

2015 Sun Conference Track & Field Championship -- Schedule of Events (Day 1)

Saturday, April 18

11 a.m. Coaches Meeting at Embry-Riddle, ICI Center, 2nd Floor Conference Room

Saturday, April 18 at Embry-Riddle Track

Field Events

2:00 p.m.	Women's Javelin
2:00 p.m.	Men's Triple Jump
2:45 p.m.	Men's Javelin
3:00 p.m.	Women's Triple Jump
3:30 p.m.	Men's High Jump
4:00 p.m.	Women's Hammer
4:30 p.m.	Women's High Jump
5:00 p.m.	Men's Hammer

Saturday, April 18 at Embry-Riddle Track

Track Events

4:00 p.m.	Women's 100m Hurdles	Prelims
4:15 p.m.	Men's 110m Hurdles	Prelims
4:45 p.m.	Women's 400m	Prelims
5:00 p.m.	Men's 400m	Prelims
5:30 p.m.	Women's 100m	Prelims
5:40 p.m.	Men's 100m	Prelims
6:10 p.m.	Women's 400m Hurdles	Prelims
6:20 p.m.	Men's 400m Hurdles	Finals
6:50 p.m.	Women's 200m	Prelims
7:00 p.m.	Men's 200m	Prelims
7:10 p.m.	Women's 10,000m	Finals
8:00 p.m.	Men's 10,000m	Finals
8:40 p.m.	Women's 4 x 800	Finals
8:50 p.m.	Men's 4 x 800	Finals
9:00 p.m.	Awards Ceremonies for 10K, 4 x 800, triple/high jump, hammer and javelin.	

2015 Sun Conference Track & Field Championship -- Schedule of Events (Day 2)

Sunday, April 19

9 a.m.

Ecumenical Church Service

Willie Miller IC Auditorium

Sunday, April 19 at Embry-Riddle Track

Field Events

12:00 PM	Women's Long Jump
12:00 PM	Women's Pole Vault followed by men
12:00 PM	Women's Shot Put
1:00 PM	Men's Shot Put
1:30 PM	Men's Long Jump
2:00 PM	Women's Discus
3:00 PM	Men's Discus

Sunday, April 19 at Embry-Riddle Track

Track Events

12:00 PM	Women's 3000m Steeple	Final
12:20 PM	Men's 3000m Steeple	Final
12:35 PM	Women's 4 x 100 Relay	Final
12:40 PM	Men's 4 x 100 Relay	Final
12:50 PM	Women's 1500m	Final
1:00 PM	Men's 1500m	Final
1:15 PM	Women's 100m Hurdle	Final
1:25 PM	Men's 110m Hurdle	Final
1:35 PM	Women's 400m	Final
1:40 PM	Men's 400m	Final
1:45 PM	Women's 100m	Final
1:50 PM	Men's 100m	Final
1:55 PM	Women's 800m	Final
2:05 PM	Men's 800m	Final
2:20 PM	Women's 400m Hurdle	Final
2:30 PM	Men's 400m Hurdle	Final
2:40 PM	Women's 200m	Final
2:45 PM	Men's 200m	Final
2:55 PM	Women's 5000m	Final
3:20 PM	Men's 5000m	Final
3:40 PM	Women's 4 x 400	Final
3:50 PM	Men's 4 x 400	Final

4:00 PM Awards Ceremonies

2015 Sun Conference Track & Field Championship General Information

Facilities

The Embry-Riddle track is a 400m Mondo Super X performance track with eight lanes. The long and triple jump will be held on the east D-zone of the ERAU track. The pole vault and high jump will be held on the west D-zone of the ERAU track. The shot put, discus, hammer and javelin will take place on the track infield.

The warm-up area is located on the adjacent artificial turf field (east end of the track).

There are no spikes allowed on the artificial turf field.

Spikes

Pyramid spikes of ¼" or smaller are allowed on the track. No pin or needle spikes.

Awards

Individual medals will be presented to the top 3 in each event at the end of each day.

Team trophies will be presented at the conclusion of the meet on Tuesday.

Coaches Meeting

A mandatory meeting for all coaches will be conducted in the conference room on the second floor of the ICI Center at Embry-Riddle at 11 a.m. on Saturday, April 18.

Electronic Devices

Electronic devices (iPods, cell phones, etc.) are prohibited in the infield.

Eligibility

Only current members of The Sun Conference are allowed to participate.

Entry Deadline

The entry deadline for all entries is April 13, 2015. Late entries will not be accepted.

Meet entries MUST be submitted on Direct Athletics.

No additions may be made after the entry deadline -- scratches only.

T-shirt orders are due by Friday, April 10.

Entry Fee

The entry fee will be \$200 per team per gender (\$400 for both teams).

Make checks payable to Embry-Riddle University. The entry fee is due at the time of packet pick-up.

Entry Limitations

All individual track and field events will be limited to four (4) athletes per team.

Each school is limited to one relay team per event.

Event Check-In

Athletes must check-in with the clerk of the course 20 minutes prior to the start of their event.

Food

Food services are available on campus, at the concession stand or at several restaurants located within a few miles of the campus.

Heats/Flights

Prelims will be held in the 100, 200, 400, 100/110 hurdles and 400 hurdles. In these events, eight athletes will advance to finals based on NCAA rules for advancement. All other running events will be run as heats against time. In all field events, athletes will have three preliminary attempts, with nine athletes advancing to finals. In the finals, athletes will have an additional three attempts.

Hotels

Rooms have been blocked at the Hampton Inn Daytona Speedway Airport, The rate is \$89 and includes breakfast. Contact Dave Bon Fleur at 386/257-4030. The address is 1715 W. International Speedway Blvd, Daytona Beach, FL 32114.

Rooms have also been blocked at the Homewood Suites. The rate is \$89 and includes breakfast. Contact Pat Sullivan at 386/258-2828. The address is 165 Bill France Blvd, Daytona Beach, FL 32114.

Rooms have also been blocked at our beachside hotel sponsors: Best Western Aku Tiki and Bahama House, both managed by Staed Family Associates. The rate is \$89 and includes breakfast. The two hotels are located within a ½ mile of each other. Contact Janice Griffin at 386/248-2001. The address for the Best Western Aku Tiki is 2225 S. Atlantic Ave, Daytona Beach, FL 32118. The address for the Bahama House is 2001 S. Atlantic Ave, Daytona Beach, FL 32118.

Implement Weigh-In

Implement weigh-in will take place one hour prior to each event at the storage shed.

Infield Access

The infield area is limited to coaches, event staff and those athletes currently competing in an event.

Meet Packets

Meet packets will be available at the coaches meeting.

Meet Results

Meet results will be posted adjacent to the concession stand near the restrooms.

Meet results will also be posted on The Sun Conference website (<http://www.thesunconference.com>) at the end of each day.

Locker Rooms

Locker rooms will not be provided at the facility. Teams desiring to shower after the meet on Sunday should contact our facility staff prior to the meet (Contact: Woody Galbreath, 386-323-5029).

Parking

There are two parking lots adjacent to the Track & Field Complex. Additional parking is available at the ICI Center. Buses may drop off athletes at the entrance to the track complex, and will then be directed to the bus parking area.

Entry List

An entry list will be available on the conference website (<http://www.thesunconference.com>) by Wednesday, April 15.

Protests

In accordance with NCAA rules, all protests must be made in writing to the meet referee within 30 minutes of the completion of the event. Any appeals of the referee's decision would need to be made in writing within 30 minutes of that decision and turned in to the Meet Director. The Meet Director will convene the Jury of Appeals (all Head Coaches not involved in the protest) to render a decision on the appeal.

Restrooms

There are restroom facilities at the track facility. Showers may be made available by special request.

Scoring & Sports Information

Meet results will be compiled and distributed by the Embry-Riddle Sports Information staff to the media and team coaching staffs at the end of the meet. The timing and scoring area will be located near the finish line of the track. **This area is restricted to meet personnel only and is off limits to all coaches and athletes.**

Starting Heights

The starting height in the high jump will be 1.33m for women and 1.71m for men (35 centimeters lower than the automatic NAIA qualifying height), with the cross bar being raised 5 centimeters each round until we get to the B standards (1.65 and 2.03). We will jump at those heights and then go up 3 centimeters from there. The starting height for the pole vault will be 2.10m for women and 3.30m for men (150 centimeters less than the automatic NAIA qualifying height) and will increase in increments of 15 centimeters per round until we get to the B standard heights of 3.50 and 4.70. We will jump at those heights and then move up 10 centimeters from there.

Timing

We will be using a FinishLynx scoring system in all races, operated by Elite Timing.

T-Shirts

2015 Sun Conference Track & Field Championship t-shirts will be provided for each team based on the official entry form. Additional t-shirts may be ordered (prior to the meet) at a cost of \$15 each.

Sports Medicine (also note attached questionnaire)

A. Located in the southeast corner of the ICI Center. There will also be a tent at the track.

B. Embry-Riddle Sports Medicine Staff:

Anda Udris ATC Assistant Athletic Trainer	Office: 386-226-6417	Cell: 513-739-6346
Matlyn Zimmerman ATC Sports Medicine Intern	Office: 386-226-6417	Cell: 920-639-2645

C. The Sports Medicine office will open two hours before the start of the first event, ATC will be on site at this time. All treatments needed prior to participation will be conducted in the Athletic Training room in the ICI Center. The on-site training area at the track will be limited to emergency situations, injury evaluation, taping, ice, etc.

D. If there is no ATC traveling with your team, please complete the attached Visiting Team Medical Questionnaire and fax/email back to Anda Udris: (fax) 386/323-5017 (email) udrisa@erau.edu.

http://erauathletics.com/documents/2014/5/21/Visiting_Team_Medical_Questionnaire_Fillable_2014.pdf?id=919

E. The Embry-Riddle Sports Medicine Staff will coordinate emergency care. The Halifax Medical Center Emergency Department is within 1/2 mile of the ICI Center.

F. Please visit http://erauathletics.com/sports/2014/5/12/SPORTMED_0512142002.aspx?path=sportmed for additional visiting team sports medicine information.

G. Procedures

- 1) The ERAU Sports Medicine Office is a medical facility and should be treated as such. In order to ensure quality treatment of all student-athletes, loitering, horseplay, interviews and team meetings will not be permitted in the Sports Medicine Office or treatment areas.
- 2) OSHA/HIPAA rules and regulations will be followed at all times.
- 3) Only Certified Athletic Trainers or ERAU Sports Medicine staff can apply electric modalities to athletes (ultrasound/electrical stimulation). Other modalities include hot packs, cold packs, whirlpools, etc.
- 4) If there is no ATC traveling with a team and treatments are necessary, a signed note from the ATC or team physician with specific modality parameters is required in order to receive treatments. Student trainers accompanied by such a letter will be assisted in setting up treatments.
- 5) Water, cups, treatment ice and bags, bio bags and first-aid supplies will be provided.
- 6) Teams should bring their own tape and supplies.
- 7) ERAU certified trainers will be available at all times in case of an emergency.

CONTAMINATED WASTE and/or TOWELS will be placed in properly marked hazardous waste containers for disposal.

PROTECTIVE GLOVES will be worn by all athletic trainers and hands will be washed immediately after care is given.

An INJURY REPORT FORM will be completed immediately following treatment of any injured athlete. These forms will be filed appropriately in the ERAU Sports Medicine Office.

Only Certified Athletic Trainers or ERAU's Sports Medicine staff will apply ELECTRIC MODALITIES to athletes (ultrasound or electrical stimulation). Other modalities include hot packs, cold packs, whirlpools, etc....

Due to HIPAA (Privacy Laws) information about injured athletes will only be released to the Head Coach of that team. Please do not send other athletes, friends or other staff members to check on the status of an injured athlete.