

NORTHERN SUN INTERCOLLEGIATE CONFERENCE
TRACK HANDBOOK - 2010-11 EDITION (July 21, 2010)

- I. The Chair shall be elected to 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 Outdoor Track & Field meet, following the first day of the meet.

Years	Chair/Secretary
2008-09 & 2009-10	Bemidji State
2010-11 & 2011-12	Winona State

The NSIC Track & Field coaches shall hold their annual meeting in conjunction with the NSIC Summer Kickoff Event.

II. Honors and Awards

- A. The Coach(es) of the Year shall be determined by a vote of the coaches at 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 male and female coach of the year.
- B. All-Conference performers shall consist of the top three place winners in each event and the members of the top two relay teams from the Conference meet. Plaques will be award to the top finisher in each event, while certificates will be awarded to second and third place finishers.
- C. Athletes of the Week (Track Athlete and 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 SID and shall begin on the first Tuesday of December for the indoor season and the first Tuesday in April for the outdoor season. A preseason coaches' poll will be release a week prior to the start of Athlete of the Week releases.
- D. Coaches shall select the following individual awards at 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 of the Year and Women's Newcomer of the Year. The High Points Scorer will also be recognized. A post-meet discussion shall determine the top two individuals from the conference meet. A vote 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. Certificates shall be provided by the Conference.
- E. Awards for individual athletes will take place immediately following their events (indoor & outdoor) when weather permits. Athletes are required to participate in this.
- F. The NSIC Indoor and Outdoor Conference Track & Field weekly results and subsequent rankings are to be submitted each week by noon on Monday to create a complete listing of each athlete's marks for all events during the season. Each school has until the following Monday at noon to make any corrections to the prior week's results. Any results not submitted in accordance with this schedule will NOT be used for seeding purposes at championships.

A fee for this service (men's and women's separate) will be divided per team, per season and shall be done on the Hy-Tek Meet Manager program. All teams shall participate and fees will be paid upon request or at the Indoor NSIC meet (whichever is earlier).

III. The Conference Meet Procedures.

- A. 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. The coaches' meeting shall be held the Thursday night before the Conference meet at a time and place designated by the host school.
- B. 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.
- C. 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.
- D. Standards that are set for the schools hosting the Conference championships shall include, but are not limited to, the following:
 - 1. Meet workers: Throwing events shall have four meet workers; the long jump/triple jump shall have five workers; the high jump shall have two meet workers. The pole vault shall have two-three meet workers. A head field event referee, and a head track referee will be present at the NSIC meet. A head referee will be used for the NSIC multi competitions.
 - 2. 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 by an outside source hired for the NSIC meets.
 - 3. Results: Results shall be posted in a timely manner and displayed in an accessible location for athletes and coaches. A running point total shall be kept and posted where they can be seen regularly.
 - 4. Implements/Weigh-ins: All measurements/weigh-ins shall be down on the first day of the meet. At least two schools' coaches and the meet referee shall be present. All implements to be used shall be weight measured, etc. and returned to the athlete. Any implement not certified will be impounded. Prior to each throw, the official shall check the implement for certification.
 - 5. Curve Judges: A minimum of two curve judges on each curve (four total) shall be in place for all running events. (2000)
- E. All entries for the Conference meets shall be faxed by 11:59 p.m. on Tuesday prior to the meet and from that point on, all entries are final; with the number of entries per school to go back to three per school per meet and include six wildcards and one relay team.
- F. Roster Limits: championship rosters are limited to 25 indoors and 30 outdoors for both men and women.
- G. Eight places shall be awarded and scored in all events. Scoring shall be 10-8-6-5-4-3-2-1.
- H. The heat winners shall advance to finals in all events except the 800m, 1000m and one mile run where top 2 advances with the rest of the field qualifying by time. All indoor championship events shall include 8 competitors in the finals.
- I. The outdoor meet shall include the Women's 3000-meter Steeplechase. If a facility cannot accommodate this race, the school cannot host the meet.
- J. The NCAA uniform rule shall be enforced for NSIC championship competitions and multi-events with the exception of two logos on socks.

- K. 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 host school's web site and shall include all marks made. During the meet, results shall be posted in a timely manner and displayed in an accessible location for athletes and coaches. A running point total shall be kept and posted where they can be seen regularly.
- L. Coaches shall be allowed to use the 1500-meter run and 60-meter dash times as seed times. The meet director is responsible for conversion of times for seeding. During the outdoor meet, the 100-meter, 200-meter dash, 100-meter hurdles, and 110-meter high hurdles will be run with the wind.
- M. The 600-meter run shall have a maximum of eight student-athletes seeded by time in the finals. Prelims will be seeded according to the NCAA Rule Book.
- N. At all multi events, each school shall provide (other than the head Coach) one meet official to help with timing, measuring, etc.
- O. Protests relating to matters which develop during the carrying through of the program, shall be made no later than 30 minutes after the result has been announced or within 15 minutes after a preliminary round. All 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.
- P. The meet directors shall select the Jury of Appeals. The Jury of Appeals shall consist of three women's coaches and three men's coaches. The meet director shall not be involved. If at all possible, a Jury of Appeals shall come from outside officials.
- Q. Allowable spike length for indoor meets is a maximum of 7 mm. NCAA rules shall be followed for outdoor spike length.
- R. The host of the indoor and outdoor meets must submit, in advance, a budget to the NSIC Office for approval. The approved budget costs will be divided among the competing schools. Following each meet all participating schools will be assessed a fee to cover the costs of the approved budget. 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.

IV. Championships sites and schedules.

- A. All championships shall be held on two days – Friday and Saturday. The date of the championships shall be determined one year in advance.
- B. The Conference championships will be rotated accordingly:

Indoor	Outdoor	Indoor Multi	Outdoor Multi
2011 Bemidji State	2011 Northern State	2011 St. Cloud State	2011 NSU
2012 Minnesota State	2012 U-Mary	2012 Bemidji State	2012 NSU
2013 Bemidji State	2013 Augustana	2013 Minnesota State	2013 NSU
	2014 Minnesota Duluth		
	2015 Concordia-St. Paul		
	2016 Winona State		

- NOTE:** The indoor meet shall be held two weeks prior to the NCAA Championship meet.
NOTE: The outdoor meet shall be held two weeks prior to the NCAA Championship meet.
NOTE: The women's pentathlon and men's heptathlon shall be held two weeks prior to the NSIC Indoor championships.
NOTE: The heptathlon/decatlon shall be held the Sunday-Monday two weeks prior to the NSIC Outdoor Championships.

Procedures for the NSIC Indoor and Outdoor Track & Field Championships

NCAA Rule Book

*Page 78/79 Rule 10, section 11, article 1-5 for general principles/outdoor.

#Page 133/134 Rule 5, section 5, article 1-4 for specific indoor exceptions.

Indoor

Track events

55m/60m Dash, 55m/60m Hurdles

Prelims approximately 7 per heat.

Prelim heat assignment based on entry time. *#

Prelim lane assignment random.

Heat winners + next fastest = 8 to the final.

Lane assignments 4, 5, 3, 6, 2, 7, 1, 8 (Hy-tech default setting) Preference to heat winners.

200m, 400m, 600m

Prelims approximately 4 per heat (lanes 3, 4, 5, 6).

Prelim heat assignments based on entry time. *#

Prelim lane assignment random.

Heat winners + next fastest = 8 to final(s).

Lane assignments BSU 5,6,4,3, MSU 7,8,6,5. Preference to heat winners. Slow heat first, fast heat (mostly heat winners) last.

800m, 1,000m, 1 mile

Prelims approximately 6 to 8 per heat 800/1000 Alleys, mile waterfall

Prelim heat assignments based on entry time. *#

Prelim lane, 800/alley, mile/waterfall assignment random

Top 2 + next fastest = 8 to final in 800/1000m and 12 in the mile per NCAA rule book. Lane assignments depends on alleys/ waterfall. Preference given to heat winners.

3k, 5k, DMR

One heat final only no matter how large the field, waterfall start.

Lane/position assignments random 3k and 5k. DMR lane/position assignment based on entry times.

4 x 400 m relay

Final heats against time

Two heats slow first, fast last.

Lane assignments by entry times, BSU= 5,6,4,3,2,1 and MSU = 7,8,6,5,4,3.

Heats 5-6 teams if 11 entries, 5-5 teams if 10 entries, 4-5 teams if 9 entries, 4-4 teams if 8 entries.

Indoor Field events

LJ, TJ, WT, SP

Flights approximately 8 per flight

Flight placement lowest marks first flight, highest marks last flight, within flight random.

9 advance to the final

Athletes are permitted to change flights to avoid conflicts.

Finals reverse order, must participate in that order

HJ, PV

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

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

Outdoor

Track events

100m, 100m/110m hurdles

Prelims approximately 7 per heat.

Prelim heat assignment based on entry time.*

Prelim lane assignment random.

Heat winners + next fastest = 8 to the final or 9 if track allows it.

Lane assignments 4, 5, 3, 6, 2, 7, 1, 8 (Hy-tech default setting) Preference to heat winners.

200m, 400m, 400m hurdles

Prelims approximately 6 per heat (lanes 3, 4, 5, 6, 7, 8)

Prelim heat assignments based on entry time. *

Prelim lane assignments random.

Heat winners + next fastest = 8 to the final or 9 if track allows it.

Lane assignments 4, 5, 3, 6, 2, 7, 1, 8 (Hy-tech default setting) Preference to heat winners.

Note most agree lane 8 is better than 1, but this follows the NCAA rule book.

800m 1,500m

Prelims approximately 7 to 8 per heat

Prelim heat assignments based on entry time. *

Prelim lane/position assignment random.

Top 2 + next fastest = 8 to finals in 800m and 12 in 1500m. Final lane assignments 4, 5, 3, 6, 2, 7, 1, 8 (800m run in lanes, 1,500m waterfall)

Steeplechase, 5k, 10k

Final only, waterfall start

Lane/position assignments random.

4 x 100m and 4 x 400m relays

Final heats against time

Two heats slow first, fast last.

Lane assignments by entry times 4, 5, 3, 6, 2, 7, 1, 8 (I think this is Hy-tech default ??)

Heats 5-6 teams if 11 entries, 5-5 teams if 10 entries, 4-5 teams if 9 entries, Final only if 8 entries.

Outdoor Field events

LJ, TJ, HT, SP, Dis, Jav.

Flights approximately 8 per flight

Flight placement lowest marks first flight, highest marks last flight, within flight random.

9 advance to the final

Athletes are permitted to change flights to avoid conflicts.

Finals reverse order, must participate in that order

HJ, PV

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

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

Warm-up procedure LJ, TJ, SP, WT, HT, Dis, Jav.

General warm-up open to all participants 1 hour prior to 15 minutes prior, last 15 minutes reserved for next flight.

15 minutes between flights, 15 minutes between flights and finals (May start early if all athletes are checked in and ready for flights or final.)

Main questions addressed

- 1) Field events 9 to finals
- 2) Field events best flight last, random within the flight.
- 3) Field events HJ and PV reverse order of entered marks
- 4) 1 mile and 1,500m final =12
- 5) Relays heats will be evenly split
- 6) 800m, 1,000m, 1,500m, 1 mile top 2 advance + next fastest times?
- 7) 55m, 60m, 200m, 400m, 600m, 100 H, 110 H, 400 H heat winners or just advance top 8 times