

**Northern Sun Intercollegiate Conference
Track & Field Meeting**

Chair – Mason Rebarck – Winona State

Liaisons – Allison Meadows – Concordia-St. Paul & Mike Powicki – Wayne State

Tuesday, June 16, 2026

10:30 a.m.

<https://us02web.zoom.us/j/85459262562>

1. Welcome (Nick Kornder/Mason Rebarck)
2. NCAA Coaches' Connection (Kirk Nauman)
3. 2027 Indoor Championship Schedule [*Action Anticipated*]
 - a. Mile/Hurdles order [Supplement No. 1]
 - b. Track Event Timing on Friday [Supplement No. 1]
 - c. Timing of Elite 18 / Outstanding Senior Awards
4. 2027 NSIC Outdoor Championship Schedule [Supplement No. 2] *Action Anticipated*
5. 2028 NSIC Outdoor Championship Bid [Supplement No. 3] *Action Anticipated*
6. Handbook Revisions. (Rebarck) [Supplement No. 4]
7. Miscellaneous.

Northern Sun Intercollegiate Conference Draft - Indoor Schedule

Friday

Time	Field Events	Round
9:20 am	National Anthem & NSIC Creed	
9:30 am	Heptathlon 60m	Final
*10:15am	Heptathlon Long Jump	
*11:30 am	Heptathlon Shot Put	
*12:45 pm	Heptathlon High Jump	
12:00 pm	Pole Vault (W)	Prelim/Final
12:00 pm	Long Jump (M)	Prelim/Final
1:00 pm	Weight Throw (M)	Prelim/Final
2:30 pm	Long Jump (W)	Prelim/Final
3:30 pm-	Pole Vault (M)	Prelim/Final
3:30 pm	Weight Throw (W)	Prelim/Final
4:00 pm	High Jump (M)	Prelim/Final

Time	Running Events	Round
12:00 pm	5000 Meters (W)	Final (2 Section) #
12:45 pm	5000 Meters (M)	Final (2 Section) #
2:15 pm	60 Meter Hurdles (W)	Prelim
2:30 pm	60 Meter Hurdles (M)	Prelim
2:45 pm	400 Meters (W)	Prelim
3:00 pm	400 Meters (M)	Prelim
3:15 pm	600 Meters (W)	Prelim
3:30 pm	600 Meters (M)	Prelim
3:45 pm	60 Meters (W)	Prelim
4:00 pm	60 Meters (M)	Prelim
4:15 pm	800 Meters (W)	Prelim
4:30 pm	800 Meters (M)	Prelim
4:45 pm	1000 Meters (W)	Prelim
5:00 pm	1000 Meters (M)	Prelim
5:15 pm	200 Meters (W)	Prelim
5:30 pm	200 Meters (M)	Prelim
5:45 pm	DMR (W)	Final
6:00 pm	DMR (M)	Final

*Heptathlon times are approximate after first event.

If combined event entries are over 12 then two flights will be used for LJ, SP, HJ. Flights will be based off of HJ pits.

No declaration period is required for the 5k. However, coaches must make any final scratches in the event at least 90 minutes before the start of each gender's first section of the event so that reseeding or an elimination of a section may be done if necessary.

^^Standard schedule format: To find approved schedule for upcoming championship, visit championship website: www.NorthernSun.org/NSICIDTF

Saturday

Time	Field Events	Round
8:50 am	National Anthem & NSIC Creed	
9:00 am	Pentathlon 60mH	Final
*9:45 pm	Pentathlon High Jump	
*11:30 am	Pentathlon Shot Put	
*12:15 pm	Pentathlon Long Jump	
9:45 am	Heptathlon 60mH	Final
*11:00 am	Heptathlon Vault	
1:00 pm	Shot Put (M)	Prelim/Final
1:00 pm	High Jump (W)	Final
1:30 pm#	Triple Jump (M)	Prelim/Final
3:30 pm	Shot Put (W)	Prelim/Final
3:45 pm#	Triple Jump (W)	Prelim/Final

Time	Running Events	Round
1:30 pm	60 Meter Hurdles (W)	Final
1:40 pm	60 Meter Hurdles (M)	Final
1:50 pm	Mile (W)	Final
2:05 pm	Mile (M)	Final
2:20 pm	Heptathlon 1000m	
2:30 pm	Pentathlon 800m	
2:40 pm	400 Meters (W)	Final
2:50 pm	400 Meters (M)	Final
3:00 pm	600 Meters (W)	Final
3:10 pm	600 Meters (M)	Final
3:20 pm	60 Meters (W)	Final
3:30 pm	60 Meters (M)	Final
3:40 pm	800 Meters (W)	Final
3:50 pm	800 Meters (M)	Final
4:00 pm	1000 Meters (W)	Final
4:10 pm	1000 Meters (M)	Final
4:20 pm	200 Meters (W)	Final
4:30 pm	200 Meters (M)	Final
4:40 pm	3000 Meters (W)	Final (2 Sections)#
5:05 pm	3000 Meters (M)	Final (2 Sections)#
5:30 pm	4x400 Meter Relay (W)	Final (2 Sections)**
5:50 pm	4x400 Meter Relay (M)	Final (2 Sections)
6:25 pm	Awards Ceremony	

*Heptathlon & Pentathlon times are approximate after first event. If combined entries are over 12 then two flights will be used for HJ, SP, LJ. Flights will be based off of HJ Pits.

**4X400 should be moved earlier by 10 minutes per section of 3000 Meters that would be added due to field size.

#Triple Jump starts 20 minutes after the boards are set following the Pentathlon Long Jump or start time whichever is later. The next gender Triple Jumps starts 20 minutes after the boards are set.

Must declare for Women's 3k by 3:10p and Men's 3k by 3:35pm. If 24 or fewer athletes declare will be combined to 1 heat.

NSIC Outdoor Track & Field Championships

Standard Odd Number Year Schedule of Events^{^^}

Date: Final NCAA Qualifying Weekend

Thursday

Combined Events

1:00 pm	Decathlon 100 Meters
1:30 pm	Heptathlon 100 Meter Hurdles
~1:45 pm	Decathlon Long Jump
~2:15 pm	Heptathlon High Jump
~3:00 pm	Decathlon Shot Put
~4:00 pm	Heptathlon Shot Put
~4:15 pm	Decathlon High Jump
~5:15 pm	Heptathlon 200 Meters
~6:00 pm	Decathlon 400 Meters

FRIDAY

Combined Events

9:00 am	Decathlon 110 Meter Hurdles
9:30 am	Heptathlon Long Jump
~9:45 am	Decathlon Discus
~10:45 am	Heptathlon Javelin
~11:15 am	Decathlon Pole Vault
~12:00 pm	Heptathlon 800 Meters
~2:45 pm	Decathlon Javelin
~4:10 pm	Decathlon 1500 Meters

^{^^}Standard schedule format: To find approved schedule for upcoming championship, visit championship website: www.NorthernSun.org/NSICODTF

Friday

All running events are preliminaries except 10K & 3000m steeplechase

Time Field Event

12:30 pm	Hammer (M)
12:30 pm	Shot Put (W)
12:30 pm	High Jump (W)
12:30 pm	Long Jump (M)
3:00 pm	Pole Vault (W)
3:30 pm	High Jump (M)
3:30 pm	Hammer (W)
3:30 pm	Shot Put (M)
3:30 pm	Long Jump (W)

Time Running Event

10:00 am	10,000 Meters (W) - Final
11:00 am	10,000 Meters (M) - Final
12:00 pm	Heptathlon 800 Meters (W)
12:50 pm	3000 Meter Steeple (W) - Final
1:10 pm	3000 Meter Steeple (M) - Final
1:30 pm	1500 Meter (W)
1:45 pm	1500 Meter (M)
2:00 pm	100 Meter Hurdles (W)
2:15 pm	110 Meter Hurdles (M)
2:30 pm	400 Meters (W)
2:45 pm	400 Meters (M)
3:00 pm	100 Meters (W)
3:15 pm	100 Meters (M)
3:30 pm	800 Meters (W)
3:50 pm	800 Meters (M)
4:10 pm	Decathlon 1500 Meters (M)
4:20 pm	400 Meter Hurdles (W)
4:40 pm	400 Meter Hurdles (M)
5:00 pm	200 Meters (W)
5:15 pm	200 Meters (M)

Saturday

Relays will be run as 2-section final with the fast section running last

Time Field Events

11:00 am	Javelin (M)
11:00 am	Discus (W)
11:00 am	Triple Jump (W)
11:00 am	Pole Vault (M)
2:00 pm	Javelin (W)
2:00 pm	Discus (M)
2:00 pm	Triple Jump (M)

Time Running Events

1:00 pm	National Anthem/Pledge
1:05 pm	4x100 Meter Relay (W)
1:15 pm	4x100 Meter Relay (M)
1:25 pm	1500 Meter Run (W)
1:40 pm	1500 Meter Run (M)
1:55 pm	100 Meter Hurdles (W)
2:10 pm	110 Meter Hurdles (M)
2:20 pm	400 Meters (W)
2:25 pm	400 Meters (M)
2:35 pm	100 Meters (W)
2:40 pm	100 Meters (M)
2:45 pm	800 Meters (W)
2:50 pm	800 Meters (M)
3:00 pm	400 Meter Hurdles (W)
3:10 pm	400 Meter Hurdles (M)
3:20 pm	200 Meters (W)
3:25 pm	200 Meters (M)
3:35 pm	5000 Meters (W)
4:00 pm	5000 Meters (M)
4:25 pm	4x400 Meter Relay (W)
4:40 pm	4x400 Meter Relay (M)
5:00 pm	Awards Ceremony

2028 NSIC Outdoor Championships

Your Institution	Minnesota State University, Mankato
Championship to host	Outdoor Championship
Number of Lanes	9
Type of running surface?	Mondo
Number and direction of jumping pits?	5 all directions all have take off boards
Size of high jump apron?	Standard
Please describe in detail you back-up plan for high jump	Field house
Direction of runway(s) for pole vault?	All four directions
Please describe in detail you back-up plan for pole vault	Field house
Can sprint events be contested in both directions?	yes
Number and direction of throwing rings?	Four
Is there a location for team camps/tents?	Yes
Are locker rooms and showers available?	Yes
Are all events located within the venue?	yes
If you answered no to question above, please indicate distance from venue to off-site competition arena.	
Please describe any seating available for running and field events.	Portable bleachers
What facilities are available in case of inclement weather?	Field house and Taylor center
Please describe parking for teams and spectators.	Large parking lots
Please describe the potential hotel arrangements for teams.	Same as indoors
Has this facility hosted any other meets?	2 to 3 outdoor meets a year.
Any other information you would like to include with your bid?	We will run the meet to a similar standard as indoor conference. 2 mondo javelin runways

NORTHERN SUN INTERCOLLEGIATE CONFERENCE**TRACK HANDBOOK - 2025-26 EDITION (August, 2025 – Updated February 25, 2026 – 10:30 am)*****Changes for 2025-26 Highlighted***

1. The Chair shall be elected for a two-year term. The chair for cross country and track & field will be the same person. This vote shall take place at the coaches' meeting at the NSIC summer meeting.

Years	Chair/Secretary
2024-25 & 2025-26	Winona State

2. Honors and Awards.
 - 2.1 The Coach of the Year shall be determined by a vote of the coaches following the indoor and outdoor Conference meets. Each participating team's head coach shall vote on Coach of the Year and coaches are not allowed to vote for themselves. The Conference office shall provide plaques for the men's and women's coach of the year.
 - 2.2 An Assistant Coach of the Year will be selected for men's and women's indoor and outdoor track and field. Coaches may nominate one women's assistant coach and one men's assistant coach. Coaches will then vote during athlete of the year voting. ~~The assistant coach of the year will be the league's nomination for regional coach of the year.~~ *(Revised 6/17/2021)*
 - 2.3 All-Conference performers shall consist of the top three place winners in each event and the members of the top three relay teams from the Conference meet. Plaques will be awarded to the top finisher in each event, while certificates will be awarded to second and third place finishers.
 - 2.4 The High Points Scorers of the meet will be recognized following the meet.
 - 2.5 Coaches shall select the following individual awards for both the indoor and outdoor championships: Women's Track Athlete of the Year, Women's Field Athlete of the Year, Men's Track Athlete of the Year, Men's Field Athlete of the Year. The coaches shall also select a Men's Newcomer & Freshman of the Year and Women's Newcomer & Freshman of the Year. Nominations shall be sent in by the coaches the Sunday following the indoor and outdoor championships. The NSIC Office will send out a ballot on Monday for the coaches to vote on and a release will be sent out on the Wednesday following the championship. The voting shall take place with a list of criteria to be considered and may include, but is not limited to the following: points scored in the meet, year of eligibility, meet record, NCAA qualifying, individual championships, etc. Plaques shall be provided by the Conference Office.

The newcomer of the year must be in their first season of competition at their institution in their sport, and not a freshman or redshirt freshman. No student-athlete can win the award twice in the same sport. (Revised 7/10/25) For Freshman of the Year, no student-athlete can win the award twice in the same sport. Must be a true or redshirt freshman. (Revised 7/10/25)
 - 2.6 **NSIC Outstanding Senior of the Year Award.** *(Adopted: 9/9/21)*
 - 2.6.1 The recipient shall be a four-year student-athlete at their institution, be a full-time* regularly enrolled graduating senior competing in the NSIC and can only win the award once in their career.
 - 2.6.2 They shall be an academically sound student that has made a positive contribution to their team and institution.
 - 2.6.3 Each year an institution may nominate one qualifying senior to be voted on by league coaches. Coaches are asked to submit student-athletes roster information and GPA along with a supporting paragraph of the nominee's season, career accolades, and positive contributions to their institution. Coaches are NOT allowed to vote for their own players.
 - 2.6.4 A plaque shall be given to the winner of the award.
 - 2.6.5 The winner will also be recognized during the NSIC Championships.

**Special consideration will be made for student-athletes that are not full-time, this must be explained in the nomination – all other criteria must be met.*
 - 2.7 Awards for individual athletes will take place immediately following their events (indoor & outdoor) when weather permits. Athletes are required to participate. Medals will be presented to the top eight finishers with the NSIC Office covering the cost of the medals.
 - 2.8 Athletes of the Week (Track Athlete / Field Athlete) shall be chosen for both women and men. Nominations must be submitted by Monday at 10:00 a.m. to be considered. Nominations shall be sent to the conference CSC and shall begin on the first Tuesday of December for the indoor season and the first Tuesday following

the NCAA Championships for the outdoor season. A preseason coaches' poll will be released a week prior to the start of Athlete of the Week releases. *(Revised 6/10/2021)*

Athlete of the Week Selection Criteria:

1. NCAA Provisional Qualifying time(s)/mark(s).
 2. Head-to-Head performances.
 3. Ranking on TFRRS National Performance List.
 4. Ranking on TFRRS NSIC Performance List.
 5. Milestones/school records achieved (track records/personal records).
 - * Relays or individual relay members may be named Athlete of the Week. *(Adopted 6/17/2021)*
3. The Conference Meet Procedures.
- 3.1 Each school is required to submit an entry fee of \$500 per gender (indoor) and \$500 per gender (outdoor) to the host institution prior to competing at the NSIC Championships. *(Adopted 6/23/22 – Revised 7/10/25)*
 - 3.2 In the event of a tie for first place in the team standings, the tie will not be broken, co-champions will be awarded.
 - 3.2.1 If two student-athletes tie an NSIC record in a running event and their tie is broken by going to thousands of a second, the winner of that race will share/hold the NSIC record. If two S-A tie in a field event and the tie is not broken, then both student-athletes would share/hold the record. *(Adopted 6/17/2021)*
 - 3.2.2 If a tail wind exceeds 4 meters per second (7.78 knots) the result cannot be registered as a NSIC record (excluding multi events). *(Adopted 6/17/2021)*
 - 3.3 In order to host the indoor or outdoor Conference meet, the member school shall have hosted an invitational prior to the Conference meet that year.
 - 3.4 The outdoor coaches' meeting shall be held virtually on the week of the Conference meet at a time designated by the host school. The indoor championship will have a call on Thursday night.
 - 3.5 The host school for all Conference track contests shall have a physician and/or a certified athletic trainer available during the track meet. Subsequent treatment shall be the responsibility of the school concerned.
 - 3.6 The school hosting the conference outdoor meet should create a weather contingency plan by June 1st prior to summer meeting a year in advance of hosting the conference meet.
 - 3.7 Standards that are set for the schools hosting the Conference championships shall include, but are not limited to the following:
 1. Officials: Please note the difference between an official and a meet worker. Officials should have proven competency and be paid to work the meet. Meet workers do not affect the outcome of competition so need not be experienced and often are volunteers. The following officials are strongly recommended at each event:
 - a. A head field event referee and a head track referee will be present at the NSIC meet.
 - b. Running events: Curve/Hurdle Judges: A minimum of three curve judges on each curve (six total) shall be in place for all running events. Those six individuals will also serve as hurdle judges.
 - c. Long Jump/Triple Jump: Head Official, Foul Board Official, Marking Official
 - d. High Jump/Pole Vault: Head Official
 - e. Shot Put/Discus/Hammer/Weight: Head Official, Two Marking Officials
 - f. Javelin: Head Official, Two Marking Officials, Landing Judge

*To ensure quality officiating now and going forward, it is recommended to pay Officials at least \$150 per day, plus a hotel stay.
 2. Meet Workers (some of these can be combined. I.e.: Timer/Wind Gauge Operator) The following meet workers are strongly recommended at each event:
 3. Long /Triple Jump: Three rakers, Timer, Wind Gauge Operator (outdoor), Performance Indicator
 4. High Jump: Two Bar Placers, Performance Indicator
 5. Pole Vault: Two Bar Placers, Two Standard Setters, Performance Indicator

6. Shot Put/Weight Throw: Two Retrievers, Tape Puller & Performance Indicator if no laser measure system in use
7. Javelin, Discus, Hammer Throw: Three Retrievers, Tape Puller & Performance Indicator if no laser measure system in use (*Adopted 2021*)
- 3.7.1 Timing System: Two FAT systems shall be used (one as a backup) ~~or a back-up group of hand timers and pickers shall be used with one FAT system.~~ Entries for the meet will be done ~~on the Hy-tek computerized system~~ online by an outside source hired for the NSIC meets. Timing company will host the meet entry on their timing entry site (*Adopted 2024*).
- 3.7.2 Results: Results shall be posted in a timely manner in an accessible location for athletes and coaches. A running point total shall be kept and posted where they can be seen regularly. ~~The meet host will designate a location for these to be posted~~ (*live online results is an option for results location*).
- 3.7.3 Implements/Weigh-ins Committee: Full-time throws coaches, host school throws coach and any other throw coaches who would like to participate. The host school is responsible for multi event shot put on Thursday of outdoor championships.
 - 3.7.3.1 Indoors – All implement weigh-ins (Open & Multi) will take place between 10:00 a.m. to 11:00 a.m. on Friday. All implements must be dropped off prior to weigh-in closing at 11:00 a.m. The host school is responsible for collecting these implements Thursday. Multi shot puts will be returned and inspected before they are included in the open shot-put competition.
 - 3.7.3.2 Outdoors – Heptathlon and Decathlon shot puts will be certified between 11 a.m. and noon on Thursday. All other implements must be dropped off before 7 p.m. on Thursday night. Impounded hammers may be changed to make length Thursday night. The host school will be responsible for providing a secured storage area for holding all certified and impounded implements. The host school will be responsible for supplying a meet worker that will be in charge of bringing implements to the throws event.
 - 3.7.3.3 If implements are not checked in on time they will not be certified for use in meet. The implements that are used in the multi competition must be returned to implement certification area for recertification if they are to be used during open competition. (*Revised 6/17/2021*)
- 3.8 All entries for the Conference meets shall be submitted by 6 p.m. on Tuesday prior to the meet and from that point on, all entries are final. *For the rest of the Championship Week Timeline see Appendix I - A*
- 3.9 Championship Entries: (*Necessary clarifications added summer 2017*)
 - 3.9.1 Entries in the meet will be limited to the top 30 performances ranked on the NSIC Honor Roll for each event for both the indoor and outdoor championship.
 - 3.9.2 Event Caps:
 - ~~3.9.2.1 Indoor: Based off NCAA Rule 5, Section 10~~
 - ~~3.9.2.1.1.1 On an 8 Lane Track (Mankato)~~
 - ~~3.9.2.1.1.2 60m/60h Capped at 32 entries~~
 - ~~3.9.2.1.1.3 200m/400m Capped at 24 entries (with a one section final)~~
 - ~~3.9.2.1.1.4 600m Capped at 28 entries (with a one section final)~~
 - ~~3.9.2.1.1.5 Coaches may enter any athlete in the top 30 without the use of a wildcard. However, it must be noted that the athlete may not make the meet based on the event cap.~~
 - ~~3.9.2.2 On a 6 Lane Track (Bemidji)~~
 - ~~3.9.2.2.1.1 60/60h Capped at 32 entries~~
 - ~~3.9.2.2.1.2 200/400/600 Capped at 20 entries~~
 - ~~3.9.2.2.1.3 Coaches may enter any athlete in the top 30 without the use of a wildcard. However, it must be noted that the athlete may not make the meet based on the event cap.~~
 - ~~3.9.2.3 Outdoor: Based off NCAA Rule 5, Section 10~~
 - ~~3.9.2.3.1.1 On any track no matter the number of lanes~~
 - ~~3.9.2.3.1.1.1 100m/100h/110h Capped at 32 entries~~
 - ~~3.9.2.3.1.1.2 200m/400m/400m Hurdles Capped at 28 entries~~
 - ~~3.9.2.3.1.1.3 Coaches may enter any athlete in the top 30 without the use of a wildcard. However, it must be noted that the athlete may not make the meet based on the event cap.~~
 - 3.9.2.4 The Multi-Events and 10k are exempt from requiring a performance.

- 3.9.2.5 Each institution will be allowed one (1) relay team in each relay event, no matter their ranking.
- 3.9.2.6 Each institution will be allowed **four** wildcard entries (per gender) in the championship meet.
- 3.9.2.6.1 A wildcard is defined as any individual entry of a person not ranked in the top 30 of that event the week of the NSIC Championship meet.

~~3.9.2.6.2 If multiple entries in a capped event are entered at NT/NM there will be no tie breaker at the cap number. Caps cannot be exceeded, so all NT/NM entries will be dropped and wildcards lost.~~

- 3.9.2.6.3 Wildcards are checked by the host school by checking the performance list for any entry time/mark below the mark of 30th on the TFRRS Honor Roll that day.

- 3.10 Eight places shall be awarded and scored in all events. Scoring shall be 10-8-6-5-4-3-2-1.
- 3.11 Advancement to finals can be found in NSIC Championship Meet Technical Procedures.
- 3.12 All athletes shall be timed in each race. ~~A complete set of preliminary results shall be available to coaches Friday night after the first day of competition and Saturday at the conclusion of the meet.~~ All field event marks shall be recorded metrically and announced traditionally at the site, not converted later. Final results shall be posted on the NSIC Championship website and shall include all marks made.
- 3.13 Coaches shall be allowed to use the 1500-meter run and 55-meter dash times as seed times. TFRRS will convert times for seeding.
- 3.14 During the outdoor meet, the 100-meter, 200-meter dash, 100-meter hurdles, and 110-meter high hurdles will be run with the wind.
- ~~3.15 Protests relating to matters which develop during the carrying through of the program, shall be made no later than 15 minutes after the result are official has been announced or within 15 minutes after a preliminary round.~~
- ~~3.16 Protests: See NCAA Rulebook – Rules 5-7.3b.1 & 13-7.3b.1. Time-stamping is done via live results and can be seen online. The Referee must alert the timers so that the countdown clock for protests is paused and results don't become final while the protest is being considered. ~~Protests must be made in writing by the head coach and submitted to the announcer at the official's table. Protests shall then be submitted to the referee. Official protest forms and NCAA rulebook will be placed at designated location at championship, where the protests must be submitted in writing and include the NCAA rule in question. Please reference the NCAA rulebook for process for protests. (Revised 2021)~~ Beginning in 2020-21 academic year, only aired NSIC Network video footage can be used as "Official Evidence" in the appeals process.~~
- 3.17 There is no Jury of Appeals. The NCAA Rulebook states in the absence of a jury of appeals two officials Referees must be included in the protest decision (NCAA Rule 5-7.3b.1 & 13-7.3b.1).
- ~~3.18 The games committee~~ Meet Management for decisions that need to be made is made up of three coaches on a rotating basis. Note Appendix II. Reference the current NCAA rule book for details of ~~the games committee~~ Meet Management's responsibilities. Note: The NCAA has changed its language from Games Committee to Meet Management.
- 3.19 The host of the indoor and outdoor meets must submit, in advance, a budget to the NSIC Office for approval. The approved budget costs not covered by the NSIC Office will be covered by the host school. The host institution is required to charge admission for both the indoor and outdoor championships. All gate receipts will be submitted to the conference office to help offset the budgeted expenses. The minimum ticket price per day shall be \$10 for an adult and \$5 for students. The NSIC will pay \$11,000 to the school hosting the championship.
- 3.20 Artwork for t-shirt sales at the championship must be approved by the NSIC Office before being submitted to a printing company.

4. Championships sites and schedules.

- 4.1 The NSIC Indoor Championships shall be held on two days – Friday and Saturday. The NSIC Outdoor Championships shall be held on three days – Thursday, Friday and Saturday.
- 4.2 The date of the NSIC Indoor Championship will be two weeks before the NCAA Indoor Championships. This is also the final qualifying weekend for NCAA DII.
Note: the NCAA Indoor championships are held the second full weekend of March.

- 4.3 The date of the NSIC Outdoor Championship will be two weeks before the NCAA Outdoor Championships. This is also the final qualifying weekend for NCAA DII.
Note: the NCAA Outdoor Championships are held Memorial Day weekend.
- 4.4 The host school must submit the meet schedule to the NSIC office the year before hosting to be approved by the coaches at the summer meetings if there are necessary changes to the pre-set schedule due to facility constraints.
- 4.5 Future Host Sites: To host the Conference championships schools will make a proposal to host the indoor championship and outdoor championship. Coaches will then vote and send their recommendation on to the athletic administrators for approval. The outdoor host must also submit a map with locations of field events if located outside the track & field facility.

Indoor

2024-27 Minnesota State

Outdoor

2026 Minnesota Duluth

2027 Minnesota State

Indoor Track & Field Championships

Standard Even Year Schedule of Events^{^^}

Date: Final NCAA Qualifying Weekend

Day 1

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
9:20 am	National Anthem & NSIC Pledge	
9:30 am	Heptathlon 60m	Final
*10:15am	Heptathlon Long Jump	
*11:30 am	Heptathlon Shot Put	
*12:45 pm	Heptathlon High Jump	
12:00 pm	Pole Vault (M)	Prelim/Final
12:00 pm	Long Jump (M)	Prelim/Final
1:00 pm	Weight Throw (W)	Prelim/Final
2:30 pm	Long Jump (W)	Prelim/Final
3:30 pm	Pole Vault (W)	Prelim/Final
3:30 pm	Weight Throw (M)	Prelim/Final
4:00 pm	High Jump (W)	Prelim/Final

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
11:30 am	5000 Meters (W)	Final (2 Section) #
12:15 pm	5000 Meters (M)	Final (2 Section) #
1:45 pm	60 Meter Hurdles (W)	Prelim
2:00 pm	60 Meter Hurdles (M)	Prelim
2:15 pm	400 Meters (W)	Prelim
2:30 pm	400 Meters (M)	Prelim
2:45 pm	600 Meters (W)	Prelim
3:00 pm	600 Meters (M)	Prelim
3:15 pm	60 Meters (W)	Prelim
3:30 pm	60 Meters (M)	Prelim
3:45 pm	800 Meters (W)	Prelim
4:00 pm	800 Meters (M)	Prelim
4:15 pm	1000 Meters (W)	Prelim
4:30 pm	1000 Meters (M)	Prelim
4:45 pm	200 Meters (W)	Prelim
5:00 pm	200 Meters (M)	Prelim
5:15 pm	DMR (W)	Final
5:30 pm	DMR (M)	Final

*Heptathlon times are approximate after first event.

If combined event entries are over 12 then two flights will be used for LJ, SP, HJ.

Flights will be based off of HJ pits.

No declaration period is required for the 5k. However, coaches must make any final scratches in the event at least 90 minutes before the start of each gender's first section of the event so that reseeding or an elimination of a section may be done if necessary.

^^Standard schedule format: To find approved schedule for upcoming championship, visit championship website: www.NorthernSun.org/NSICIDTF

Day 2

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
8:50 am	National Anthem & NSIC Pledge	
9:00 am	Pentathlon 60mH	Final
*9:45 pm	Pentathlon High Jump	
*11:30 am	Pentathlon Shot Put	
*12:15 pm	Pentathlon Long Jump	
9:45 am	Heptathlon 60mH	Final
*11:00 am	Heptathlon Vault	
1:00 pm	Shot Put (W)	Prelim/Final
1:00 pm	High Jump (M)	Final
1:30 pm#	Triple Jump (W)	Prelim/Final
3:30 pm	Shot Put (M)	Prelim/Final
3:45 pm#	Triple Jump (M)	Prelim/Final

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
1:30 pm	Mile (W)	Final
1:45 pm	Mile (M)	Final
2:00 pm	60 Meter Hurdles (W)	Final
2:10 pm	60 Meter Hurdles (M)	Final
2:20 pm	Heptathlon 1000m	
2:30 pm	Pentathlon 800m	
2:40 pm	400 Meters (W)	Final
2:50 pm	400 Meters (M)	Final
3:00 pm	600 Meters (W)	Final
3:10 pm	600 Meters (M)	Final
3:20 pm	60 Meters (W)	Final
3:30 pm	60 Meters (M)	Final
3:40 pm	800 Meters (W)	Final
3:50 pm	800 Meters (M)	Final
4:00 pm	1000 Meters (W)	Final
4:10 pm	1000 Meters (M)	Final
4:20 pm	200 Meters (W)	Final
4:30 pm	200 Meters (M)	Final
4:40 pm	3000 Meters (W)	Final (2 Sections)#
5:05 pm	3000 Meters (M)	Final (2 Sections)#
5:30 pm	4x400 Meter Relay (W)	Final (2 Sections)**
5:50 pm	4x400 Meter Relay (M)	Final (2 Sections)
6:25 pm	Awards Ceremony	

*Heptathlon & Pentathlon times are approximate after first event.

If combined entries are over 12 then two flights will be used for HJ, SP, LJ. Flights will be based off of HJ Pits.

**4X400 should be moved earlier by 10 minutes per section of 3000 Meters that would be removed due to field size.

#Triple Jump starts 20 minutes after the boards are set following the Pentathlon Long Jump or start time whichever is later. The next gender Triple Jumps starts 20 minutes after the boards are set.

Must declare for Women's 3k by 3:10p and Men's 3k by 3:35pm. If 24 or fewer athletes declare will be combined to 1 heat.

Northern Sun Intercollegiate Conference Standard Odd Year Schedule of Events^{^^} Date: Final NCAA Qualifying Weekend

Friday

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
9:20 am	National Anthem & NSIC Creed	
9:30 am	Heptathlon 60m	Final
*10:15am	Heptathlon Long Jump	
*11:30 am	Heptathlon Shot Put	
*12:45 pm	Heptathlon High Jump	
12:00 pm	Pole Vault (W)	Prelim/Final
12:00 pm	Long Jump (M)	Prelim/Final
1:00 pm	Weight Throw (M)	Prelim/Final
2:30 pm	Long Jump (W)	Prelim/Final
3:30 pm-	Pole Vault (M)	Prelim/Final
3:30 pm	Weight Throw (W)	Prelim/Final
4:00 pm	High Jump (M)	Prelim/Final

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
11:30 am	5000 Meters (W)	Final (2 Section) #
12:15 pm	5000 Meters (M)	Final (2 Section) #
1:45 pm	60 Meter Hurdles (W)	Prelim
2:00 pm	60 Meter Hurdles (M)	Prelim
2:15 pm	400 Meters (W)	Prelim
2:30 pm	400 Meters (M)	Prelim
2:45 pm	600 Meters (W)	Prelim
3:00 pm	600 Meters (M)	Prelim
3:15 pm	60 Meters (W)	Prelim
3:30 pm	60 Meters (M)	Prelim
3:45 pm	800 Meters (W)	Prelim
4:00 pm	800 Meters (M)	Prelim
4:15 pm	1000 Meters (W)	Prelim
4:30 pm	1000 Meters (M)	Prelim
4:45 pm	200 Meters (W)	Prelim
5:00 pm	200 Meters (M)	Prelim
5:15 pm	DMR (W)	Final
5:30 pm	DMR (M)	Final

*Heptathlon times are approximate after first event.

If combined event entries are over 12 then two flights will be used for LJ, SP, HJ.

Flights will be based off of HJ pits.

No declaration period is required for the 5k. However, coaches must make any final scratches in the event at least 90 minutes before the start of each gender's first section of the event so that reseeding or an elimination of a section may be done if necessary.

^{^^}Standard schedule format: To find approved schedule for upcoming championship, visit championship website: www.NorthernSun.org/NSICDTE

Saturday

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
8:50 am	National Anthem & NSIC Creed	
9:00 am	Pentathlon 60mH	Final
*9:45 pm	Pentathlon High Jump	
*11:30 am	Pentathlon Shot Put	
*12:15 pm	Pentathlon Long Jump	
9:45 am	Heptathlon 60mH	Final
*11:00 am	Heptathlon Vault	
1:00 pm	Shot Put (M)	Prelim/Final
1:00 pm	High Jump (W)	Final
1:30 pm#	Triple Jump (M)	Prelim/Final
3:30 pm	Shot Put (W)	Prelim/Final
3:45 pm#	Triple Jump (W)	Prelim/Final

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
1:30 pm	Mile (W)	Final
1:45 pm	Mile (M)	Final
2:00 pm	60 Meter Hurdles (W)	Final
2:10 pm	60 Meter Hurdles (M)	Final
2:20 pm	Heptathlon 1000m	
2:30 pm	Pentathlon 800m	
2:40 pm	400 Meters (W)	Final
2:50 pm	400 Meters (M)	Final
3:00 pm	600 Meters (W)	Final
3:10 pm	600 Meters (M)	Final
3:20 pm	60 Meters (W)	Final
3:30 pm	60 Meters (M)	Final
3:40 pm	800 Meters (W)	Final
3:50 pm	800 Meters (M)	Final
4:00 pm	1000 Meters (W)	Final
4:10 pm	1000 Meters (M)	Final
4:20 pm	200 Meters (W)	Final
4:30 pm	200 Meters (M)	Final
4:40 pm	3000 Meters (W)	Final (2 Sections)#
5:05 pm	3000 Meters (M)	Final (2 Sections)#
5:30 pm	4x400 Meter Relay (W)	Final (2 Sections)**
5:50 pm	4x400 Meter Relay (M)	Final (2 Sections)
6:25 pm	Awards Ceremony	

*Heptathlon & Pentathlon times are approximate after first event. If combined entries are over 12 then two flights will be used for HJ, SP, LJ. Flights will be based off of HJ Pits.

**4X400 should be moved earlier by 10 minutes per section of 3000 Meters that would be added due to field size.

#Triple Jump starts 20 minutes after the boards are set following the Pentathlon Long Jump or start time whichever is later. The next gender Triple Jumps starts 20 minutes after the boards are set.
Must declare for Women's 3k by 3:10p and Men's 3k by 3:35pm. If 24 or fewer athletes declare will be combined to 1 heat.

NSIC Outdoor Track & Field Championships

Standard Even Number Year Schedule of Events^{^^}

Date: Final NCAA Qualifying Weekend

Thursday

Combined Events

1:00 pm	Decathlon 100 Meters
1:30 pm	Heptathlon 100 Meter Hurdles
~1:45 pm	Decathlon Long Jump
~2:15 pm	Heptathlon High Jump
~3:00 pm	Decathlon Shot Put
~4:00 pm	Heptathlon Shot Put
~4:15 pm	Decathlon High Jump
~5:15 pm	Heptathlon 200 Meters
~6:00 pm	Decathlon 400 Meters

FRIDAY

Combined Events

9:00 am	Decathlon 110 Meter Hurdles
9:30 am	Heptathlon Long Jump
~9:45 am	Decathlon Discus
~10:45 am	Heptathlon Javelin
~11:15 am	Decathlon Pole Vault
~12:00 pm	Heptathlon 800 Meters
~2:45 pm	Decathlon Javelin
~4:10 pm	Decathlon 1500 Meters

^{^^}Standard schedule format: To find approved schedule for upcoming championship, visit championship website: www.NorthernSun.org/NSICODTF

Friday

All running events are preliminaries except 10K & 3000m Steeplechase

Time Field Event

12:30 pm	Hammer (W)
12:30 pm	Shot Put (M)
12:30 pm	High Jump (M)
12:30 pm	Long Jump (W)
3:00 pm	Pole Vault (M)
3:30 pm	High Jump (W)
3:30 pm	Hammer (M)
3:30 pm	Shot Put (W)
3:30 pm	Long Jump (M)

Time Running Event

10:00 am	10,000 Meters (W) - Final
11:00 am	10,000 Meters (M) - Final
12:00 pm	Heptathlon 800 Meters (W)
12:50 pm	3000 Meter Steeple (W) - Final
1:10 pm	3000 Meter Steeple (M) - Final
1:30 pm	1500 Meter (W)
1:45 pm	1500 Meter (M)
2:00 pm	100 Meter Hurdles (W)
2:15 pm	110 Meter Hurdles (M)
2:30 pm	400 Meters (W)
2:45 pm	400 Meters (M)
3:00 pm	100 Meters (W)
3:15 pm	100 Meters (M)
3:30 pm	800 Meters (W)
3:50 pm	800 Meters (M)
4:10 pm	Decathlon 1500 Meters (M)
4:20 pm	400 Meter Hurdles (W)
4:40 pm	400 Meter Hurdles (M)
5:00 pm	200 Meters (W)
5:15 pm	200 Meters (M)

Saturday

Relays will be run as 2-section final with the fast section running last

Time Field Events

11:00 am	Javelin (W)
11:00 am	Discus (M)
11:00 am	Triple Jump (M)
11:00 am	Pole Vault (W)
2:00 pm	Javelin (M)
2:00 pm	Discus (W)
2:00 pm	Triple Jump (W)

Time Running Events

1:00 pm	National Anthem/Pledge
1:05 pm	4x100 Meter Relay (W)
1:15 pm	4x100 Meter Relay (M)
1:25 pm	1500 Meter Run (W)
1:40 pm	1500 Meter Run (M)
1:55 pm	100 Meter Hurdles (W)
2:10 pm	110 Meter Hurdles (M)
2:20 pm	400 Meters (W)
2:25 pm	400 Meters (M)
2:35 pm	100 Meters (W)
2:40 pm	100 Meters (M)
2:45 pm	800 Meters (W)
2:50 pm	800 Meters (M)
3:00 pm	400 Meter Hurdles (W)
3:10 pm	400 Meter Hurdles (M)
3:20 pm	200 Meters (W)
3:25 pm	200 Meters (M)
3:35 pm	5000 Meters (W)
4:00 pm	5000 Meters (M)
4:25 pm	4x400 Meter Relay (W)
4:40 pm	4x400 Meter Relay (M)
5:00 pm	Awards Ceremony

NSIC Outdoor Track & Field Championships

Standard Odd Number Year Schedule of Events^{^^}

Date: Final NCAA Qualifying Weekend

Thursday

Combined Events

1:00 pm	Decathlon 100 Meters
1:30 pm	Heptathlon 100 Meter Hurdles
~1:45 pm	Decathlon Long Jump
~2:15 pm	Heptathlon High Jump
~3:00 pm	Decathlon Shot Put
~4:00 pm	Heptathlon Shot Put
~4:15 pm	Decathlon High Jump
~5:15 pm	Heptathlon 200 Meters
~6:00 pm	Decathlon 400 Meters

FRIDAY

Combined Events

9:00 am	Decathlon 110 Meter Hurdles
9:30 am	Heptathlon Long Jump
~9:45 am	Decathlon Discus
~10:45 am	Heptathlon Javelin
~11:15 am	Decathlon Pole Vault
~12:00 pm	Heptathlon 800 Meters
~2:45 pm	Decathlon Javelin
~4:10 pm	Decathlon 1500 Meters

^{^^}Standard schedule format: To find approved schedule for upcoming championship, visit championship website: www.NorthernSun.org/NSICODTF

Friday

All running events are preliminaries except 10K & 3000m steeplechase

Time Field Event

12:30 pm	Hammer (M)
12:30 pm	Shot Put (W)
12:30 pm	High Jump (W)
12:30 pm	Long Jump (M)
3:00 pm	Pole Vault (W)
3:30 pm	High Jump (M)
3:30 pm	Hammer (W)
3:30 pm	Shot Put (M)
3:30 pm	Long Jump (W)

Time Running Event

10:00 am	10,000 Meters (W) - Final
11:00 am	10,000 Meters (M) - Final
12:00 pm	Heptathlon 800 Meters (W)
12:50 pm	3000 Meter Steeple (W) - Final
1:10 pm	3000 Meter Steeple (M) - Final
1:30 pm	1500 Meter (W)
1:45 pm	1500 Meter (M)
2:00 pm	100 Meter Hurdles (W)
2:15 pm	110 Meter Hurdles (M)
2:30 pm	400 Meters (W)
2:45 pm	400 Meters (M)
3:00 pm	100 Meters (W)
3:15 pm	100 Meters (M)
3:30 pm	800 Meters (W)
3:50 pm	800 Meters (M)
4:10 pm	Decathlon 1500 Meters (M)
4:20 pm	400 Meter Hurdles (W)
4:40 pm	400 Meter Hurdles (M)
5:00 pm	200 Meters (W)
5:15 pm	200 Meters (M)

Saturday

Relays will be run as 2-section final with the fast section running last

Time Field Events

11:00 am	Javelin (M)
11:00 am	Discus (W)
11:00 am	Triple Jump (W)
11:00 am	Pole Vault (M)
2:00 pm	Javelin (W)
2:00 pm	Discus (M)
2:00 pm	Triple Jump (M)

Time Running Events

1:00 pm	National Anthem/Pledge
1:05 pm	4x100 Meter Relay (W)
1:15 pm	4x100 Meter Relay (M)
1:25 pm	1500 Meter Run (W)
1:40 pm	1500 Meter Run (M)
1:55 pm	100 Meter Hurdles (W)
2:10 pm	110 Meter Hurdles (M)
2:20 pm	400 Meters (W)
2:25 pm	400 Meters (M)
2:35 pm	100 Meters (W)
2:40 pm	100 Meters (M)
2:45 pm	800 Meters (W)
2:50 pm	800 Meters (M)
3:00 pm	400 Meter Hurdles (W)
3:10 pm	400 Meter Hurdles (M)
3:20 pm	200 Meters (W)
3:25 pm	200 Meters (M)
3:35 pm	5000 Meters (W)
4:00 pm	5000 Meters (M)
4:25 pm	4x400 Meter Relay (W)
4:40 pm	4x400 Meter Relay (M)
5:00 pm	Awards Ceremony

Technical Procedures for NSIC Indoor & Outdoor T&F Championships – Seeding & Advancement

The following guidelines were set up based on NCAA rules & the NCAA Championships Qualifying Criteria

INDOOR – Updated 2/2025

60m, 60m Hurdles

Two rounds will be contested, a preliminary and a final.

~~Events are capped at 32 entries (Rule 5.11.2b Chart) to prevent the need for an extra round~~

All lanes may be used with the goal of creating the least number of heats

Prelim seeding is in Rule 7.11.2a. *Changes were made in 2025 for how this is done.*

Once athletes have been assigned a heat, heat order is randomized

Advance by place and time if 42 or less athletes are entered. Seeding is done based on Rule 7.11.2b

Advance 8 to finals - Rule 7.12.2a

- If there are 2 or 3 heats, advance top 2 plus times
- If there are 4-7 heats, advance heat winner plus times
- If there are 8 or more heats, advance by time (See rule 7.12.3)

200m, 400m, 600m

Two rounds will be contested, a preliminary and a final

~~Event capped at 24 (8-lane track) & 20 (6-lane track) (Rule 5.11.2b Chart) to prevent adding a 3rd round & using lane 2~~

Use lanes 3-8 in the preliminary round (Maximum of 6 lanes can be used – Rule 7.9.1d)

Prelim seeding is in Rule 7.11.2b

Once athletes have been assigned a heat, heat order is randomized

Advance by place and time if 42 or less athletes are entered. Seeding is done based on Rule 7.11.2b

Advance 8 to finals - Rule 7.12.2b

- If there are 2 or 3 heats, advance top 2 plus times
- If there are 4-7 heats, advance heat winner plus times
- If there are 8 or more heats, advance by time (See rule 7.12.3)

A two-section final will be contested using the four outermost lanes of the track and seeded based on rule 7.3.c

800, 1000

Two rounds will be contested, a preliminary and a final

Prelims – Assign 6-8 per heat placed in lanes, if possible, otherwise alleys. Maximum of 12 in any qualifying heat.

Prelim seeding is in Rule 7.9.2c

Advance 8 to finals

If 3 or less heats, advance Top 2 + Times

If 4 or more heats, advance Heat Winner + Times

Mile

Final Only – **Double Waterfall Start**

Up to 16 entries run as one section. Rule 7.10.2

If 17 or more are entered and check in, the top 12 times are in section two, all other entries are in section one.

3k

Contested as one section for 24 or fewer competitors. If more than 24 competitors are entered, 15 runners will be placed in the fast section and the remaining runners will be placed in a second section to be run immediately

preceding the fast section. Athletes must declare for the event at least 90 minutes before the first section of the race is scheduled. If only one section is scheduled, declaration is not required. The section will be reseeded after the 90-minute declaration. The declared list will be adjusted for the 15 fastest in a heat. Rationale: If there are 25 entries and one scratches, we would then move from a two-section to a one-section final.

5k

Contested as one section for 24 or fewer competitors. If more than 24 competitors are entered, 15 runners will be placed in the fast section and the remaining runners will be placed in a second section to be run immediately preceding the fast section. No declaration is required, but coaches must report any scratches at least 90 minutes before the first section of each gender so that reseeding may be done or an elimination of a section may be done if necessary. Seeding will be adjusted so that the 15 fastest are in section 2. Rationale: If there are 25 entries and one scratches, we would then move from a two-section to a one-section final or if someone from the faster section is scratched and 2 sections remain, we want to be sure the fast section still has 15 competitors.

DMR

Final only - One Section – Double Waterfall Start

4x400

Final only – Sections against time. Fast Section last

Seed using Rule 7.10.2.2

Use lanes 3-8. If less than six lanes are needed, use the outermost lanes.

If Section sizes are not equal the greatest Section size is the fastest/last Section

See chart below for Section sizes:

On an 8 lane track

16 Entries – 5, 5, 6

15 Entries – 5, 5, 5

14 Entries – 4, 5, 5

13 Entries – 4, 4, 5

12 Entries – 6, 6

11 Entries – 5, 6

10 Entries – 5, 5

9 Entries – 4, 5

8 Entries – 4, 4

On a 6 lane track

16 Entries – 4, 4, 4, 4

15 Entries – 5, 5, 5

14 Entries – 4, 5, 5

13 Entries – 4, 4, 5

12 Entries – 4, 4, 4

11 Entries – 3, 4, 4

10 Entries – 5, 5

9 Entries – 4, 5

8 Entries – 4, 4

Pole Vault, High Jump

Jumping order determined by entry marks in reverse order (ie.. best entered athletes last in the jumping order)

Long Jump, Triple Jump, Weight Throw, Shot Put

Flights sizes are 7-11 per flight – See Spreadsheet Below

Flight placement - lowest marks first flight, highest marks last flight

Order within flight is random.

In the case of unequal flights sizes, the largest flight with the best competitors is last.

9 advance to the final

Athletes are **not** permitted to change flights to avoid conflicts.

Finals reverse order, must participate in that order

16 = 8,8	17 = 8,9	18 = 9,9	19 = 9,10
20 = 10,10	21 = 10,11	22 = 11,11	23 = 11,12
24 = 12,12	25 = 8,8,9	26 = 8,9,9	27 = 9,9,9
28 = 9,9,10	29 = 9,10,10	30 = 10,10,10	31 = 10,10,11
32 = 10,11,11	33 = 11,11,11	34 = 11,11,12	35 = 11,12,12
36 = 12,12,12	37 = 9,9,9,10	38 = 9,9,10,10	39 = 9,10,10,10
40 = 10,10,10,10	41 = 10,10,10,11	42 = 10,10,11,11	43 = 10,11,11,11

Technical Procedures for NSIC T&F Championships - Seeding & Advancement

**Note to timing company: Because Hy-Tek randomizes based on an algorithm and looks for patterns, please randomize each event separately in the setup process instead of randomizing the whole meet. Our hope is that randomizing each event separately negates the program's ability to look for patterns. The following guidelines were set up based on NCAA rules, plus the NCAA Championships Qualifying Criteria.*

OUTDOOR

100 Meters, 100/110 Meter Hurdles

Two rounds will be contested, a preliminary and a final.

~~Events are capped at 32 entries (Rule 5.11.2b Chart) to prevent the need for an extra round~~

All lanes may be used with the goal of creating the least number of heats

Prelim Heat Assignment is Rule 15.10.2a & Lane assignments are 15.12.2.2a

Heat order is randomized

Advance by place and time if 48 or less athletes (in 6 heats) are entered (Rule 15.12.3.a1).

Finals Seeding is done based on Rule 15.13.2a1

Advance 8 to finals

- If there are 2 or 3 heats, advance top 2 plus times
- If there are 4-7 heats, advance heat winner plus times
- If there are 8 or more heats, advance by time (See rule 15.13.3)

Advance 8 or 9 to finals as the track allows

Preferred lanes for finals

- 8 Lane Track – 4, 5, 3, 6, 2, 7, 1, 8
- 9 Lane Track – 5, 6, 4, 7, 3, 8, 2, 9, 1

200, 400, 400h

~~Note: According to NSIC Handbook Bylaw III.I the top 28 declared are accepted no matter their TFFRS rank. Entries below 30th ranked use a wildcard~~

Two rounds will be contested, a preliminary and a final.

~~Events are capped at 32 entries (Rule 5.11.2b Chart) to prevent the need for an extra round~~

All lanes may be used with the goal of creating the least number of heats.

If all lanes are not used in preliminary round, use outermost lanes, leaving inner lanes open

Prelim Heat Assignment is Rule 15.10.2a & Lane assignments are 15.12.2.2a

Heat order is randomized

Advance by place and time if 48 or less athletes (in 6 heats) are entered (Rule 15.12.3.a1).

Finals Seeding is done based on Rule 15.13.2a1

Advance 8 or 9 to finals as the track allows

Preferred lanes for finals

- 8 Lane Track – 4, 5, 3, 6, 2, 7, 1, 8
- 9 Lane Track – 5, 6, 4, 7, 3, 8, 2, 9, 1

800

Two rounds will be contested, a preliminary and a final

Prelims – At least 8 per Heat. Alleys will be used, and Heats may have up to 12 athletes.

Attempt to keep the number of heats to no more than 3

Note: In Prelims, 3 Heats is preferred, and 8 per Heat is preferred. 3 Heats is most preferred.

Prelim seeding is in Rule 15.11.2.2a.

Advance 8 or 9 to finals as the track allows

If 3 or less heats, advance Top 2 + Times

If 4 or more heats, advance Heat Winner + Times

Advance 8 or 9 to finals as the track allows

For all races run as a timed final (without a preliminary round), scratches should be made at least 90 minutes before the event so that reseeding or an elimination of a section may be done if necessary. Seeding will be adjusted so that the fastest seeded athletes are in the last section.

Rationale: If there is one more athlete entered than the maximum allowed in one section of that event, and one scratches, we would then move from a two-section to a one-section final. Or if someone from the faster section is scratched and 2 sections remain, we want to be sure the fast section still has the faster half of the field.

1500

Final Only

Waterfall for 8 athletes, or Double Waterfall for greater than 8 athletes.

A maximum of 16 athletes shall be assigned to any section (Rule 15.11.2.2a / Later rule modification allowing 16, not 12).

Sections shall be formed by seeding a balanced number of competitors into groups. (Rule 15.11.2.2).

Ex: If there are 18 competitors in the 1500m it needs to be set up in two sections of 9.

Note: If there is an odd number of competitors, the faster section will have the greater number and be run last.

Steeplechase

Final Only

Waterfall for 8 athletes, or Double Waterfall for greater than 8 athletes (If the track allows).

A maximum of 24 athletes shall be assigned to any section (Rule 15.11.2.2b / Later rule modification allowing 24, not 18).

Sections shall be formed by seeding a balanced number of competitors into groups. (See Rule 15.11.2.2).

Ex: If there are 26 competitors in the Steeplechase it needs to be set up in two sections of 13.

Note: If there is an odd number of competitors, the faster section will have the greater number and be run last.

5000m

Final only

Waterfall for 8 athletes, or Double Waterfall for greater than 8 athletes.

A maximum of 24 athletes shall be assigned to any section.

Sections shall be formed by seeding a balanced number of competitors into groups. (See Rule 15.11.2.2)

Ex: If there are 26 competitors in the 5,000m it needs to be set up in two sections of 13.

Note: If there is an odd number of competitors, the faster section will have the greater number and be run last.

10000m

Final only

Waterfall for 8 athletes, or Double Waterfall for greater than 8 athletes.

Maximum of 48 competitors in a section (Rule 15.11.2.2d / Later rule modification allows more if we choose).

Ex: If there are 50 competitors in the 10,000m it needs to be set up in two sections of 25.

Note: If there is an odd number of competitors, the faster section will have the greater number and be run last.

4x100, 4x400

Final only – Two Sections against time – Fast Section Last

Seeding as a final only is Rule 15.12.4

On 8 Lane Tracks - Do not use lane one unless there are greater than 14 entries

On 9 Lane Tracks - Do not use lanes one or two unless there are greater than 14 entries

If all lanes are not used, use outermost lanes, leaving inner lanes open

Lane assignments by entry time

Heats will be filled evenly; If Odd number of entries, Fast Section has greater number of teams

Pole Vault, High Jump

Jumping order determined by entry marks in reverse order (ie.. best entered athletes last in the jumping order)

Note: Much easier to keep track of athletes when using 5 alive if athletes are ordered by performance

Starting Heights:

High Jump – 12cm-17cm below 8th on the honor roll (approximately 3 bars)

Pole Vault – 40cm-50cm below 8th on the honor roll (approximately 3 bars)

Heights can be slightly adjusted at Pre-Meet Coaches meeting with considerations for NCAA qualifying heights.

Long Jump, Triple Jump, Hammer Throw, Shot Put, Javelin Throw, Discus Throw

Flights sizes are 7-11 per flight – See Spreadsheet Below

Flight placement - lowest marks first flight, highest marks last flight

Order within flight is random.

In the case of unequal flights sizes, the largest flight with the best competitors is last.

9 advance to the final

Athletes are not permitted to change flights after heat sheets are out.

Finals reverse order, must participate in that order

16 = 8,8	17 = 8,9	18 = 9,9	19 = 9,10
20 = 10,10	21 = 10,11	22 = 11,11	23 = 11,12
24 = 12,12	25 = 8,8,9	26 = 8,9,9	27 = 9,9,9
28 = 9,9,10	29 = 9,10,10	30 = 10,10,10	31 = 10,10,11
32 = 10,11,11	33 = 11,11,11	34 = 11,11,12	35 = 11,12,12
36 = 12,12,12	37 = 9,9,9,10	38 = 9,9,10,10	39 = 9,10,10,10
40 = 10,10,10,10	41 = 10,10,10,11	42 = 10,10,11,11	43 = 10,11,11,11

Appendix I

NSIC Indoor/Outdoor Track and Field Championship Week

Friday 8:00 AM (One week before NSIC Championship Meet)

Online entries open.

Host school sends "Technical Procedures" from NSIC Handbook to timing/seeding company.

Tuesday 12:00 PM

Approximate starting heights for HJ/PV are published by Host School/ Meet Management. Prior to publishing progressions, the host school emails any schools that have an NCAA Top 40 athlete to double check that the progression is appropriate NCAA Championships Selection. (Adopted 2022)

Tuesday 6:00 PM

Final declarations are due.

Wednesday 9 AM

Performance Report are sent to head coaches.

Wednesday 12 PM

Any **corrections (misspellings/seed mark errors) or challenges** to the NSIC Performance List need to be made prior to Noon on Wednesday. At 12:01 PM the Performance List will be set.

Wednesday 12 PM

On Wednesday Noon the meet will be assembled by the Timers and Meet Director according to the seeding procedures listed in our Sport Handbook & NCAA Rulebook. Once completed, the heat sheets will be sent to the Meet Management to be double checked and approved. No changes should be made to the heat sheets unless something is in direct conflict with the handbook procedures or NCAA rules.

Wednesday 6 PM (or before)

Once approved, the heat sheets will be sent out to the head coaches. This should take place prior to 6:00 PM on the Wednesday prior to the championship meet.

Thursday (Outdoor)

Heptathlon and Decathlon competition begins. Any scratches from heptathlon and decathlon will be announced at the coaches meeting.

Thursday at Coaches Meeting

Any final scratches are made. After that meeting final heat sheets are emailed to coaches including those scratches and any other prelim reseeding that occurred due to scratches.

Friday and Saturday

The NSIC Indoor/Outdoor Track and Field Championships are contested. This meet is held on the final NCAA qualifying weekend (two weeks prior to NCAA championships).

APPENDIX II

Meet Management Rotation *(Revised 7/13/2023 & 7/10/25)*

Schools		Indoor and Outdoor Championship Season									
AU		2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
BSU	1	Host	Host	Host	Host	Host	Host	Host	Host	Host	Host
CSP	2	AU	CU	UMD	MSUM	NSU	SMSU		WSU	BSU	MARY
UJ	3	BSU	MARY	MSU	MISU	USF	SCSU	WSC	AU	CSP	UMD
MARY	Alt. 1	(SMSU)		(WSU)	(BSU)	(CSP)	(UMD)	(MSUM)	(NSU)	(SCSU)	(WSU)
UMD	Alt. 2	(SCSU)	(WSC)	(AU)	(MARY)	(MSU)	(MISU)	(USF)	(SMSU)	(WSC)	(AU)
MSU											
MSUM											
MISU		Indoor and Outdoor Championship Season									
NSU		2025	2026	2027	2028	2029	2030	2031	2032	2033	2034
USF	1	Host	Host	Host	Host	Host	Host	Host	Host	Host	Host
SMSU	2	MSUM	NSU	SMSU	WSC	AU	CSP	MARY	MSU	MISU	USF
SCSU	3	MISU	USF	SCSU	WSU	BSU	UJ	UMD	MSUM	NSU	SMSU
WSC	Alt. 1	(AU)	(CSP)	(MARY)	(MSU)	(MNT)	(USF)	(SCSU)	(WSU)	(BSU)	(UJ)
WSU	Alt. 2	(BSU)	(UJ)	(UMD)	(MSUM)	(NSU)	(SMSU)	(WSC)	(AU)	(CSP)	(MARY)

The schools rotate these duties for each competition year (indoors and outdoors) alphabetically with the host school providing one head coach and each school providing one head coach. In situations where the host school coincides with their scheduled rotation or where a conflict of interest arises with one of the three schools in the rotation, the Alt. 1 and/or Alt. 2 will step in and fulfill the duties. If multiple conflicts of interest are present, the following year's rotation would be asked to step in to fulfill the duties.



Track & Field Competition Protest Form



Directions: Fill out the top portion of this form as completely as you can. Turn it in to the location specified in the conference track handbook within fifteen (15) minutes of the announced posting of the results.

Institution: _____ **Head Coach Name:** _____

Circle One: Men's Women's **Date:** _____ **Time of filing:** _____

Event: _____ **Flight or Heat:** _____

Athlete(s) involved in protest: _____

Please indicate the reason for your protest:

Please indicate your suggested remedy of your protest:

Identify the NCAA Track and Field Rule(s) that you feel was/were specifically violated. Be sure your protest reason above tells how you feel the rules were violated by the decision made by the event judge. Note that by the conference track handbook, a referee's decision is final as there is no jury of appeals.

NCAA Rule#: _____ **Section:** _____ **Article:** _____ **Page Number:** _____

Head Coach Signature: _____

Decision of Referee:

Head Referee Name: _____ **2nd Referee Name:** _____

Head Referee Signature: _____ **2nd Referee Signature:** _____

Time of Decision: _____

APPENDIX IV

Facility Requirements to Host NSIC Outdoor Track and Field Championships

Events	Minimum	Preferred
Track	Run hurdles/100m/200m in both directions	
High Jump	Ability to jump in any direction with adequate space for approaches.	Two pits for efficient running of combined events. Ability to jump in any direction with full approaches on consistent surface.
Long Jump	Runway in two directions with a wood or similar take-off board.	Sand Pit and Runways to jump in all four directions depending on wind that all have a wood or similar take-off board.
Triple Jump	Runway in two directions with one wood or similar take-off board per gender.	Runway in four directions with two wood or similar take-off boards per gender.
Pole Vault	Runway in two directions	Runway in four directions
Discus*	One discus ring with NCAA Certified Netting	Two or more discus ring with the ability to throw in any direction
Hammer*	NCAA Certified Hammer Cage	
Javelin*	350 feet flat ground (100 foot grass runway, 250 landing area)	Synthetic surface for javelin runway
Shot Put*		2 shot put locations for multi
Field Events	Ability to host all field events on campus	Ability to host all field events within track and field facility footprint
Weather Contingency High Jump & Pole Vault	Ability to move High Jump and Pole Vault indoors	Ability to move PV and HJ indoors within short walking distance of the outdoor track.
Bleachers	Seating for 500 on home stretch and seating location for each field event area.	Seating for 1000 on home stretch and seating at each field event area.
Team Camps	Ability to have team camp area with locations for team tents.	Ability to have team camp area with locations for team tents directly adjacent to the track.

* Field event areas need to meet requirements set forth by the NCAA rule book regarding facility construction. Specifically so that the landing area is level with the throwing area as it relates to achieving legal marks for NCAA Championships Qualifying.

** Throws landing areas needs to accommodate a throw greater than the D2 All Time bests.