes: Lane assignments in the 200- and 400-meter dashes to follow NCAA rules, whereby we would take 8 competitors to the finals in two heats, seeded left to right (e.g., 3-4-6-8 in first heat, 1-2-5-7 in second heat). NOTE: Preferred lanes at TTU are 5, 6, 4, then 3. **Moved (WT) and seconded (TAMUK). Passed Unanimously.**

10. Mile run: If there are 13 or more participants, the mile will be run in two sections with the top 12 times running in a 'fast' heat after the remaining participants run in a 'slower' heat. If there are 12 or fewer participants, the 1500-meter run will be run in just one heat. **Moved (WT) and seconded (TAMUK). Passed Unanimously.**

12. 1600m relay: If more than 6 teams are entered there will be a two section final with the four fastest seeds running in the last heat. **Moved (ASU) and seconded (TAMUK). Passed Unanimously.**

13. Opening Height and Progressions: In the Pole Vault, the opening height shall be at 15cm below the 8th seed on the meet entry list (or the lowest seeded mark if less than eight competitors), and the bar shall be raised in increments of 5 to 19 centimeters. In the High Jump, the opening height shall be at 5cm below the 8th seed on the meet entry list, and the bar shall be raised in increments of 3 to 7 centimeters. **Moved (TAMUK) and seconded (ASU). Passed Unanimously.**

2. **TRACK & FIELD: OUTDOOR OPERATING CODE**: The following changes to the outdoor operation code were proposed. **RATIONALE**: Clarity of expectations for meet hosts.

27. All heat winners plus the next top times needed to fill the lanes of the track will advance to the finals. In the 800, if there are three preliminary sections or less, the top two from each section shall automatically advance with the remaining spots in the final filled based on top times from the preliminary rounds. If there are more than three preliminary sections in the 800, only the heat winners shall advance with the remaining spots in the final filled based on top times from the preliminary rounds. **Moved (TAMUK) and seconded (WT). Passed Unanimously.**

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32. Opening Height and Progressions: The opening height for Pole Vault shall be started at 15cm below the 10th seed on the pole vault list (or the lowest seeded mark if less than ten competitors), and the bar shall be raised in increments of 5 to 19 centimeters. The opening height for High Jump shall be started at 5cm below the 10th seed on the high jump list, and the bar shall be raised in increments of 3 to 7 centimeters. Moved (TAMUK) and seconded (WT). Passed Unanimously.

3. **2014-16 CROSS COUNTRY CHAIR & VICE-CHAIR:** It was moved and seconded to appoint Zach Johnson as chair and Danielle Kcholi as vice-chair of the LSC Cross Country Coaches. **Passed unanimously.**
4. **2014-16 TRACK & FIELD VICE CHAIR:** It was moved and seconded to appoint Tom Dibbern as vice-chair of the LSC Track and Field Coaches. **Passed unanimously.**

INFORMATIONAL ITEMS

5. **USTFCCA REPORT:** Regarding cross country, Koby Styles (MSU) reported on the following items: new NLI early signing period for cross country, course requirement changes for 2017-18, 2015 regional (WT) and national (MSSU) sites and the 2014 fall festival.
Regarding track and field, James Reid (ASU) reported on the following: late entry financial penalties this year, penalties for not submitting code of conduct on time, enforcing the “honest effort” policy, the executive committee discussing a technical manual, a set field for outdoor and a 2nd team all-american.
6. **CROSS COUNTRY: 2014 LSC MEET:** Koby Styles (MSU) gave an update on MSU’s plans to host the meet on November 8 and shared information on the course, itinerary and lodging.
7. **HARDING:** 2014-15 is the final year Harding will participate as an LSC affiliate member in both indoor and outdoor track. In 2015-16, the LSC will have 5 men’s and 7 women’s teams sponsoring indoor.
8. **INDOOR: 2015 LSC MEET:** Plans are to run the 2015 LSC INDOOR CHAMPIONSHIP Feb. 28-Mar. 1 at Texas Tech University; however, at this time the facility has not been secured. The Conference Office is working to secure the facility under the same rental arrangement as past years. Sean Johnson (ASU) volunteered to assist the Conference Office in making the necessary contacts at Texas Tech.
9. **OUTDOOR: 2015 LSC MEET:** James Reid (ASU) provided information relative to ASU’s plans to host the meet on May 7-8-9.

Submitted by: Jay Poerner