

2010



INDOOR TRACK & FIELD CHAMPIONSHIPS Manual

February 11-13, 2010
Prince George's Sports & Learning Complex
Landover, MD

2010 Indoor Track & Field Championships

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Pre-Championship Teleconference

A teleconference will be held prior to the Championships on Tuesday, January 26, 2010 at 10:00AM to give an overview on championship procedures, rules, and policies. Participation by each head coach is mandatory.

Coaches Meeting

A meeting of the coaches will be held at 11:00 AM on Thursday, February 11, 2010 to review championship procedures, rules and policies. Attendance by each head coach is **mandatory**.

Practice

The track will be available to all teams for practice and viewing on Thursday, February 12 from 10:00AM – 1:00 PM.

Event Entries

All institutions must submit team entries and championship forms to the Conference Office no later than close of business on Tuesday, January 19. Event entries are due by midnight on Monday, February 8, 2010 using DirectAthletics. **Teams are allowed to enter up to three (3) competitors into a single event without a qualifying mark. If more than three (3) competitors are entered, all entrants must meet the qualifying mark.**

The submission declarations and scratches must take place by 12 midnight on Monday, the week of the championships.

No institution may enter more competitors in any single individual event than there are places to be scored. Each institution is allowed a maximum of one (1) relay in the distance medley and 1600-meter relays.

The maximum number of entrants a member institution shall have in the Conference Track and Field Championships is 24 for men and 24 for women. Pentathlon and heptathlon entrants shall count against an institution's squad limit, and pentathlon/heptathlon competitors may also enter other events in the Conference Championships.

Games Committee

The games committee shall consist of the Director of Championships, Coordinator of Timing, Co-Chair of the Indoor Track & Field Championships, and President of the Indoor Track Coaches Association.

Format/Schedule

The schedule of events is approved by the Office of the Commissioner in consultation with the Championships Administration Committee, Co-Chairs, and Standards Committee.

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Field event schedules may have to be determined at the fall track and field coaches' administrative meeting if conflicts occur due to layouts of some of the Conference track and field venues.

During relay heats, if the facility's track has enough lanes to accommodate all teams that wish to participate, all relay races shall be conducted in one heat. In the event that the track does not have enough lanes to accommodate all participants in one heat, the 1600-meter shall be run in sections.

Flights in the field events will complete all three (3) trials before the next flights completes.

Starting heights in the pole vault and the high jump will be determined annually at the coaches' meeting. Both shall be an initial height that is divisible by five (5) centimeters. The bar shall be raised in increments of five (5) centimeters until the NCAA standard is met. The height of the raise after the NCAA standard has been met shall be by vaulter's or jumper's choice.

Honest Effort Rule

The honest effort rule will apply to all track events. (Interpretation: A contestant may not drop out or scratch from a final after being declared in the meet and return to participate in another race unless injured or if the scheduled time of any running event in which the contestant to compete further; he or she must pass examination by the meet physician. In other words, if a contestant enters, the individual must finish the race or be excluded from the meet at that point.)

Uniforms

During competition and the awards ceremony, participants must wear the proper uniform (warm-ups) of their institution.

Competitive Numbers

The Conference office will provide each team with competitive numbers for each athlete listed on the team's entry form. Competitive numbers shall be worn on the front of each runner's uniform.

Time Schedule and Timing

Full electronic timing is used in the Championships. The third starter shall be used in conjunction with the regular starting crew of two (2) when FAT timing is used. This person's duty shall be to recall the runners if the FAT operator signals that the system does not function properly. If after two such re-calls the system does not function properly, the race will take place with run hand-times taken.

An official video tape will be provided as an official mechanism for the Games Committee to assist with the handling of protests and disputes.

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Qualifying Standards

Standard to be submitted by the Standards Committee.

Qualifying standards for the Conference Track and Field Championships are to be reviewed annually by the Standards Committee. The standards are as follows:

A) Qualifying Standards

A qualifying standards committee for all track will develop the overall qualifying standard with the level of competition. The committee is as follows:

President – Indoor Track Coaches Association
President – Outdoor Track Coaches Association
President – Cross-Country Coaches Association
Representative – Dual Coaching Program
Representative – Men's Coaching Program
Representative – Women's Coaching Program

B) Qualifying Exceptions

Each institution may enter one (1) competitor in each event for which it has not competitor who meets the qualifying standard. In addition, a team that has no qualifier in a particular event will be allowed to enter three (3) athletes in that event. If a team has more than three (3) qualifiers for any event, then only those qualifying may be entered.

C) Timing

The IAAF rules on full electronic timing shall prevail for Championships qualifying marks.

D) Season Results

All results from all competitions must be submitted by the participating institutions to the Conference Office by the institution's Sports Information Office to be published weekly in the Conference media release. The Conference shall publish the final results as submitted.

E) Indoor marks

Indoor marks in events that are contested at the conference Championships shall be accepted as qualifying if they meet the standard.

Scoring

Scoring for all events of the Conference Track and Field Championships shall be an eight lane track, 10-8-6-5-4-3-2-1. If the facility does not accommodate eight lanes, additional heats in events can be added.

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Protests

All protests must be made to the Games Committee within 10 minutes of the completion of the race.

Fines/Fees

The following fines/fees will be assessed to discourage coaches from participating in unethical conduct, which distracts and disturbs the equality of the championships:

- \$500.00 fine for not participating in Championship Social
- \$100.00 fee/protest;
- \$500.00 fine per falsified event times and distances
- \$100.00 per non-qualifiers (exceeding the number of non-qualifiers)

The Athletics Director will be notified via letter on all fees/fines.

Awards

Awards in first (1st), and second (2nd), and third (3rd) places in each event during the course of the meets are presented to the recipients. Champion and runner-up team trophies are awarded. Individual Awards from the Conference Office shall be provided to the Outstanding Coach, the Outstanding Field Performer, and the Outstanding Track Performer.

Medical Procedures

An athletic training area will be available for student-athletes during the championships. A certified athletic trainer will be on site during the championship.

Media Credentials

Each team will be given two (2) credentials to allow for video taping. Only individuals who have credentials will be allowed to video tape during the Championships. To request media credentials or to receive information, contact Sahar Abdur-Rashid, Assistant Director of Media Relations at 757-416-7100 (office) or rashids@themeac.com. Credential applications will also be available online at www.MEACsports.com. The deadline for submitting credential applications is Friday, February 5, 2010. Credential for those approved will be available for pick up upon arrival to the Championship.

Results

Results will be updated on the conference web site immediately following the meet. Results will also be posted on the results board following each race. The results and heat sheets will be available for each team at the conclusion of the day.

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Sportsmanship

The MEAC proposes to promote mutual trust and friendly relations among its members by controlling athletic competition and keeping such competition within the bounds of sound educational activity; by promoting clean sportsmanship; and by developing public appreciation for the educational values that accrue from participation in intercollegiate athletics.

The officers and administrators of the MEAC place a high premium on professionalism, sportsmanship, and ethical conduct. As such, there are significant penalties for any breach of conduct during the course of regular season competition and to an even greater extent during the conduct of MEAC Championships.

For the purposes of general definition, misconduct in a MEAC Championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law on the part of any recognized University representative, occurring incident to, en route to, from or at the locale of the competition or practice that discredits the event or intercollegiate athletics.

Misconduct Incident to Competition

If the act of misconduct occurs during the competition, under normal circumstances, the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during a break in the continuity of the championship (e.g., between rounds of basketball tournament) when no competition is being conducted, or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition, and conduct the hearing after this action. Other acts of misconduct may be dealt with at the sports committee's convenience.

Penalty for Misconduct

The sports committee (or games committee authorized to act for it) may at its sole discretion impose any one (1) or a combination of the following penalties on an institution or any student-athlete or representative of any institution, guilty of misconduct occurring incident to, en route to, from, or the locale of the competition or practice.

- (A) Public or private reprimand to the individual;
- (B) Disqualification of the individual from further participation in the Conference Championship (s) involved;
- (C) Banishment of the individual from participating in one (1) or more subsequent championships of the sport involved;

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- (D) Withholding all or a portion of the institution's share of revenue distribution;
- (E) Banishment of the institution from participation in one (1) or more subsequent championships in which its team in the sport otherwise would be eligible to participate;
- (F) Financial or other penalties in addition to Nos. one (1) through six (6), but only if they have prior approval of the Delegate Assembly (DA) and the Council of Chief Executive Officer's (CCEO's).

Ban from Subsequent Championship

When a student-athlete or institutional representative is banned from participation in a subsequent championship, such penalty shall be applied to the next Conference Championship events in which the individual's team is involved and the individual otherwise is eligible to participate. In the case of an individual event, the penalty shall be applied to the next Conference Championship event(s), meet(s), or tournament(s) for which the individual qualifies and otherwise is eligible to participate.

Schedule of Events

Thursday- February 11

10:00AM – 1:00PM	Teams Practices	
11:00AM - 12:00PM	Coaches Meeting Mandatory Attendance (Prince George's Sports Complex)	
12:00PM – 12:30PM	Proof of Performance (Challenges)	
1:00PM	Women Weight	Final
2:30pm	Men Weight	Final

Friday- February 12

9:00AM	Men's Heptathlon 60 Meter Dash Men's Heptathlon Long Jump Men's Heptathlon Shot Put Men's Heptathlon High Jump	
9:00AM	Women Shot Put	Final

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11:00AM	Women Long Jump (East)	Final
11:00AM	Women High Jump	Final
12:30PM	Men 5000 Meter Run	Final
1:30PM	Opening Ceremonies	
2:00PM	Women 800 Meter Run	Final
2:15PM	Men 800 Meter Run	Final
2:35PM	Women 60 Meter Hurdles	Prelim
2:55PM	Men 60 Meter Hurdles	Prelim
3:15PM	Women 400 Meter Dash	Prelim
3:30PM	Men 400 Meter Dash	Prelim
3:30PM	Men Pole Vault	Final
3:55PM	Women 60 Meter Dash	Prelim
4:10PM	Men 60 Meter Dash	Prelim
4:30PM	Men Long Jump	Final
4:35PM	Women 200 Meter Dash	Prelim
4:50PM	Men 200 Meter Dash	Prelim
5:05PM	Women Distance Medley	Final
5:25PM	Men Distance Medley	Final

*** Event start times will be determined by the Combined Event Referee in accordance with NCAA Rules.**

Saturday- February 13

9:00AM	Women Pole Vault	Final
9:00AM	Women's Pentathlon 60 Meter Hurdles Women's Pentathlon High Jump Women's Pentathlon Shot Put Women's Pentathlon Long Jump	

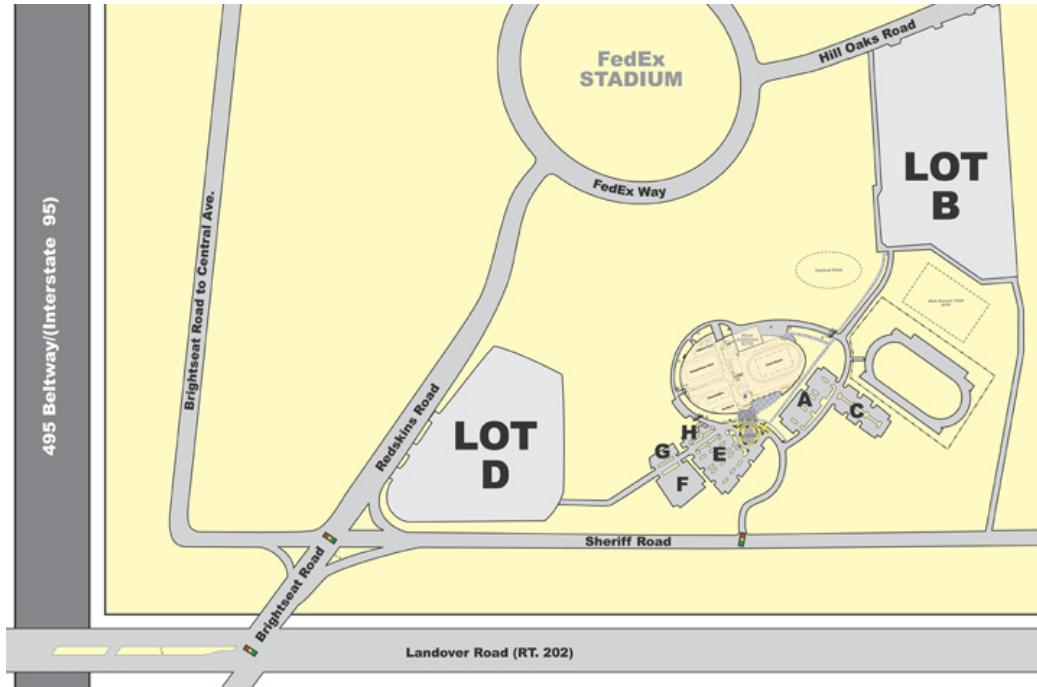
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Saturday continued...

	Women's Pentathlon 800 Meter Run	
9:30AM	Men's Heptathlon 60 Meter Hurdles Men's Heptathlon Pole Vault Men's Heptathlon 1000 Meter Run	
12:45PM	Men Shot Put	Final
12:45PM	Men High Jump	Final
3:05PM	Women Mile Run	Final
3:20PM	Men Mile Run	Final
3:35PM	Women 400 Meter Dash	Final
3:45PM	Men 400 Meter Dash	Final
3:55PM	Women 60 Meter Hurdle	Final
4:00PM	Women Triple Jump (West)	Final
4:00PM	Men Triple Jump (East)	Final
4:05PM	Men 60 Meter Hurdle	Final
4:15PM	Women 60 Meter Dash	Final
4:25PM	Men 60 Meter Dash	Final
4:35PM	Women 200 Meter Dash	Final
4:45PM	Men 200 Meter Dash	Final
4:55PM	Women 3000 Meter Run	Final
5:10PM	Men 3000 Meter Run	Final
5:25PM	Women 1600 Meter Relay	Final
5:40PM	Men 1600 Meter Relay	Final

AWARDS CEREMONY IMMEDIATELY FOLLOWING THE LAST EVENT.

2010 **MEAC** Indoor Track & Field Championships



Prince George's Sports & Learning Complex
8001 Sheriff Rd.
Landover, MD 20785
301-583-2400

Driving Directions

The Prince George's Sports & Learning Complex is located adjacent to FedEx Field in Landover, Maryland.

From Northeast

Take I-95 take exit 17B (202 North towards Bladensburg). Make a left onto Brightseat Road. Make a right onto Sheriff Road. Make left at the first light (Harvey Drive). Drive up the hill onto the grounds of the Complex.

From Southeast

Take Interstate 85, to Rt. 58, to Rt. 17 (Norfolk, Virginia) to Rt. 13 North. Across the Chesapeake Bay Bridge and Tunnel. Follow signs to Maryland. Pass through Pocomoke City, Maryland to Princess Anne, Maryland.

Once near Princess Anne, follow signs to Somerset Ave., **MD-675**. Take a right on Broad Street (second light in Princess Anne), and cross railroad tracks to enter the South entrance to campus.

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Accommodations

Host Hotel

Marriott – Greenbelt

6400 Ivy Lane

Greenbelt, MD

301-441-3700

Comfort Inn Landover Hills

6205 Annapolis Rd

Landover, MD

301-322-6000

Courtyard by Marriott

8330 Corporate Drive

Landover, MD

301-577-3373

Comfort Inn & Suites

9020 Golden Triangle Dr

College Park, MD

301-441-8110

Extended Stay America

9401 Largo Drive West

Landover, MD

301-333-9139

Howard Johnson Express Inn

600 New York Avenue NE

Washington, DC

202-546-6348

Hampton Inn

9421 Largo Drive West

Landover, MD

301-499-4600

Restaurants in the Landover Area

Bojangle's Famous Chicken

8320 Annapolis Rd

New Carrollton, MD

301-306-5516

Applebee's

7272 Baltimore Ave

College Park, MD

301-864-6118

Quiznos Subs

8310 Annapolis Rd

New Carrollton, MD

301-577-4861

Boston Market

7316 Baltimore Ave

College Park, MD

301-779-1820

Subway

8445 Annapolis Rd

New Carrollton, MD

301-306-0130

Chick-Fil-A

1040 Shoppers Way

Upper Marlboro, MD

301-333-1981

Checkers Restaurant

7415 Landover Rd

Landover, MD

301-583-0760

Chili's Bar & Grill

16401 Heritage Blvd

Bowie, MD

301-809-1900

Golden Corral

1001 Shoppers Way

Upper Marlboro, MD

301-324-6807

Chipotle Mexican Grill

7332 Baltimore Ave

College Park, MD

301-582-0015