NCAA DIVISION I
MEN'S AND WOMEN'S
TRACK AND FIELD

2017 OUTDOOR
TECHNICAL MANUAL

Updated 3/14/17
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>1</td>
</tr>
<tr>
<td>Preliminary Championship Site Representative Contact Information</td>
<td>2</td>
</tr>
<tr>
<td>Administration of Preliminary Championship Competition</td>
<td>3</td>
</tr>
<tr>
<td>General Administration</td>
<td>3</td>
</tr>
<tr>
<td>Qualifying for the Preliminary/National Championships</td>
<td>3</td>
</tr>
<tr>
<td>Competition Format for Preliminary Championship Competition</td>
<td>4</td>
</tr>
<tr>
<td>Lane Assignments</td>
<td>4</td>
</tr>
<tr>
<td>Heats, Flights, Qualifying Procedures and Staggers</td>
<td>4</td>
</tr>
<tr>
<td>100 Meters, 100/110 Meter Hurdles, 200 Meters, 400 Meters, 400 Meter</td>
<td>4</td>
</tr>
<tr>
<td>Hurdles, 800 Meters</td>
<td></td>
</tr>
<tr>
<td>1500 Meters</td>
<td>5</td>
</tr>
<tr>
<td>3000 Meter Steeplechase</td>
<td>5</td>
</tr>
<tr>
<td>5000 Meters</td>
<td>5</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>5</td>
</tr>
<tr>
<td>4x100 Meter Relay and 4x400 Meter Relay</td>
<td>6</td>
</tr>
<tr>
<td>Long Jump, Triple Jump and Shot Put</td>
<td>6</td>
</tr>
<tr>
<td>Discus Throw, Hammer Throw and Javelin Throw</td>
<td>7</td>
</tr>
<tr>
<td>High Jump and Pole Vault</td>
<td>7</td>
</tr>
<tr>
<td>Breaking Ties for Qualifying Positions from Preliminary Championship</td>
<td>8</td>
</tr>
<tr>
<td>Competition Sites</td>
<td></td>
</tr>
<tr>
<td>Coaching Box/Area</td>
<td>8</td>
</tr>
<tr>
<td>Administration of Final Championship Competition</td>
<td>8</td>
</tr>
<tr>
<td>Competition Format for Final Championship Competition</td>
<td>8</td>
</tr>
<tr>
<td>Lane Assignments</td>
<td>8</td>
</tr>
<tr>
<td>Heats, Flights, Procedures</td>
<td>9</td>
</tr>
<tr>
<td>Relay Personnel and Performance Policies</td>
<td>12</td>
</tr>
<tr>
<td>Case Studies</td>
<td>13</td>
</tr>
<tr>
<td>Breaking a tie for the last accepted position to the Preliminary</td>
<td>13</td>
</tr>
<tr>
<td>Championship Competition</td>
<td></td>
</tr>
<tr>
<td>Injury/Medical Situations</td>
<td>13</td>
</tr>
<tr>
<td>Relay Situations</td>
<td>14</td>
</tr>
<tr>
<td>Failure to Participant in an Event</td>
<td>14</td>
</tr>
<tr>
<td>Field Events/Combined Events</td>
<td>15</td>
</tr>
<tr>
<td>Advancement</td>
<td>15</td>
</tr>
</tbody>
</table>
The Division I Men’s and Women’s Track and Field and Cross Country Committee has developed this manual to outline the technical procedures for competition for all rounds in the 2017 NCAA Division I Men’s and Women’s Outdoor Track and Field Championships and provide case studies of situations that may arise during the course of the competition. Whenever possible, technical procedures have been developed in order to provide consistency across competition sites. This manual contains four sections:

- Procedures for administrating the events at the Preliminary Championship Competition sites.
- Procedures for administrating the Final Championship Competition;
- Relay policy for the competition; and
- Case studies, to assist coaches by reviewing and answering questions generated by situations.

This manual should be used in conjunction with the 2017 NCAA Division I Men’s and Women’s Outdoor Track and Field Pre-championships Manual, the 2017/2018 NCAA Track and Field/Cross Country Men’s and Women’s Rules Book, and NCAA Bylaw 31 of the 2016-17 NCAA Manual, which pertain to the administration of NCAA championships. In many instances, technical procedures outlined herein reflect the authorized decision-making afforded to the games committee (i.e. Division I Men’s and Women’s Track and Field and Cross Country Committee) through the Rules Book.

Readers should note that the Pre-championships Manual offers details specific to the declaration process and the administration of the championships.

Although this manual and the other publications attempt to cover all phases of Championship Competition, some questions may arise before or during the event. Please feel free to contact NCAA Championship Manager, Jeff Mlynski.
CHAMPIONSHIP SITE REPRESENTATIVE CONTACT INFORMATION

East Site (University of Kentucky)
Ben Paxton
Head Men’s and Women’s Track Coach
Winthrop University
Office: 803-323-2129
Email: paxtonb@winthrop.edu

Herman Frazier
Deputy Athletics Director/Chief of Staff
Syracuse University
Office: 315-443-2561
Email: hrfrazie@syr.edu

West Site (University of Texas at Austin)
Bill Walton
Cell: 540-478-3329
Email: waltonwd@jmu.edu

Julie Levesque
Senior Woman Administrator
University of Texas at El Paso
Office: 915-747-7698
Email: jmlevesque@utep.edu

Finals Site (University of Oregon)
Nicole Harvey
Senior Associate Athletic Director
University of Central Florida
Office: 407-823-4297
Email: nicole.harvey@ucf.edu

Secretary Rules Editor
Mark Kostek
Cell: 515-208-8300
Email: kostekmt@gmail.com

Data Specialist
Sean Laughlin
Cell: 415/786-2550
Email: sean@recordtiming.com

NCAA Staff
Jeff Mlynski
Assistant Director
Championships and Alliances
Office: 317/917-6503
Cell: 317/874-7154
Email: jmlynski@ncaa.org
1. **General Administration.**
The administration of the Preliminary Championship Competition at each site is the responsibility of the NCAA Division I Men’s and Women’s Track and Field and Cross Country Committee, the NCAA championships liaisons, and the director of athletics of the host institution. They shall delegate duties and responsibilities and assign other personnel as necessary to ensure the efficient and effective administration and promotion of each Preliminary Championship Competition. The following shall be used for assistance in the capacities indicated:

a. **The Meet Director.** The meet director shall be appointed by the director of athletics of the host institution.

b. **The Games Committee.** The games committee shall consist of two representatives assigned by Division I Men’s and Women’s Track and Field and Cross Country Committee and the meet director. The games committee shall serve as the site review committee and have the responsibility to make any decisions or determinations within the published rules necessary to protect the integrity of each Preliminary Championship Competition and the qualifying process for the Final Championship Competition.

c. **The Meet Physician.** The official meet physician shall be appointed by the meet director and shall be on site during all aspects of the competition to perform the duties prescribed in Rule 3-19 and Rule 3-20.

d. **The Referees.** All Referee positions shall be appointed by the Track and Field and Cross Country Committee and have the authority prescribed in Rule 3-4. The Division I Men’s and Women’s Track and Field and Cross Country Committee will seek to appoint at least two referees to each of the preliminary championship competition sites who will also serve at the final championship competition.

e. **The Jury of Appeal.** There will be NO jury of appeal. The final decision will rest with the referees (A minimum of two (2) referees are required in making a final decision per 4-1.15c).

2. **Qualifying for the Championships.**
Qualification to the Championships is defined in the 2017 Pre-Championship Manual. The stated maximums are absolute and will not be extended as a result of ties.

Any descending order list ties, by mark, for the last position to be accepted, will be resolved by examining, of those tied, the second best valid qualifying meet performance submitted during the season, and so on until there is no basis for a mark comparison. For a tie not resolved after all available mark comparisons, acceptance will be awarded to the competitor who achieved the original tying mark later in the season. For a tie still not resolved, acceptance will be awarded to the competitor who achieved the second best valid qualifying meet performance later in the season, and so on until there is no basis for date comparison. As a last resort, the tie for the last qualifying position will be decided by the toss of a coin. An example of this tie breaking procedure is presented in the Case Studies section of this manual.

Qualifying for the Combined Events at the Final Championship Competition.

In the Combined Events (Heptathlon/Decathlon), prior to deciding the last qualifying position by the toss of a coin, once all previously described tie breaking methods have been exhausted, ties will be resolved by examining, of those tied, the student-athlete who, in the greater number of events, has received more points than the other student-athlete(s). If a tie still exists, the student-athlete(s) with the highest number of points in any one event will win the tie. If still tied, the student-athlete(s) who have the highest number of points in a second event will win the tie. If a tie still remains, a third event will be examined and so forth until there is no basis for point comparison. As a last resort, the tie for the last qualifying position will be decided by the toss of a coin.

After acceptance into the meet in any and all events, compliance with Rule 4-2.1, “Responsibility of Competitor” and Rule 4-2.2, “Failure to Participate” is required.
3. **Competition Format for Preliminary Championship Competition.**
   a. The competition at a Preliminary Championship Competition site will be conducted as a three-day event, with the women’s and men’s events alternating throughout the schedule.

   b. The time schedule for the competition will be established by the Track and Field and Cross Country Committee, and published on the NCAA website.

   c. Prior to the start of competition, questions related to procedures not covered in this manual should be referred to the NCAA Championships Manager at the National Office.

   d. The events contested in each Preliminary Championship Competition will include the 100 Meters, 200 Meters, 400 Meters, 800 Meters, 1500 Meters, 3000 Meter Steeplechase, 5000 Meters, 10,000 Meters, 100 Meter Hurdles (women), 110 Meter Hurdles (men), 400 Meter Hurdles, 4x100 Meter Relay, 4x400 Meter Relay, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Javelin and Hammer.

   e. In all running events which start and finish in lanes, no outside lane will be used when both sites do not have nine lanes. If both sites have nine legal lanes, lanes two through nine will be used in all rounds. First round running event heats and lanes will be determined using Rules 5-10.6, 5-11.2 and 5-11.4. First round flight grouping and competing order in horizontal field events will be based on entry performance using Rules 6-4.1 and 6-4.2. Ties for the final position within a given flight will be broken by competitor’s next-best seasonal mark.

   f. For all events except the High Jump and Javelin, the maximum allowable spike length shall be 7 millimeters (quarter-inch). For the High Jump and Javelin, the maximum allowable spike length shall be 9 millimeters (3/8 inch). Allowable spikes are published in the participant manual. See Rule 4-3.5 regarding measuring of spike.

4. **Lane Assignments.**
   a. Unless otherwise indicated, all lanes in the first round of competition in any event, at each Preliminary Championship Competition site, including the only round, will be drawn by lot.

   b. In all rounds after the first round, the lanes will be assigned as prescribed in Rule 5-11.4. In the 100 Meters, 100 Meter Hurdles and 110 Meter Hurdles, the preferred lane order is: 6, 5, 7, 4, 8, 3, 9, 2. In the 200 Meters, 400 Meters, 400 Meter Hurdles, 800 Meters, 4x100 Meter Relay and 4x400 Meter Relay the preferred lane order is as follows:

   - If both preliminary round facilities are a nine lane track: 5, 6, 4, 7, 3, 8, 2, 9
   - *If one or both preliminary round facilities are an eight lane track: 4, 5, 3, 6, 2, 7, 1, 8

   *Note, if one preliminary round facility is an eight lane facility and one facility is a nine lane facility, lanes 1-8 will be used at both preliminary round facilities.

5. **Heats, Flights, Qualifying Procedures and Staggers.**
   The provisions and procedures prescribed in Rules 5-10, 5-11, 6-2 and 6-4 regarding the formation, grouping, competition order, cancellation or redrawing of heats or flights shall apply in each round at each Preliminary Championship Competition site unless alternate provisions are allowed and specified in this section. Changes to heats or flights, predetermined by declaration, may be made only with games committee authorization.

   a. **100 Meters, 100/110 Meter Hurdles, 200 Meters, 400 Meters, 400 Meter Hurdles and 800 Meters.**
      (1) Two rounds will be contested, a first round and a quarter-final.
      The first round, based on the number of competitors who declare and/or report as instructed in the meet information to the clerk of the course for the first round of competition, will be formed using the following table:
<table>
<thead>
<tr>
<th># of competitors</th>
<th># of 1st round heats</th>
<th>Advancing to the quarter-final round (24)</th>
</tr>
</thead>
<tbody>
<tr>
<td>41 to 48</td>
<td>6</td>
<td>Top 3 from each heat plus next 6 fastest times.</td>
</tr>
</tbody>
</table>

The quarter-final will consist of three heats. Twelve, the top three from each quarter-final heat plus the next best three times, after tie breaking, will qualify from the quarter-final to the Final Championship Competition.

(2) In the 800 Meters, one runner per lane, using a one-turn stagger at the start, will be used in all rounds.

b. **1500 Meters.**

(1) Two rounds will be contested, a first round and a quarter-final.

The first round, based on the number of competitors who declare and/or report as instructed in the meet information to the clerk of the course for the first round of competition, will be formed using the following table:

<table>
<thead>
<tr>
<th># of competitors</th>
<th># of 1st round heats</th>
<th>Advancing to the quarter-final round (24)</th>
</tr>
</thead>
<tbody>
<tr>
<td>36 to 48</td>
<td>4</td>
<td>Top 5 from each heat plus next 4 fastest times.</td>
</tr>
</tbody>
</table>

The quarter-final will consist of two heats. Twelve, the top five from each quarter-final heat plus the next best two times, after tie breaking, will qualify from the quarter-final to the Final Championship Competition.

(2) A single waterfall start will be used. Starting positions in all rounds will be drawn by lot.

c. **3000 Meter Steeplechase.**

(1) One round, a quarter-final, will be contested.

The quarter-final, based on the number of competitors who declare and/or report as instructed in the meet information to the clerk of the course for this quarter-final of competition, will be formed using the following table:

<table>
<thead>
<tr>
<th># of competitors</th>
<th># of 1st round heats</th>
<th>Advancing to the Final Championship Competition (12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>36 to 48</td>
<td>3</td>
<td>Top 3 from each heat plus next 3 fastest times.</td>
</tr>
</tbody>
</table>

Twelve, after tie breaking, will qualify from the quarter-final to the Final Championship Competition.

(2) A single waterfall start will be used. Starting positions in all rounds will be drawn by lot.

d. **5000 Meters.**

(1) One round, a semifinal, will be contested.

The semifinal, based on the number of competitors who declare and/or report as instructed in the meet information to the clerk of the course for this semifinal, will be formed using the following table:

<table>
<thead>
<tr>
<th># of competitors</th>
<th># of 1st round heats</th>
<th>Advancing to the Final Championship Competition (12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>36 to 48</td>
<td>2</td>
<td>Top 5 from each heat plus next 2 fastest times.</td>
</tr>
</tbody>
</table>

Twelve, after tie breaking, will qualify from the semifinal to the Final Championship Competition.

(2) A double-waterfall start shall be used, with two-thirds of the full field on the main waterfall, across the entire width of the track, and the remainder on the one-turn staggered waterfall. Starting positions will be drawn by lot.

e. **10,000 Meters.**

(1) One round, a semifinal run as a single race, will be contested with competitors who declare and/or report as instructed in the meet information to the clerk of the course for this semifinal. Twelve, after tie breaking, will qualify from the semifinal to the Final Championship Competition.
(2) A double-waterfall start shall be used when more than 18 report. Up to the fastest seeded 18 competitors shall occupy the front row of the main waterfall start. Up to the next seeded nine competitors will occupy the front row of the one-turn staggered waterfall start. Up to the next 18 competitors will be the second row of the main waterfall line and up to the next nine competitors will be the second row of the staggered waterfall line.

(3) There will be no more than 18 competitors in any row at the main waterfall line.

(4) If more than one row is necessary, competitors will be assigned to their rows/waterfall line, seeded by their entry times. The front row will be the fastest, second row the next fastest.

(5) Starting positions within each row/waterfall will be drawn by lot.

f. 4x100 Meter Relay and 4x400 Meter Relay.
   (1) One round, a quarter-final, will be contested. The quarter-final, based on the number of teams that declare and/or report as instructed in the meet information to the clerk of the course for this quarter-final of competition, will be formed using the following table:

<table>
<thead>
<tr>
<th># of teams</th>
<th># of 1st round heats</th>
<th>Advancing to the Final Championship Competition (12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 to 24</td>
<td>3</td>
<td>Top 3 from each heat plus next 3 fastest times.</td>
</tr>
</tbody>
</table>

   Twelve, the top three from each quarter-final heat plus the next best three times, after tie breaking, will qualify from the quarter-final round to the Final Championship Competition.

(2) In the first round of competition, lanes will be drawn by lot.

g. Long Jump, Triple Jump and Shot Put.
   (1) A single qualifying competition with separate flight check-ins, consisting of one round of three attempts, will be contested. There is no automatic qualifying mark. The twelve best marks, after tie breaking, using Rule 6-2.4 and Rule 7-1.6 will qualify from each Preliminary Championship Competition to the Final Championship Competition.

   (2) Flight assignment is determined from the ranked descending order list for each Preliminary Championship Competition. Four flights will be used with the two best flights having twelve competitors in each. The two lower-ranked flights, even in number as possible, will compete simultaneously followed by the two best-ranked flights competing simultaneously. A board of like construction and distance shall be available on each runway for the Long Jump and Triple Jump.

   When there is only one competition facility, qualifying round attempts will be organized and contested in the same manner as the long throws.

   (3) The jumping/throwing order within each flight is determined by a random draw.

   (4) Standardized flight check-in times will be applied for both sites in the Long Jump, Triple Jump and Shot Put as detailed below. The site-specific check-in schedule, based on the event schedule, is included in the Participant Manual developed for each site. Each flight is allowed a 30-minute flight-specific warm-up. There is no general warm-up period.

   In the Long Jump, Triple Jump and Shot Put, flights one and two shall check-in not later than 45 minutes prior to the published start time of the event. Flights three and four shall check-in not later than 15 minutes after the published start time of the event.
h. Discus Throw, Hammer Throw and Javelin Throw.
   (1) A single qualifying competition with separate check-ins, consisting of one round of three attempts, will be contested. There is no automatic qualifying mark. The twelve best marks, after tie breaking, using Rule 6-2.4 and Rule 7-1.6 will qualify to the Final Championship Competition.

   (2) Flight assignment is determined from the ranked descending order list for each Preliminary Championship Competition. The order of flight competition will be from lowest ranked performance to highest ranked performance. Three flights as even in number as possible will be used, except that the best flight will have sixteen competitors.

   (3) The throwing order within each flight is determined by a random draw.

   (4) Standardized flight check-in times will be applied for both sites for the Discus Throw, Hammer Throw and Javelin Throw as detailed below. The site-specific check-in schedule, based on the event schedule, is included in the Participant Manual developed for each site. Each flight is allowed a 30-minute flight-specific warm-up. There is no general warm-up period.

In the Discus Throw, Hammer Throw and Javelin Throw, flight one shall check in not later than 45 minutes prior to the published start time of the event. Flight two shall check in not later than 15 minutes after the published start time of the event. Flight three shall check in not later than 90 minutes after the published start time of the event.

i. High Jump and the Pole Vault.
   (1) A qualifying competition will be contested. There is no automatic qualifying mark. Twelve, based on performance after tie breaking and possibly a jump-off, will qualify from the Preliminary Championship Competition to the Final Championship Competition.

   (2) Flight assignment will be determined from the ranked performance list alternating left to right and shall assign competitors from the same institution to the same flight. The competing order within each flight will be determined by a random draw.

   (3) The raising of the bar to a new height, when two facilities are used, shall occur in both pits simultaneously.

   (4) A continuous flight of five (‘five-alive’) shall be used until there are nine or fewer competitors at a given height in each pit. See Rule 6-4.3. Overall competition will continue until all competitors have attempted and completed their trials for at least one bar height and there are twelve or fewer remaining in the competition, counting both pits. The ‘one-hour’ time limit indicated in Rule 6-1.9 will be in effect.

   (5) Standardized check-in times will be applied for both sites for the High Jump and Pole Vault as detailed below. The site-specific check-in schedule, based on the event schedule, is included in the Participant Manual developed for each site. Competitors will be allowed a warm-up period of 60 minutes in the High Jump and 75 minutes in the Pole Vault on the pit being used.

Participants shall check in not later than 75 minutes prior to the published start time for the high jump and 90 minutes prior to the published start time of the pole vault.

   (6) The opening height for each gender shall be the same for east and west:
       • Pole Vault: 20 centimeters below the seed mark of the lowest accepted entry into either preliminary round;
       • High Jump: 8 centimeters below the seed mark of the lowest accepted entry into either preliminary round.

The progression at each site for each gender shall be:
• Pole Vault: two increases of 15 centimeters, two increases of 10 centimeters, all others at five centimeters;
• High Jump: three increases of five centimeters, all others at three centimeters.

6. Breaking Ties for Qualifying Positions from Preliminary Championship Competition Sites Running Event – In the case of a tie by reported mark for the final qualifying position to the Final Championship Competition, which increases the number of qualifiers above twelve, the tie is broken using the procedure outlined in Rule 5-10.4, actual time based on 1/1,000th of a second. If a tie cannot be broken using this method, the competitors who are tied shall run-off to break the tie. If one student-athlete chooses not to participate in the run-off they will not be subject to failure to participate.

   Horizontal Field Event – In the case of a tie by best mark for the final qualifying position to the Final Championship Competition, which increases the number of qualifiers above twelve, the tie will be broken using the procedure outlined in Rule 7-1.6, next best effort in the competition. If a tie cannot be broken using this method, the competitors who are tied shall each make one additional attempt until the tie is resolved.

   Vertical Field Event – In the case of a tie by place for the final qualifying position to the Final Championship Competition, which increases the number of qualifiers above twelve, the tie will be broken using the jump-off procedure outlined in Rule 7-1.7c.1, normally applied to tie breaking for first place. This jump off will continue until the tie is broken in order to obtain a distinct 12th place.

7. Coaching Box/Area.
   A coaching box/area, outside the area of competition, shall be established for each field event. The meet director shall determine the location of this coaching box/area. Only individuals with proper coaching box/area credentials may use this coaching area.

**ADMINISTRATION OF FINAL CHAMPIONSHIP COMPETITION**

1. General Administration.
   The information in the section of this manual under the heading Administration of Preliminary Championship Competition – General Administration is also applicable, where appropriate, to the Final Championship Competition.

2. Competition Format for Final Championship Competition.
   a. The Final Championship Competition is conducted as a four-day event.

   b. The time schedule for the competition will be established by the Track and Field and Cross Country Committee, and published on the NCAA website.

   c. Prior to the start of competition, questions related to procedures not covered in this manual should be referred to the NCAA Championships Manager at the National Office. Otherwise, once competition begins the referee has such authority, Rules 3-4.1 and 3-4.2a.

   d. For all events except the High Jump and Javelin Throw, the maximum allowable spike length shall be 7 millimeters (quarter-inch). For the High Jump and Javelin Throw, the maximum allowable spike length shall be 9 millimeters (3/8 inch). Allowable spikes will be published in the participant manual. See Rule 4.3-5 regarding measuring of spike.

3. Lane Assignments.
   a. In all rounds at the Final Championship Competition the lanes will be assigned as prescribed in Rule 5-11.4, using the place and time performances from the applicable first or second round of the event held at the Preliminary Championship Competition sites.
b. In the 100 Meters, 100 Meter Hurdles and 110 Meter Hurdles, the preferred lane order will be: 5, 4, 6, 3, 7, 2, 8, 1. In the 200 Meters, 400 Meters, 400 Meter Hurdles, 800 Meters, 4x100 Meter Relay and 4x400 Meter Relay the preferred lane order will be: 4, 5, 6, 3, 7, 2, 8, 1.

c. In all rounds for running events that do not start in lanes, assignment to starting-line position will be drawn by lot.

4. Heats, Flights, Procedures.
The provisions and procedures prescribed in Rule 5 and Rule 6 shall be followed regarding the formation, grouping, competition order, cancellation or redrawing of heats or flights, vertical jump increments and advancement between rounds in the Final Championship Competition, based on performances in the previous round, including those from the Preliminary Championship Competition sites. The Track and Field and Cross Country Committee retains its authority to set the competition procedures granted in the Rules. Distribution of competition procedures for the Final Championship Competition, differing from those printed herein, will be made no later than packet pick-up for Preliminary Championship Competition. Tie breaking procedures outlined in section 6 of the Preliminary Championship Competition shall be used where applicable.

a. 100 Meters, 100 Meter Hurdles, 110 Meter Hurdles, 200 Meters, 400 Meters, 400 Meter Hurdles, 800 Meters, 4x100 Meter Relay and 4x400 Meter Relay.
(1) Two rounds will be contested, a semifinal and a final. The semifinal will consist of three heats. Eight, the top two from each heat plus the next best two times, after tie breaking, will qualify from the semifinal to the final.

(2) Lanes one through eight will be used all rounds.

b. 1500 Meters.
(1) Two rounds will be contested, a semifinal and a final. The semifinal will consist of two heats. Twelve, the top five from each heat plus the next best two times, after tie breaking, will qualify from the semifinal to the final.

(2) A single waterfall start will be used.

c. 3000 Meter Steeplechase.
(1) Two rounds will be contested, a semifinal and a final. The semifinal will consist of two heats. Twelve, the top five from each heat plus the next best two times, after tie breaking, will qualify from the semifinal to the final.

(2) A single waterfall start will be used.

d. 5000 Meters and 10,000 Meters.
(1) One round, a final, will be contested.

(2) A double waterfall start shall be used, with two-thirds of the full field at the main waterfall across the entire width of the track and the remainder on the staggered waterfall.

e. Long Jump and Triple Jump.
(1) Simultaneous facilities will be used for the conduct of the semifinal round Long Jump and Triple Jump. Each competitor will be allowed three attempts in the semifinal round. The nine best marks, after tie breaking, will advance to the final round and compete in reverse order of performance from the semifinal round. For the finals of the Long Jump and Triple Jump, advancing student-athletes will compete on the same runway on which they competed during the semifinal rounds per Rule 6-4.2. Scoring is determined per Rule 6-2.8, by all marks during this semifinal and final round in the competition.

(2) The flight assignment to one of the two flights will be as follows: places 7-12 from the East and West preliminary round sites will compete together on one, pre-determined facility. Places 1-6 from the East
and West preliminary round sites will compete together on a separate, pre-determined facility. The order within each flight will be drawn by lot.

(3) Each flight will be allowed a 30-minute flight-specific warm-up. There is no general warm-up period. The final round will start a maximum of 10 minutes after the completion of the last attempt in the preliminary round.

f. Shot Put

(1) Simultaneous facilities will be used for the conduct of the semifinal Shot Put. Each competitor will be allowed three attempts in the semifinal round. The nine best marks, after tie breaking, will advance to the final round and compete in reverse order of performance from the semifinal round. The finals for the Shot Put will be conducted on one pre-determined facility. Scoring is determined per Rule 6-2.8, by all marks during this semifinal and final round in the competition.

(2) The flight assignment to one of the two flights will be as follows: places 7-12 from the East and West preliminary round sites will compete together on one, pre-determined facility. Places 1-6 from the East and West preliminary round sites will compete together on a separate, pre-determined facility. The order within each flight will be drawn by lot.

(3) Each flight will be allowed a 30-minute flight-specific warm-up. There is no general warm-up period. The final round will start a maximum of 10 minutes after the completion of the last attempt in the preliminary round.

g. Discus Throw, Hammer Throw and Javelin Throw

(1) A semifinal and final round of attempts on a single facility will be contested for the Discus Throw, Hammer Throw and Javelin Throw. Each competitor will be allowed three attempts in the semifinal round. The nine best marks, after tie breaking, will advance to the final round and compete in reverse order of performance from the semifinal round. Scoring is determined per Rule 6-2.8, by all marks during this semifinal and final round in the competition.

(2) The flight assignment to one of the two flights will be as follows: places 7-12 from the East and West preliminary round sites will compete together on flight one. Places 1-6 from the East and West preliminary round sites will then compete together in flight two. The order within each flight will be drawn by lot.

(3) Each flight will be allowed a 30-minute flight-specific warm-up. There is no general warm-up period. The final round will start a maximum of 10 minutes after the completion of the last attempt in the preliminary round.

h. High Jump and the Pole Vault

(1) A single jumping or vaulting pit, with one flight, will be used. The competing order within each event will be drawn by lot. High Jump competitors will be allowed a 60-minute warm-up period, while Pole Vault competitors will be allowed 75 minutes.

(2) A continuous flight of five (‘five alive’) will be used until there are nine or fewer competitors at a given height. See Rule 6-4.3. The ‘one-hour’ time limit indicated in Rule 6-1.9 will be in effect.

(3) Starting heights and increments shall be set by the games committee after the qualifiers from the Preliminary Championship Competition have been determined.

i. Combined Events – Heptathlon and Decathlon

A 30-minute warm-up period will be allowed on the track prior to the start of the first event each day of the Heptathlon and first event of the Decathlon. In accordance with the rulebook the Heptathlon and Decathlon order of events and time between events will be as stated. Check-in times will be a minimum of 45 minutes
prior to the published start time for the first event each day at which time all competitors must be at the clerking tent for final call.

100 Meters
(1) The Decathlon 100 Meters will consist of three heats. Heat assignments will be on the basis of seasonal best performance in a combined event competition, with the individuals with the eight fastest performances in a heat, the next eight fastest individuals assigned to a heat, and the final eight fastest individuals assigned to the remaining heat.

(2) Heats will be run in random order. Lane assignments will be drawn by lot.

100/110 Meter Hurdles
(1) The Heptathlon and Decathlon 100/110 Meter Hurdles will each consist of six heats using alternate lanes. The determination of odd or even lanes will be made by the games committee prior to the championship. A set of hurdles shall also be placed inside of lane one or outside of lane eight unless facility constraints cannot accommodate this procedure.

(2) Heat assignment will be on the basis of seasonal best performance in a combined event competition. The fastest four individuals will be assigned to a heat, the next four fastest individuals to a heat, the next four fastest individuals to a heat, the next four fastest individuals to a heat, the next four fastest individuals to a heat, and the final four fastest individuals to the remaining heat.

(3) Heats will be run in random order. Lane assignments will be drawn by lot.

200 meters
(1) The Heptathlon 200 Meters will consist of three heats. Heat assignment will be on the basis of seasonal best performance in a combined event competition, with the individuals with the eight fastest performances in a heat, the next eight fastest individuals assigned to a heat, and the final eight fastest individuals assigned to the remaining heat.

(2) Heats will be run in random order. Lane assignments will be drawn by lot.

400 meters
(1) The Decathlon 400 Meters will consist of three heats. Heat assignment will be on the basis of seasonal best performance in a combined event competition, with the individuals with the eight fastest performances in a heat, the next eight fastest individuals assigned to a heat, and the final eight fastest individuals assigned to the remaining heat.

(2) Heats will be run in random order. Lane assignments will be drawn by lot.

800 meters
There will be two sections, the second section (top scorers after completion of the javelin) shall have 12 runners unless there are fewer than 16 competitors remaining in the competition, at which time one section will be contested. A two-alley waterfall start will be used. Starting positions shall be drawn by lot.

1,500 meters
The Decathlon 1,500 meters will be contested as a single race.

Field Events
All field events will be contested in one flight with random draw for order unless the facility allows for two flights (Rule 6-2.6).

Long Jump and Shot Put
The Long Jump and Shot Put will be contested in two simultaneous flights on separate, but similar competition venues.
Discus Throw
The Discus Throw will consist of two sequential flights.

Flight one of the discus will consist of the top 12 decathletes based on their seasonal best pole vault performance in a combined event competition. Flight two of the discus will consist of the 12 remaining decathletes.

Javelin Throw
The Javelin Throw will consist of two sequential flights.

Flight one of the javelin will consist of the decathletes from flight one of the pole vault. Flight two of the javelin will consist of the decathletes from flight two of the pole vault.

High Jump
1. The decathlon and heptathlon high jump events will each consist of two flights, conducted simultaneously.

2. The competitors will be split between two sections with the top 12 high jump combined event performances assigned to one pit and the next 12 high jump combined event performances assigned to the second pit. Competition order shall be drawn by lot. Five-alive will not be utilized.

3. Combined event high jump will pass 1cm above the meet record. The current record in the women’s heptathlon high jump is **1.89m**. The current record in the men’s decathlon high jump is **2.18m**.

Pole Vault
1. The decathlon pole vault will be contested in two flights on separate, but similar, competition venues.

2. Flight one of the pole vault will consist of the decathletes from flight one of the discus. Flight two of the pole vault will consist of the decathletes from flight two of the discus.

3. The decathlon pole vault will pass 1 cm above the meet record. The current decathlon pole vault record is **5.40m**.

### RELAY PERSONNEL AND PERFORMANCE POLICY

1. Each institution will declare one relay team for the Preliminary Championship Competition from those on the qualified descending order list. That relay team’s performance will be used for seeding purposes. All other teams on the descending order list from that institution must be scratched.

2. All alternates must be declared separately and not later than the close of packet pick-up at the Preliminary Championships Competition. At the Final Championship Competition, the alternates are those named and declared during packet pick-up at the finals site. An alternate is a student-athlete not already in the Preliminary Championships Competition in any event. Please see Rule 5-8.2 for further information on relay replacement policies.

3. The four members who actually compete and earn a Final Championship Competition qualifying position will be the ‘declared’ relay team for that institution in the Final Championship Competition and will be the only individuals for which NCAA championship travel reimbursement will be provided. NCAA travel reimbursement will not be provided to alternates, even if they compete in the championship. The performance achieved in the Preliminary Championship Competition will be used as the seed place and time in the Final Championship Competition. The qualifying mark from the descending order list is not preserved.
4. An athlete on a declared relay, who is replaced with an alternate or substitute, may still compete in any event(s) in which he/she had previously been accepted into the meet.

**CASE STUDIES**

**Breaking a tie for the last accepted position to the Preliminary Championship Competition.**

**SITUATION 1:** After declaration, 45 are declared for the west competition site in the Men’s 100 Meters with a mark of 10.48 or better. Six additional are declared with a best descending order list mark of 10.49. Will all six be accepted into the West Preliminary Championship Competition?

**RULING:** No. Only 48, total, will be accepted into the West Preliminary Championship Competition. That means, only three of the tying six will be accepted. The second best valid qualifying meet performance mark submitted through the mandatory meet result reporting system will be examined for each of the six. Assume the second best meet submissions are 10.51, 10.56, 10.57, 10.56, 10.51 and 10.63. The two individuals with the second best of 10.51 are accepted, and the tie breaking procedure continues, but only involves the two individuals with submissions of 10.56. If one of those had a third valid qualifying submission, and the other did not, acceptance will be awarded to the competitor who achieved the original tying mark later in the season.

**SITUATION 2:** After declaration, 44 are declared for the west competition site in the Women’s High Jump with a mark of 1.78 or better. No one has a submitted best meet mark of 1.77. Two are declared with a submitted best meet mark of 1.76. Fifteen additional are declared with a best descending order list mark of 1.75. Will all fifteen be accepted into the West Preliminary Championship Competition?

**RULING:** No. Only 48, total, will be accepted into the West Preliminary Championship Competition. That means, only two of the tying 15 will be accepted. The second best valid qualifying meet performance mark submitted through the mandatory meet result reporting system will be examined for each of the fifteen. Assume that after examining the 3rd best qualifying meet performance mark submitted, three still remain tied and there are no other available marks to compare. This mark is the last used as tie-breaking for comparative purposes. The performance date of their original mark that created the tie is then examined to determine who achieved the mark later, in order to determine which two are accepted into the Preliminary Championship Competition. If a tie still exists, it is resolved by examining the performance date of the 2nd mark and, if needed, the 3rd mark in order to eliminate one. If the examination of the performance date of the 3rd mark does not result in a break of the tie, the tie for the last qualifying position will be decided by the toss of a coin.

**Injury/Medical Situations.**

**SITUATION 1:** A student-athlete declared on the final regular-season descending-order list has a nagging injury. The coach, after declaring the student-athlete into the Preliminary Championship Competition, decides that student-athlete could use the rest instead of competing; therefore, the coach does not send the student-athlete to start her event. Can the student-athlete advance to the Final Championship Competition?

**RULING:** No. Scratching a student-athlete from any event, for any reason at any point after the declaration deadline, eliminates the student-athlete from all remaining competition in any and all rounds of the Championship, including availability as a substitute or alternate for a relay.

**SITUATION 2:** A student-athlete declared on the final regular-season national descending-order list has a nagging injury. Knowing that she must compete in the Preliminary Championship Competition to have any opportunity to advance to the Final Championship Competition, the student-athlete makes the effort to compete at the Preliminary Championship Competition, but does not finish in the top twelve in her event. Can the student-athlete advance to the Final Championship Competition as an at-large student-athlete, using her best regular-season performance?

**RULING:** No. Advancement from the Preliminary Championship Competition is only through qualifying in that individual event or events. There is no at-large pool for selection into the Final Championship Competition.
However, relay alternates from the Preliminary Championship Competition would remain eligible for participation in the Final Championship Competition.

SITUATION 3: A student-athlete on the final regular-season national descending-order list has an injury. The coach does NOT declare the student-athlete into the Preliminary Championship Competition and the student-athlete does not compete. Can the student-athlete, in any way, compete at the Final Championship Competition?

RULING: Yes, but only as a listed alternate on a qualifying institutional relay team.

SITUATION 4: An institution scratches a student-athlete in an open event prior to the medical scratch deadline but would like to bring the student-athlete back as an alternate in the relay. Is this permissible?

RULING: No. Scratching a student-athlete prior to the medical scratch deadline eliminates the student-athlete’s eligibility for participation, in any capacity, in any event at the championship.

Relay Situations.

SITUATION 1: Of the four student-athletes listed on the Preliminary Championship Competition declaration form for the 4 x 100 (or 4 x 400) Meter Relay, three have injuries that prevent them from competing in the Preliminary Championship Competition. The coach knows the relay team cannot advance to the final Championship Competition if they do not compete and qualify at the Preliminary Championship Competition. Can the coach use other student-athletes to fill the spots on the relay?

RULING: Yes, since the institution owns the mark, the team can use any eligible student-athlete from the institutions team roster as long as they are already competing in the Preliminary Championship Competition or were listed as alternates on the teams relay card during packet pick-up. The four individuals who do form the relay team will become the ‘declared’ team for purposes of advancement to the Final Championships Meet.

SITUATION 2: A coach uses two alternates on his qualifying 4 x 100 Meter Relay in the first round of the Preliminary Championship Competition and the team advances to the Final Championship Competition. What team members are declared for the Final Championship Competition? Who can run in the Final Championship Competition?

RULING: The four student-athletes who actually ran and qualified in the first round of the event are the ‘declared’ team to the Final Championship Competition. The performance this team achieved in the first round competition will be the seed time used in the Final Championship Competition. At the Final Championship Competition, the alternates are any eligible student-athletes named and declared during packet pick-up at the Final Championship Competition. In addition, a substitute pool of anyone who is already in the competition, originating with the Preliminary Championship Competition, is available for use on the relay.

SITUATION 3: Of the four qualifying student-athletes for the Final Championship Competition in the 4 x 100 (or 4 x 400) Meter Relay, three sustain injuries after the relay team has qualified. Can the coach use other student-athletes to fill the three spots on the relay in the Final Championship Competition?

RULING: Yes. The coach can use any eligible student-athlete listed as an alternate on the team’s relay card during packet pick-up at the Final Championship Competition. In addition, a substitute pool of anyone who is already in the competition, originating with the Preliminary Championship Competition, is available for use on the relay.

Failure to Participate in an Event.

SITUATION 1: A student-athlete highly-ranked on the final regular-season descending-order list, competes in the first round of the 1500 Meters and advances to the next round. After the first round, the student-athlete (or coach) believes he/she has fulfilled the requirement of competing, and decides not to run in the next round of the 1500 Meters. Can the student-athlete advance to the Final Championship Competition?
RULING: No. Scratching a student-athlete from any event, for any reason at any point after the declaration deadline, eliminates the student-athlete from all remaining Championship competition in any and all rounds of the Championship.

SITUATION 2: A student-athlete who is entered in more than one event willfully abandons or withdraws from at least one of those events. What procedure exists for the student-athlete to return to competition in another event?

RULING: The student-athlete must follow the procedure as outlined in Rule 3-19 in order to determine the possibility of returning to competition. This procedure includes application of the honest effort rule (Rule 4-2.1) and failure to participate rule (Rule 4-2.2).

Field Events / Combined Events.
SITUATION 1: A student-athlete is declared in the Long Jump, High Jump and Heptathlon. During the competition at a Preliminary Championship Competition site, she fails to qualify in the Long Jump, which was on the first day of competition. She fails to participate in the High Jump, which is on the second day of competition. Is the student-athlete able to participate in the Heptathlon, which is contested only at the Final Championship Competition?

RULING: No. The rules governing ‘failure to participate’, therefore disqualification from further competition in the meet, apply. The multiple rounds, even though at different sites and about a week apart, are all part of the Championship. There is only one declaration for the entire Championship. The multiple rounds and qualifying procedures are for the entire Championship. ‘Failure to Participate’ and the penalties associated with it are applicable for the entire Championship.

SITUATION 2: A student-athlete is declared in the Long Jump and Heptathlon. During the competition at a Preliminary Championship Competition site, she qualifies in the Long Jump. During the period of time between the conclusion of the Preliminary Championship Competition and the Final Championship Competition, the committee receives notification, before the deadline for medical scratches, that the qualifier is a medical scratch in the Long Jump. Is she still able to compete in the Heptathlon?

RULING: No. A medical scratch is all-inclusive. There is no event selectivity. The same would also occur for a scratch from the Heptathlon, even though the event was not contested during the first round.

Advancement.
SITUATION: Following the conclusions of each Preliminary Championship Competition, the qualifying list for the Men’s 100 Meters for the Final Championship Competition shows 24 student-athletes. These are the top twelve from each of the two Preliminary Championship Competition sites. During the period of time between the conclusion of the Preliminary Championship Competition site competition and the Final Championship Competition, the committee receives notification, before the deadline for medical scratches, that a qualifier is a medical scratch in the Long Jump. Is she still able to compete in the Heptathlon?

RULING: The position vacated by any type of scratch is not filled. For events contested in the Preliminary Championship Competitions, only those who earn a position in the Final Championship Competition through a qualifying round, Rule 5-10.5i and Rule 6-2.3, are eligible to compete and cannot be replaced. This provision is not applicable to the Combined Events since the events are not contested at the Preliminary Championship Competition sites.