



HORIZON LEAGUE®

OUTDOOR TRACK & FIELD



2009 Outdoor Track & Field
Championships
May 1-3, 2009



Benedictine University
Lisle, Illinois
Co-Hosted by: UIC and Loyola



**Men's and Women's
Horizon League 2009
Outdoor Track and Field
Championship Handbook
May 1-3**

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Track and Field Personnel Contact Information

Butler University

Athletic Director.....	Barry Collier	317/940.9878
SWA.....	Beth Goetz	317/940.9630
Head Coach (m/w)	Matt Roe	317/940.9921
Assistant Coach (m/w).....	Collette Huffman.....	317/940.9378
Assistant Coach (m/w).....	Darren Gauson.....	
SID	Jim McGrath	317/940.9414
Track and Field Contact	Jim McGrath	317/940.9414

University of Detroit Mercy

Athletic Director.....	Keri Gaither	313/993.1720
SWA.....	Teri Kromrei.....	313/993.1722
Head Coach (m/w)	Guy Murray.....	313/993.1724
Assistant Coach (m/w).....	Scott Corrado	313/993.1724
Assistant Coach (m/w).....	Richard Alexander Jr.	313/993.1724
Assistant Coach (m/w).....	Emili Jackson.....	313/993.1724
SID	Mark Engel	313/993.1745
Track and Field Contact	PJ Gradowski.....	313/993.1745

University of Illinois Chicago

Athletic Director.....	James Schmidt	312/996.2695
SWA.....	Tonya McGowan	312/996.3556
Head Coach (m/w)	James Knoedel	312/996.8644
Assistant Coach (m/w).....	Gabe Rivera.....	312/996-8644
Assistant Coach(m/w).....	Catherine Beck	312/413.2730
SID	John Jaramillo.....	312/996-5880
Track and Field Contact	Zoe Kind.....	312/413.940

Loyola University Chicago

Athletic Director.....	John Planek.....	773/508.2560
SWA.....	Carolyn O'Connell.....	773/508.2584
Head Coach (m/w)	Rick Wemple.....	773/508.2582
Assistant Coach (m/w).....	Sterling Moss.....	773/508.2585
Assistant Coach (m/w).....	Pat McGarry	
SID	Bill Behrns.....	773/508.2575
Track and Field Contact	Amy Hyerczyk.....	773/508.2557

University of Wisconsin - Milwaukee

Athletics Director.....	George Koonce.....	414/229.5669
SWA.....	Kathy Litzau	414/229.3739
Head Coach (m/w)	Peter Corfeld	414/229.5149
Assistant Coach (m/w).....	Jason Francis.....	414/229.2567
Assistant Coach (m/w).....	Stefan Rudiger	414/229.1130
SID	Kevin O'Connor	414/229.5674
Track and Field Contact	Kevin Conway	414/229.2413

Valparaiso University

Athletics Director.....	Mark LaBarbera.....	219/464.6894
SWA.....	Jenn Samble.....	219/464.5460
Head Coach (m/w)	Ryan Moore.....	219/464.6118
Assistant Coach (m/w).....	Peter McNaughton.....	219/464.5356
Assistant Coach (m/w).....	Mike Straubel	219/464.7812

SID Ryan Wronkowicz 219/464.5232
Track and Field Contact Aaron Leavitt 219/464.6953

Wright State University

Athletic Director..... Bob Grant 937/775.2771
SWA..... Maureen Cooper 937/775.2721
Head Coach (w)..... Sylvia Kamp 937/775.2184
Assistant Coach (w)..... Fabien Corbillon 937/775.2184
SID Bob Noss 937/775.2816
Track and Field Contact Matt Zircher 937.775.2831

Youngstown State University

Athletic Director..... Ron Strollo 330/941.2385
SWA..... Elaine Jacobs 330/941.2282
Head Coach (m/w) Brian Gorby..... 330/941.3395
Assistant Coaches (m/w)..... Matt Folk 330/941.3395
..... David Townsend..... 330/941.1433
..... Rick Penniman 330/941.1433
..... Shawn Cobey 330/941.1433
..... Marcella Bolha..... 330/941.1433
SID..... Trevor Parks 330/941.3192
Track and Field Contact Todd Mounce 330/941.3192

Horizon League

League Office Main Line 317/237-5622
Jonathan LeCrone, Commissioner..... 317/237-5629
Alfreeda Goff, Senior Associate Commissioner/Chief of Staff..... 317/237-5627
Stephanie Jarvis, Assoc. Commissioner for Compliance/Legal Affairs .. 317/237-5626
Will Roleson, Assoc. Commissioner for Comm. and Multimedia 317/237-5606
Joel Barnhill, Asst. Commissioner for Marketing, Licensing, and Event Ops. 317/237-5598
Cindy French, Senior Executive Associate/Director of Administration.. 317/237-5624
Matt Segal, Director of Communications..... 317/237-5621
Brandy Ingles, Assistant Director of Championships and Compliance .. 317/237-5625
Josh Rattray, Assistant Director of Communications..... 317/472-0047
Beth Opell, Director of Finance 317/237-5605
League Office FAX..... 317/237-5620

CFPI Timing Cleon Fowler 205/394-4372

Webpage www.cfpitiming.com/index.html

DirectAthletics Dave Stelnik support@directathletics.com

<http://www.directathletics.com>

Outdoor Championship Meet Directors:

Eric Phillips, Associate Athletic Director, UIC 708.288.0138

Tonya McGowan, Associate Athletic Director, UIC 708.308.9545

General Administration

Dates and Sites

The Championship will be held on May 1-3 at Benedictine University. Directions and a map will be sent in a separate attachment.

Medical

The meet will be staffed with certified athletic trainers and student athletic trainers, and they will be available one hour before the start of the meet. If your athletes have any special needs, they will need to have a letter from your head trainer or team physician. Please fax special needs to UIC Training Room at 312-996-8349 prior to the event.

Athletic Training Staff and Contact Information

Head Athletic Trainers

Mike Gilmartin mjgil@uic.edu 630-290-4096

Tom Hitcho thitcho@luc.edu 773-332-9853

Assistant Athletic Trainers

Kristi Schluckbier Kristi@uic.edu 989-529-3337

Masa Fujihashi masa@uic.edu 773-301-1278

Spectator Information

Tickets

Tickets are sold the day of the event and are issued at the spectator gate.

Pricing

1 day Pass: \$ 10

2 day Pass: \$ 15

Horizon League Students= FREE!

High School, or other College Student Rate (w/ID): \$5 for 1 Day Pass

\$8 for 2 Day Pass

Children 5 & under: FREE

Fans should park in Lot D (Rice Center).

Team Buses should park in Lot F (Krasa Center)

Awards

Awards will be presented on Friday throughout the day after the completion of the events. Top six finishers in each event will be announced with the top three places receiving awards and 4th through 6th receiving certificates.

Concessions

Concessions will be open throughout the Championship.

Equipment

All personal equipment used by participants will be the responsibility of the participants. Neither Benedictine, Loyola, UIC or the Horizon League is responsible for lost or stolen items. All throwing implements will be weighed and checked prior to competition at the event site.

Hospitality

The hospitality will be upstairs near the press box. It will be open from 5-7 on Friday, 9-5:30 on Saturday and 11-3 on Sunday. Breakfast, lunch, and dinner will be provided for coaches, officials and administration.

Protocol

Coaches, student-athletes, and staff will be asked to observe the following to ensure an equitable and positive experience for all in attendance:

1. Warm ups can be done only on the back stretch or outside of the track area.
2. Only coaches may inquire at the scorer's table.
3. No coaches are permitted in the timing area.
4. Student-athletes are to report to the awards area immediately after the results are announced.
5. Everyone will be expected to keep their areas as clean as possible. Please take care of the facility. Thank you!

Spectator Information

Spectators must stay in roped off areas where signs guide spectators to observe the meet. Athletes must stay in roped off areas where signs guide spectators to compete and observe the meet. At no time during the meet are spectators or athletes allowed on the track or near the timing area at the finish.

Coaches Meeting

The coaches meeting will take place via teleconference on April 29, 2009, at 10:00 EST/9:00 CST. *The call in number is 1- 800-414-9963 and the pass code is 209692.

Important Dates (all times Eastern)

April 21Entries open online
April 28Entries Due, 12:00 pm
April 28 Entry List Available, 8:00 pm
April 29Coaches Teleconference Meeting, 10:00 am
April 29Declarations Due, 6:00 pm
May 1 Meet Begins, 2:00 pm

Schedule of Events
See Appendix A

Championship Administration

Entries

1. For events with finals only, you must have a valid time, with the exception of the 10,000K and the multi events. For entries into the Horizon League Championship meet, you will use Direct Athletics. See “important dates” for entry due dates.

Competition Format

1. Structure/Schedule: The 2009 meet shall be a three-day event, with men’s and women’s events alternating throughout the schedule. The time of the events shall be at the discretion of the host institution to accommodate specific facility allowances and limitations. The typical or standard track and field order of events should be adhered to as much as possible.

2. Timing of Track Events: NCAA Track and Field Rules shall be followed.

There shall be appointed officials who shall operate the fully automatic timing system used for the competition. The head finish evaluator shall, by utilizing the official picture of the finish, be responsible for the evaluation and interpretation of finish by places and times. There should also be a head timer plus additional timers as deemed necessary by the head timer and meet director for manual backup timing.

3. Warmups for jumps and throws will be by flights only and given the same amount of time. There will be no general warm up for all competitors.
4. Scoring: Scoring shall be 10-8-6-4-2-1 for men’s and women’s individual events and women’s relays. For men’s relays the scoring shall be 10-8-6-4-2.
5. Heats, Flights, Qualifying Procedures and Stagers
 - a. Prelims will be conducted for the following events:
 - i. M/W 100m
 - ii. W 100m H
 - iii. M 110m H
 - iv. M/W 200m

- v. M/W 400m
 - vi. M/W 400m H
 - vii. M/W 800m
 - viii. All field events
- b. Qualifying procedure for 100m, 100m H, 110m H, 200m, 400m, and 400m H:
- Lanes for the prelims shall be drawn by lot
- i. For an eight lane track (eight in finals):
 - 1. 1-8 Finals only
 - 2. 9-16 Two heats; qualify top three places from each heat and next two fastest times
 - 3. 17-24 Three heats; qualify top two places from each heat and next two fastest times
 - 4. 25-32 Four heats; qualify winner of each heat and next four fastest times
 - 5. 33-40 Five heats; qualify winner of each heat and three fastest times
 - ii. For a nine lane track (nine in finals):
 - 1. 1-9 Finals only
 - 2. 10-18 Two heats; qualify top three places from each heat and next three fastest times
 - 3. 19-27 Three heats; qualify top two places from each heat and next three fastest times
 - 4. 28-36 Four heats; qualify top two places from each heat and next fastest time
 - 5. 37-45 Five heats; qualify heat winners and next four fastest times
 - iii. Preferred lanes
 - 1. 200/400/400H/800/4x100/4x400
 - a. 8 lane track: 5-6-4-7-3-8-2-1
 - b. 9 lane track: 6-7-5-8-4-9-3-2-1
 - 2. 100/100H/110H
 - a. 8 lane track: 4-5-3-6-2-7-1-8
 - b. 9 lane track: 4-5-3-6-2-7-1-8-9
 - iv. Direction of run for the 100m, 100m H, 110m H and 200m will be determined by the games committee each day. Once this direction is established, it will stand.
 - v. The 400m and 400m H will be run in lanes using a 2 turn stagger.
 - vi. Finals will be seeded using place, 1st place heat winners first, 2nd places heat winners second....., and lastly time qualifiers to determine seeding order.

- c. Qualifying procedure for 800m:
 - i. Prelims sections will have as many athletes as there are lanes around the entire track unless otherwise approved at the coaches' meeting. Prelims sections will be seeded using the "snaking" method to make sections as equal as possible.
 - ii. Qualifying for finals shall be as follows:
 - 1. 1-8 Finals only
 - 2. 9-16 Two heats; qualify top three places from each heat and next two fastest times
 - 3. 17-24 Three heats; qualify top two places from each heat and next two fastest times
 - 4. 25-32 Four heats; qualify winner of each heat and next four fastest times
 - iii. The number of qualifiers for the final shall be the same as the number of lanes around the entire track.
 - iv. Lanes shall be assigned by lot for both prelims and final.
 - v. The 800m will be run using a 1 turn stagger.
- d. Lane assignments, procedures for 1500m
 - i. Sections will have 12 per section unless otherwise approved at the coaches' meeting.
 - ii. The 1500m will be run using a waterfall start.
- e. Lane assignments, procedures for 3000m SC, 5000m and 10000m
 - i. 3000m SC - Split into sections if there are more than 20 competitors entered, placing no more than 12 entrants in the fast section.
 - ii. 5000m/10000m - Consider splitting into sections if 30 or more competitors are entered.
 - iii. Positions for these three events shall be drawn by lot unless two rows are needed; if so, the front row will be seeded with the top entered times.
 - iv. The maximum number of competitors on the front row shall be determined by the meet director, taking into consideration the parameters of the competition venue.
- f. 4x100m and 4x400m relays
 - i. Relays will be run as 1 section finals with lane assignments based on seed marks.
 - ii. The 4x100m will be run in lanes using a 2 turn stagger.
 - iii. The 4x400m will be run using a 3 turn stagger.
- g. General information for running events
 - i. In events run as sections v. time, the sections will be run from slow to fast.
 - ii. If lanes are vacant, the following will apply:
 - iii. The NCAA Honest Effort Rule applies.

- iv. Coaches are required to enter relay teams at the designated entry/declaration times, but are not required to submit relay cards to the meet officials until 15 minutes prior to the start of the 4x100m and 4x400m relays.

h. General information for field events

- i. Eight competitors (plus ties) will qualify for final.
- ii. Competition order in the first round of all field events is drawn by lot. In the finals of the throwing events and the horizontal jumps competitors are listed in reverse order of preliminary place.
- iii. Flights will consist of as equal a number of participants as possible with the maximum number in any one flight not to exceed 10 competitors.
- iv. The NCAA Honest Effort Rule applies; passing is an allowable strategy.

i. Long jump and triple jump

- i. Two boards shall be available for each gender for the triple jump. The distances from the board to the landing area will be determined by the meet director taking into consideration the facility and will be approved by the coaches at the coaches' meeting.
- ii. Prior to the beginning of the meet the head field judge will confirm that the landing area for the long jump and the triple jump is filled with sand to the point where the sand is identical in elevation with the take off board.

j. High Jump

- Use of continuous flight of 5 as described in the NCAA rulebook
Starting height - 5 cm below the seed mark of the 8th place entry
Starting Heights for High Jump - Established starting heights: High Jump/Women's HJ-2 bar heights back from the 8th place qualifying standard, but no lower than 8 back from regional qualifying standard; Men's HJ - 2 bar heights back from the 8th place qualifying mark, but no lower than 9 back from regional qualifying mark.
- Bar raised in increments of 5cm

k. Pole Vault

- Use of continuous flight of 5 as described in the NCAA rulebook
- Starting height - 15cm below the seed mark of the 8th place entry
Starting Heights for Pole Vault - Established starting heights: Women's PV-2 bar heights back from the 8th place qualifying standard, but no lower than 8 back from regional qualifying standard; Men's PV - 2 bar heights back from the 8th place qualifying mark, but no lower than 9 back from regional qualifying mark.

- Bar raised in increments of 15 cm
 - l. Shot put, Hammer Throw, Javelin and Discus
 - i. All throwing implements must be weighed in prior to competition and marked by the implement inspector. Illegal implements will be impounded until the conclusion of that event.

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

Prelims

- No More than 10 per flight
- Flight assignment - random
- Order within flight - random
- Flight order - random
- # of attempts - 3

Finals

- Top 8 to finals
- Order within flight -worst to best (using marks from prelims)
- # of attempts - 3

b. Heptathlon / Decathlon

- i. All teams are allowed to enter as unlimited number of athletes without an event score from the current season in the multi-events.
- ii. All throwing implements must be weighed in prior to competition and marked by the implement inspector. Illegal implements will be impounded until the conclusion of that event.
- iii. A continuous flight of five will be used for the pole vault and high jump if the number of entries is large. Starting height in the High Jump (m/w) and the Pole Vault (m/w) is determined by the competitors. Increments are established by the Games Committee (or Coaches) which are typically 3cm for the high jump and 10 cm for the pole vault.
- iv. Two boards shall be available for each gender for the long jump. The distances from the board to the landing area will be determined by the meet director taking into consideration the facility and will be approved by the coaches at the coaches' meeting.
- v. Prior to the beginning of the meet the head field judge will confirm that the landing area for the long jump and the triple jump is filled with sand to the point where the sand is identical in elevation with the take off board.

- vi. The NCAA Honest Effort Rule applies.
- vii. An athlete failing to report for an event is considered out of the competition. An athlete that participates but receives no mark shall still be considered in the competition.

Awards

The League will provide the following awards for the Men's and Women's Outdoor Track and Field Championships:

1. 1st, 2nd, and 3rd place awards and certificates for the 4th through 6th place individuals in each event.
2. Outstanding Field Performer awards.
3. Outstanding Track Performer awards.
4. Newcomer of the Year - Field Events awards.
5. Newcomer of the Year - Running Events awards.
6. Coach of the Year awards
7. 2nd Place team award.
8. Championship team award and individual awards.

Individual awards will be presented immediately following the finals of each event.

Uniforms

Coaches are reminded that all uniforms must conform with NCAA rules regarding commercial logos.

Bylaw 12.5.4 of the NCAA Manual states that a student-athlete may use athletics equipment or wear athletics apparel that bears the trademark or logo of an athletics equipment or apparel manufacturer or distributor in athletics competition and pre- and post-game activities, provided that the following criteria are met:

1. The athletics equipment (i.e. shoes, etc.) shall bear only the manufacturer's normal label or trademark, as it is used on all such items for sale to the general public, and
2. The student-athlete's institution's official uniform (including numbered racing bibs and warm-ups) and all other items of apparel (e.g socks, headbands, t-shirts, wrist bands, visors or hats, towels, etc.) shall bear only a single manufacturer's or distributor's normal label or trademark (regardless of the visibility of the label or trademark) not to exceed 2 ¼ square inches in area including any additional material surrounding the normal trademark or logo.

See Bylaw 12.5.4 for a listing of regulations of uniforms.

Please note that all competition uniforms are required to have the Horizon League logo on them.

Appendix A

Estimated Schedule of Events:

Friday, May 1

2:00pm Decathlon
2:30 Heptathlon

Saturday, May 2

10:00am Decathlon
10:30 Heptathlon
12:15pm (est.) Hep. 800m
2:05 (est.) Dec. 1500m

Sunday, May 3

		FIELD EVENTS			
		2:00	Javelin - M Discus - W High Jump - M Long Jump - W	11:00am	Shot - M Pole Vault - M TripleJump-W
5:05 (est.)	Hep. 200m	4:15	Javelin - W	1:00pm	Shot - W
5:20 (est.)	Dec. 400m		Discus - M High Jump - W Long Jump - M		Pole Vault-W TripleJump - M
		RUNNING EVENTS			
3:30pm	Hammer -M	3:00pm	110H prelims - M	12:00pm	4 x 100 - M
	3:15		100H prelims - W	12:05	4 x 100 - W
		3:30	400m prelims - M	12:10	1500m - M
		3:45	400m prelims - W	12:25	1500m - W
		4:00	100m prelims - M	12:40	110H - M
		4:15	100m prelims - W	12:50	100H - W
5:30pm	Hammer - W	4:30	800m prelims - M	1:00	400m - M
		4:45	800m prelims - W	1:05	400m - W
		5:00	400H prelims - M	1:15	100m - M
		5:15	400H prelims - W	1:20	100m - W
		5:30	200m prelims - M	1:25	800m - M
		5:45	200m prelims - W	1:30	800m - W
		6:00	Steeple Final - M	1:40	400H - M
		6:15	Steeple Final - W	1:50	400H - W
				2:00	200m - M
				2:05	200m - W
				2:10	5K - M
				2:30	5K - W
8:00pm	10K - W			2:55	4 x 400 - M
8:45	10K - M			3:05	4 x 400 - W

4/20/09