2010 Atlantic Sun Conference Outdoor Track & Field Championships Handbook

Host: University of North Florida
Jacksonville, Fla.
May 14-15, 2010

Atlantic Sun Conference

2010 Outdoor Track & Field Championships

Table of Contents

Atlantic Sun Staff Directory 2
UNF Staff Directory 2
Additional Meet Staff 2
Administrative Schedule of Events.....3
Admission 4
Athletic Training.....4
Awards 4
Championship Gift.....4
Championship Meeting.....4
Check-in Areas.....4
Directions.....5
Eligibility List 5
Entries 5
Entry Limits 5
Evaluation 5
Facility 5
Games Committee.....6
Heats / Qualifying Procedures / Staggers / Flights / Lane Assignments.....6
Hospitality.....8
Infield Access.....8
Locker Rooms.....8
Lodging.....8
Media Relations 8
Numbers.....9
Official Measurements.....9
Parking 9
Photography 9
Practice.....9
Protests.....9
Program.....9
Results.....9
Scoring 9
Seeding.....10
Squad Size.....10
Timing.....10
Uniforms 10
Weigh-Ins.....10

Appendix

Schedule of Events.....A
Directions.....B
Eligibility List C
Protest Form.....D
Risk Management Statement .....E
Athletic Training / Medical Information.....F
Lightning Policy.....G
Media Information .....H
Hotel / Restaurant Partners I

Championship Personnel

Atlantic Sun Conference Staff

Ted Gumbart ..... Commissioner
Steve Sturek ..... Senior Associate Commissioner
Sherri Booker ..... Senior Associate Commissioner
Matt Wilson (meet contact) ..... Associate Commissioner
Mobile: 478-731-1395 E-Mail: **mwilson@atlanticsun.org**
Eric Moyer (media contact) ..... Director of Communications
Mobile: 513-304-4322 E-Mail: **emoyer@atlanticsun.org**
John Roberts ..... Director of Sports Services
Brenda Tribble ..... Administrative Assistant
Pat Bush ..... Business Assistant
Lauren Dale ..... Communications Assistant
Jeff Symonds ..... Communications Assistant

Other Meet Personnel

Lee Moon ..... Athletics Director
Ervin Lewis ..... Associate Athletics Director / Co-Championships Director
Mobile: 904-252-9511 E-Mail: **e.lewis@unf.edu**
Mark VanAlstyne ..... Head Coach / Co-Championships Director
Mobile: 904-229-5871 E-Mail: **mvanal@unf.edu**
Fred Burnett ..... Head Athletic Trainer
Mobile: 904-562-0437 E-Mail: **fred.burnett@#unf.edu**
April Goode ..... Director of Media Relations
Will Booth ..... Meet Referee
Paul Elliott ..... Coordinator of Officials
Cleon Fowler ..... Official Scorer / Timer

Administrative Schedule of Events

Friday, May 7

12:00 p.m. ***Deadline for submission of student-athlete eligibility lists***. The list should contain only those student-athletes that will be competing at the championships. ***THIS LIST IS SEPARATE FROM THE ONLINE ENTRY PROCESS.*** Lists should be sent to the Atlantic Sun Conference office via e-mail to Matt Wilson at mwilson@atlanticsun.org.

Monday, May 10

5:00 p.m. ***Deadline for entries to be submitted online***. Entry submission information must be entered through DirectAthletics. Final entry forms should be requested by each head coach via e-mail. That e-mail should be reviewed and forwarded to Matt Wilson (mwilson@atlanticsun.org) via e-mail. By forwarding the entry list, the head coach certifies the entry list is correct and final. – **2010 Change**

Wednesday, May 12

10:00 a.m. Games Committee reviews heat and flight sheets via teleconference.

Thursday, May 13

3-7:00 p.m. Hodges Stadium open to practice.

Friday, May 14

9:00 a.m. Women's Heptathlon begins
9:30 a.m. Men's Decathlon begins
2:15 p.m. Head Coaches Meeting – Key-Buick Press Box

Saturday, May 16

9:00 a.m. Men's Decathlon begins
10:00 a.m. Women's Heptathlon begins

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CHAMPIONSHIP POLICIES

The rules for the Championships shall conform to those rules adopted by the NCAA for the Division I Outdoor Track and Field Championships, and the Atlantic Sun Conference as stated in the Atlantic Sun Conference Sport Regulations and this manual. Any events not specifically mentioned in this championship manual will be scored and administered in accordance to the 2009 and 2010 NCAA Men's & Women's Cross Country & Track & Field Rules book.

Admission
Admission to the 2010 A-Sun Outdoor Track & Field Championship is $5.00. Spectators are not permitted in the competition area.

Athletic Training
A certified athletic trainer will be available for assistance for the duration of the championship. Please see Appendix F of this manual for further details.

Awards
Awards will be presented throughout the competition at the awards stand located on the infield. First, second and third place medallions will be presented following each event. Winning athletes will be escorted to the stand following each event for presentation of the awards. The following awards will be presented in a brief ceremony that is scheduled to begin immediately following the conclusion of the championship:

- Most Valuable Performer – Men & Women (Based on accumulated points)
- Most Outstanding Track Performer – Men & Women (Coaches vote)
- Most Outstanding Field Performer – Men & Women (Coaches vote)
- Most Outstanding Freshman Performer – Men & Women (Coaches vote)
- Coach of the Year – Men & Women (Coaches vote)
- Championship Trophy – Men & Women

In case of a tie for first place, the tied teams shall be considered co-champions.

Coaches must attend a five-minute meeting following the conclusion of the championship to receive and complete their ballots. The meeting will be held in the Key-Buick Press Box. – **2010 Change**

Championship Gift
An official championship gift will be distributed to each team member. As part of the gift, each team will be required to pose for a team picture during the championship. The conference office will work with each head coach to confirm a time and location.

Championship Meeting
The mandatory championship meeting will be held on Friday, May 14 at 2:15 pm in the Key-Buick Press Box.

Check-In Areas
All field event competitors must check-in for their event 30 minutes before it is scheduled to begin or they will be disqualified from that event. Check-in will be at the event. All track event competitors must check in for their event at least 15 minutes before the first section of their race is scheduled or they will be disqualified from that event. Check-in for track events will be at the Clerk of the Course tent. All combined event athletes will check-in either at the start line or the individual event.

Directions
See Appendix B for directions to Hodges Stadium.

Eligibility List
Coaches must submit a Participant Eligibility List for each team. This form is Appendix C of this handbook. Deadline for submitting the form is ***Noon ET on Friday, May 7***. The form must be sent via e-mail to Matt Wilson (mwilson@atlanticsun.org). This list will be comprised of any student-athletes eligible to compete in the Championships and is different than the required online entries.

Entries

1. All entries shall be done online via DirectAthletics. Entries are due no later than ***5:00pm ET on Monday, May 10. No additional entries or changes in entries are allowed after this time.*** Note that the online entry process is separate from the Participant Eligibility List. Final entry forms from DirectAthletics should be requested by the coaching staff. Final entry forms should be requested by each head coach via e-mail. That e-mail should be reviewed and forwarded to Matt Wilson (mwilson@atlanticsun.org) via e-mail. By forwarding the entry list, the head coach certifies the entry list is correct and final. – **2010 Change**

2. Teams will be permitted up to five entries per event. Teams may enter only one team in relay events.

3. All performances used by coaches on entry forms must have been made in the current outdoor season and must have been included on TFFRS. If the performance is not on the official Atlantic Sun Conference Performance List compiled by TFFRS, that student-athlete(s) will be re-entered with "no mark" for that event(s). No relay individual performances are acceptable, nor will hand held times taken by a coach be accepted. Only officially recorded performances will be accepted for seeding purposes.

4. The Games Committee will serve as the seeding committee and will review heat and flight sheets on Wednesday, May 12 via teleconference.

5. Heat and flight sheets shall be made available to all head coaches via e-mail on Wednesday, May 12 and at the head coaches meeting on Friday, May 14.

Entry Limits
Teams may enter a maximum of five competitors per event. Teams may enter only one team in relay events.

Evaluation
An evaluation form for this championship is available on the "Members Only" section of the A-Sun website (http://www.atlanticsun.org/login/). This form is to be completed by an administrator (AD, SWA, Assistant AD) and transmitted to the Atlantic Sun Conference office via the web. The administrator should be responsible for completing and returning the form to the conference office no later than 14 days after the conclusion of the championship.

Facility
Hodges Stadium will serve as the site of the 2010 Championships. It includes seating for 900, a completed pres box and lighting as well as a 9-lane Olympic quality track with Mondotrack SX surface. The facility holds an IAAF Class II certification. **Only ¼ inch pyramid spikes will be allowed on the track and runway surfaces (NO needles or Christmas tree spikes).Officials will be inspecting spikes at check-in**. – **2010 Change**

Games Committee
A Games Committee shall be appointed for the championships consisting of the chair of the coaches committee, the vice-chair of the coaches committee, the Conference office representative who will serve as chair of the committee, the venue/meet director, and the host institution Director of Athletics or their

representative. The games committee shall make decisions regarding situations that occur where resolution is not covered in the rules and regulations of the NCAA or the Atlantic Sun Conference as stated in the A-Sun Policy Manual or this championship handbook.

Heats / Qualifying Procedures / Staggers / Flights / Lane Assignments – 2010 change
All events shall be ***FINALS*** only except for the men's and women's 100-meter dash, the men's 110-meter hurdles and women's 100-meter hurdles. Preliminary heats will be run in these events if needed and follow the format as described in this handbook and the 2009 and 2010 NCAA Track & Field Men's & Women's Rules (5-11 & 10-5). ***In a Finals-only event which has multiple heats run against time, the fastest section shall run last.***

EVENT SPECIFIC INFORMATION

100-Meter Dash, 100-Meter Hurdles (W), 110-Meter Hurdles (M)

1. If 9 or fewer participants enter the 100-meter dash, 100-meter hurdles and/or 110-meter hurdles, the event will be competed as a "Final Only".
2. If 10 or more participants enter the race(s), preliminary trials shall be used.
3. Heat assignments shall be determined by serpentine method if trials are used.
4. Lane assignments shall be determined by random draw if trials are used.
5. Nine (9) runners will advance to the final if trials are used.
6. Preferred lanes are 5, 6, 4, 7, 3, 8, 2, 9, 1
7. At least three (3) runners will compete in each section.

Number of Entries	Method of Qualifying
1-9	Final only.
10-18	Two heats; qualify top three from each heat and next three fastest times.
19-27	Three heats; qualify top two from each heat and the next three fastest times.
28-36	Four heats; qualify heat winners and next five fastest times.
37-40	Five heats; qualify heat winners and next four fastest times.

200-Meter Dash

1. The event will be competed as a "Finals Only" with multiple sections against time.
2. Lane 1 shall remain open in all sections.
3. Lane assignments shall be determined by preferred lanes based on entry times.
4. The fastest section will run last.
5. Preferred lanes are 6, 7, 5, 8, 4, 3, 9, 2
6. At least three (3) runners will compete in each section.

400-Meter Dash

1. The event will be competed as a "Finals Only" with multiple sections against time.
2. Lane assignments shall be determined by preferred lanes based on entry times.
3. The fastest section will run last.
4. Preferred lanes are 6, 7, 5, 8, 4, 3, 9, 2, 1
5. At least three (3) runners will compete in each section.

800-Meter Run

1. The event will be competed as a "Finals Only" with multiple sections against time.
2. Will be run in lanes using a one-turn stagger with a maximum of nine (9) runners.
3. Lane assignments shall be determined by preferred lanes based on entry times.
4. The fastest section will run last.
5. At least three (3) runners will compete in each section.

1500-Meter Run

1. The event will be competed as a "Finals Only" with multiple sections against time.
2. A waterfall start shall be used.
3. If 15 or fewer competitors enter, a one-section final shall be used.
4. If 16 or more competitors enter, two sections shall be used with a maximum of 12 competitors in the fast section.
5. The fastest section will run last.

3000-Meter Steeplechase

1. The event will be competed as a "Finals Only" with multiple sections against time.
2. A waterfall start shall be used.
3. If 18 or fewer competitors enter, a one-section final shall be used.
4. If 19 or more competitors enter, two sections shall be used with a maximum of 12 competitors in the fast section.
5. The fastest section will run last.

5000-Meter Run

1. The event will be competed as a "Finals Only" with multiple sections against time.
2. A waterfall start shall be used.
3. If 18 or fewer competitors enter, a one-section final shall be used.
4. If 19 or more competitors enter, two sections shall be used with a maximum of 12 competitors in the fast section.
5. The fastest section will run last.

10,000-Meter Run

1. The event will be competed as a one section "Finals Only" race.
2. A waterfall start shall be used.

4x100-Meter Relay

1. The event will be competed as a one section "Finals Only" race.
2. Teams will be seeded by entry time and assigned by preferred lane.
3. Preferred lanes are 6, 7, 5, 8, 4, 3, 9, 2, 1.
4. Relay cards are due 15 minutes prior to the race.

4x400-Meter Relay

1. The event will be competed as a "Finals Only" race.
2. Teams will be seeded by entry time and assigned by preferred lane.
3. Preferred lanes are 6, 7, 5, 8, 4, 3, 9, 2, 1.
4. Relay cards are due 15 minutes prior to the race.

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

1. Nine (9) competitors will qualify for the final and the placement of competitors shall be seeded from worst to best. – **2010 change**
2. In the preliminary rounds, the best seeds should be in the last flight and flight position shall be randomly selected with no more than 16 in a flight but no less than five. – **2010 change**
3. Two take-off boards per gender will be available for the triple jump (a diagram will be included in the coaches packet).
4. Prior to the triple jump, each competitor must designate to the chief official for the event which board will be used. Competitors must use the same board for all jumps in that competition.

Pole Vault and High Jump

1. The events will be contested as a one flight final. – **2010 change**
2. Competitors may wear their bib number on the back. – **2010 change**

3. Opening heights and progressions will be based on the eighth-ranked A-Sun competitor on the conference performance list. The pole vault opening height will be approximately 30cm below and be rounded down to the nearest centimeter that will allow for steady 15cm increases to the minimum NCAA qualifying heights. The high jump opening height will be approximately 10cm below and be rounded down to the nearest centimeter that will allow for steady 5cm increases to the minimum NCAA qualifying heights. – **2010 change**
4. In the pole vault, one coach per team will be granted access to the field ninety (90) minutes prior to the event. A coaching box will be in use during the event and one coach per school shall be allowed in the box. The coach must leave the area once their student-athlete is eliminated from the event.

Combined Events

1. The hurdle events will run in consecutive lanes. – **2010 change**
2. Time between events shall be at least 30 minutes after the last heat has been completed or the last competitor has completed their attempt. The start time for subsequent events will be announced by the referee.
3. All other rules applicable to the combined events shall follow NCAA rules.

Hospitality

Student-athlete hospitality will be provided both days of the championships and will consist of appropriate snacks such as bagels, bananas, apples and isotonic products from Coca-Cola. Boxed lunches will be provided for head coaches at the Championship Meeting on Friday, May 15.

Infield Access

Coaches will not be given access to the infield and will adhere to NCAA policies except for limited access described under "Event Specific Details – Pole Vault". When not competing, all student-athletes will be required to sit in the stands. Student-athletes will have access to warm-up track and field area adjacent to Hodges Stadium throughout the championship. – **2010 change**

Locker Rooms

Locker rooms will be available upon request. Contact Ervin Lewis (904-252-9511) to make arrangements.

Lodging

See Appendix I for information on preferred hotel partners.

Media Relations

See Appendix H for information on media policies.

Numbers

Bib numbers will be provided to the coaches for all entered student-athletes. These must be worn by the student-athlete during the entire competition. Hip numbers will be provided through the Clerk of the Course and shall be worn by each competitor. Bib numbers should be worn on the front of the uniform except for those student-athletes competing in the high jump and pole vault who may choose to wear their number on the back of the uniform.

Official Measurements

Official field event measurements shall be made in metric, but the public address announcer may announce performance indicators and posted results in English measurements as well.

Parking

Parking will be available for both teams and spectators in Lot 18 located adjacent to Hodges Stadium.

Photography
The A-Sun will provide a photographer throughout the championship. All photos will be available for download by each institution's SID office upon the conclusion of the championship, at no cost to the institution. Photos from the championship will be displayed on the A-Sun website (www.atlanticsun.org) and selected photos will be available for purchase on-line for fans.

Practice
Hodges Stadium will be available for inspection and walk-through from 3:00 pm to 7:00 pm on Thursday, May 13. During this time slot, other teams will be conducting practice and hurdles and starting blocks will be available. – **2010 change**

Protests
Protests relating to matters which develop during the conduct of the Championships should be made at once and not later than 30 minutes after the results of the event in question have been posted. An immediate oral protest may be filed by a competitor or coach; the formal protest may then be written and presented to the head referee by the head coach. Any such protests should be made in writing by a head coach and submitted to the head referee, who will consult with any official or the Games Committee as necessary, and render a decision. There shall be a protest table and an official to man it throughout the Championships. The Protest Form can be found as Appendix D of this handbook. – **2010 change**

Program
Each team will be provided complimentary championship programs for the student-athletes.

Results
Results from each event will be posted as soon as possible following the conclusion of the event. The A-Sun website will link to the live meet event results as well as feature final results on the Track & Field Championship page.

Scoring
Scoring shall adhere to NCAA scoring and the A-Sun Championship will score eight places (10-8-6-5-4-3-2-1). Teams may enter a maximum of five competitors per event and may enter only one team in relay events. Metrics is the system of measurement for all field events. – **2010 change**

Seeding
Necessary seedings for heats or races run against time will be done based on verified times on each team's entry form. Coaches may petition the Games Committee regarding a competitor's position on the seeded list of any running or field event.

Squad Size
There will be no limit to the squad size.

Timing
All timing shall be NCAA approved electronic timing and shall be official. There must be a primary electronic system for timing and a backup system.

Uniforms
NCAA prohibitions banning bare midriffs for female student-athletes and the removal of uniform tops or straps by male student-athletes will be strictly enforced

Excerpt from 2009 and 2010 NCAA Track & Field Men's & Women's Rule book (4-3.1).

When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disqualification. Wearing any part of the official team competition uniform

illegally (e.g., top off or intentionally shortened, shoulder straps lowered) while in the area of competition shall lead to a warning by the nearest official that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and offending competitor's coach.

a. A uniform consists of two school-issued components–shorts or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components. Any outer garment (e.g., sweat pants, tights) that is school issued becomes the official uniform, when worn.
b. The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.
c. The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for competitors' numbers to be placed above the waist, front and back.
d. Uniform tops must be worn so to not obscure hip numbers.
e. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.
f. The use of, or wearing of, artificial noisemakers by competitors is prohibited.

Note: Individual or team uniform, logo, number and shoe rules shall be enforced through inspection by the clerk or the head field event official at initial event check-in. Violators shall be warned, given the chance to correct the violation, and reported to the referee. A report of uncorrected violations shall be made to the referee and offending competitor's coach.

Weigh-Ins

The schedule below will be used for weigh-ins of implements during the championship:

May 14

Shot Put (combined events)..... 7:30 am
Hammer Throw ..... 3:00 pm
Shot Put ..... 3:00 pm

May 15

Discus (combined events)..... 7:30 am
Javelin (combined events) ..... 7:30 am
Discus ..... 2:30 pm
Javelin..... 4:00 pm

APPENDIX A

2010 Outdoor Track & Field Championship - Schedule of Events

Friday, May 14

9:00am	Women's Heptathlon – 100-Meter Hurdles Women's Heptathlon – High Jump Women's Heptathlon – Shot Put Women's Heptathlon – 200 Meters
9:30am	Men's Decathlon – 100 Meters Men's Decathlon – Long Jump Men's Decathlon – Shot Put Men's Decathlon – High Jump Men's Decathlon – 400 Meters
2:15pm	Championship Meeting
4:00pm	Women's Hammer Throw – **FINAL** Men's Pole Vault – **FINAL** Men's Shot Put – **FINAL**
5:00pm	Men's Long Jump – **FINAL**
6:00pm	Men's Hammer Throw – **FINAL** Women's Shot Put – **FINAL**
7:00pm	Women's Pole Vault – **FINAL** Women's Long Jump – **FINAL** Women's 100 Meters – **TRIALS**
7:10pm	Men's 100 Meters – **TRIALS**
7:20pm	Women's 100-Meter Hurdles – **TRIALS**
7:30pm	Men's 110-Meter Hurdles – **TRIALS**
7:40pm	Women's 10,000 Meters
8:25pm	Men's 10,000 Meters

FIELD EVENT LOCATIONS

Discus Throw	South D
Hammer Throw	South D
High Jump	South D
Shot Put	South D
Javelin	North D
Pole Vault	North D
Long Jump	Apron
Triple Jump	Apron

Saturday, May 15

9:00am	Men's Decathlon – 110-Meter Hurdles Men's Decathlon – Discus Throw Men's Decathlon – Pole Vault Men's Decathlon – Javelin Throw Men's Decathlon – 1500 Meters
10:00am	Women's Heptathlon – Long Jump Women's Heptathlon – Javelin Throw Women's Heptathlon – 800 Meters
3:30pm	Men's High Jump – **FINAL** Women's Discus Throw – **FINAL** Women's Triple Jump – **FINAL**
5:00pm	Men's 3000-Meter Steeplechase – **FINAL** Men's Javelin Throw – **FINAL**
5:15pm	Women's 3000-Meter Steeplechase – **FINAL**
5:30pm	Men's 4x100-Meter Relay – **FINAL**
5:35pm	Women's 4x100-Meter Relay – **FINAL**
5:40pm	Men's 1500 Meters – **FINAL**
5:50pm	Women's 1500 Meters – **FINAL**
6:00pm	Women's High Jump – **FINAL** Men's Triple Jump – **FINAL** Men's Discus Throw – **FINAL**
6:10pm	Men's 110-Meter Hurdles – **FINAL**
6:15pm	Women's 100-Meter Hurdles – **FINAL**
6:25pm	Men's 400 Meters – **FINAL**
6:35pm	Women's 400 Meters – **FINAL**
6:45pm	Men's 100 Meters – **FINAL**
6:50pm	Women's 100 Meters – **FINAL**
6:55pm	Men's 800 Meters – **FINAL**
7:00pm	Women's Javelin Throw - **FINAL**
7:05pm	Women's 800 Meters – **FINAL**
7:15pm	Men's 400-Meter Hurdles – **FINAL**
7:25pm	Women's 400-Meter Hurdles – **FINAL**
7:35pm	Men's 200 Meters – **FINAL**
7:45pm	Women's 200 Meters – **FINAL**
7:55pm	Men's 5000 Meters – **FINAL**
8:15pm	Women's 5000 Meters – **FINAL**
8:40pm	Men's 4x400-Meter Relay – **FINAL**
8:45pm	Women's 4x400-Meter Relay – **FINAL**
9:00pm	Championship Presentation

APPENDIX B

DIRECTIONS

Directions to University of North Florida / Hodges Stadium

- From I-95, take exit 344 EAST onto J. Turner Butler Blvd. (JTB).
- Go approximately 5 miles to the Kernan Road exit.
- Turn left (NORTH) and go approximately 1 mile.
- The entrance to the UNF campus is on the left.
- Once on campus, turn left at the second traffic light.
- Continue thru the next traffic light and Hodges Stadium is located approximately 1/2 mile on the right.
- The North Parking Lot, will be adjacent to Hodges Stadium

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APPENDIX C

Atlantic Sun Conference

2010 OUTDOOR TRACK & FIELD PARTICIPANT ELIGIBILITY LIST

Please list any student-athlete eligible to compete in the championship in alphabetical order.

	Last Name, First Name	Class	Shirt Size
1			
2			
3			
4			
5			
6			
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12			
13			
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30			

[ ] Men [ ] Women SCHOOL_____

I certify that each of the above listed student-athletes has been certified as eligible and appears on a current squad list.

SIGNED / SUBMITTED by:_____

Please TYPE and e-mail *(mwilson@atlanticsun.org)* ***to the A-Sun***
DEADLINE: Noon ET, Friday, May 7

APPENDIX D

Atlantic Sun Conference

2010 TRACK & FIELD CHAMPIONSHIPS

CHAMPIONSHIP PROTEST FORM

Issue: _____

Event (Men or Women): _____

Student-Athlete Name/Number: _____

Time of Protest: _____

Issue: _____

_____

_____

Submitted by (Coach): _____

Referee's Decision: _____

_____

_____

_____

Referee's Signature: _____

Protests must be made in writing and submitted to the head referee, who will render a decision.

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APPENDIX E

Atlantic Sun Conference

2010 A-Sun Track & Field Championships
Hodges Stadium at the University of North Florida

RISK MANAGEMENT STATEMENT

The Atlantic Sun Conference recognizes that the host institution is familiar with the facilities it will be providing for use for the Atlantic Sun Conference Men's and Women's Track and Field Championships, and that the institution's staff members are in the best position to oversee safety preparations and inspections. Accordingly, on behalf of the host institution, its staff members must agree to perform such preparations and inspections and to provide such facilities free from all defective and hazardous conditions. If any conditions cannot be corrected before the Championships, specifics must be provided to the Conference in writing as far in advance as possible. Receipt of any such notice will obligate the Atlantic Sun Conference to make every effort to alleviate the condition in question and to bring that condition to the attention of all affected parties prior to the conduct of the event.

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APPENDIX F

ATHLETIC TRAINING/MEDICAL INFORMATION

The University of North Florida would like to welcome your team to the Outdoor Track & Field Championships at Hodges Stadium. The championship host shall have athletic training facilities available for the competing institutions before, during, and after all practices and events. Access to these facilities at other times will be by arrangement with the host school athletic training staff.

If a certified athletic trainer cannot travel with your team, then a letter stating any treatments that should be performed on their athletes should be provided and signed by the certified athletic trainer.

A UNF team physician will available to you during the duration of the championship.

Please contact the Athletic Training Staff if any services are necessary.

Each day there will be first aid items as well as ice. In the event a modality is needed, prior request should be made with the UNF Sports Medicine Staff.

Athletic Training Staff

Fred Burnett
MEd, ATC
Head Athletic Trainer
Office: (904) 620-1500
Cell: (904) 562-0437

Courtney Silvera
ATC, LAT
Graduate Assistant Athletic Trainer
Office: (904) 620-2855

Hospitals and Emergency Numbers

Baptist Medical Center- Beaches
Emergency Department
1350 13th Avenue South (Jacksonville Beach)
Phone: (904) 627-2900

Mayo Clinic Jacksonville
Emergency Department
4500 San Pablo Road
Phone: 904-953-2000

Pharmacies

Walgreens
11430 Beach Blvd
(904) 641-1581

CVS
11264 Beach Blvd.
(904)-641-5411

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APPENDIX G

ATLANTIC SUN CONFERENCE LIGHTNING POLICY

Guidelines

- This policy governs both regular season and conference championship play.
- In any case in which play is being conducted at a facility or university where the host conducts its events under stricter lightning suspension policies, the stricter policy shall be adhered to.
- Each facility hosting conference play shall have a prescribed plan for seeking safe shelter in case of lightning suspensions.

A. Monitoring Lightning Activity.
The Event Manager (Tournament Director) and the Athletic Trainer shall monitor any lightning activity. Should lightning activity be confirmed within six miles, the competition shall be suspended.

B. Methodology.
At a minimum, lightning activity shall be monitored using the Flash/Bang method. When using the flash/bang method, the amount of time between the visual lightning flash and the audible thunderclap is counted in seconds. The number of seconds is divided by 5 to determine the number of miles the lightning is from the field of competition. When the count is 30 seconds (6 miles) or less, play shall be suspended.

When available, reliable lightning detection devices shall be relied upon for registering lightning strikes and distance from field of competition. The internet shall also be used when available to monitor the threat of lightning activity.

C. Chain of Command.
The Event Manager (Tournament Director for Conference Championships) and the Athletic Trainer staffing the event shall determine when a suspension is necessary. If a suspension becomes necessary, the Athletic Trainer shall notify the officials and the head coaches; the Event Manager (Tournament Director) shall notify administrators (Conference delegate/games committee/visiting team administrator), the public address announcer, SID's and media.

D. Suspension Actions.
Appropriate announcements shall be made. Competitors shall follow the facility plan for seeking appropriate shelter.

E. Resumption of Play.
Lightning activity shall continue to be monitored. Play shall not resume until there has been no lightning activity for a period of thirty (30) minutes.

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APPENDIX H

MEDIA INFORMATION

The Atlantic Sun Conference Media Relations staff will serve as the primary contact for the 2009 Atlantic Sun Conference Track & Field Championships.

FILING A STORY

Contact a member of the Atlantic Sun Conference Communications staff for assistance in filing a story during the championship.

RESULTS

Results will also be posted on the A-Sun Track & Field Championship pages on the Atlantic Sun website (www.atlanticsun.org) as soon as they are available.

Results and a recap from each day will be also emailed to all A-Sun track & field contacts as soon as they are available. Additionally, audio files from select participants and a slideshow featuring the day's action will be available online.

CONTACT INFORMATION

Eric Moyer, Director of Communications
(513) 304-4322 - Mobile
Email: emoyer@atlanticsun.org

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APPENDIX I

HOTEL PARTNERS

Use the following website to find hotel partners for the 2010 Atlantic Sun Track & Field Championships:
www.visitjacksonville.com/asunchampionships

RESTAURANT PARTNERS

Firehouse Subs
10261 River Marsh Drive
Jacksonville, Fl 32246
904.647.0527

The Boathouse
4561 Saint Johns Bluff Road South
Jacksonville, FL 32246
904.620.4200

Chick-Fil-A
4625 Town Center Parkway
Jacksonville, Fl 32246
904.926.9498

Moe's Southwest Grill
9700 Deer Lake Court
Jacksonville, FL 32246
904.620.8436

Shula's 347 Grill
10605 Deerwood Park Blvd.
Jacksonville, Fl 32256
904.642.0063

Bono's Pit Bar-B-Q
JTB and Gate Parkway
10065 Skinner Lake Drive
Jacksonville, Fl 32246
904.998.1997

Outback Steakhouse
Baymeadows and 9A
8145 Point Meadows Way
Jacksonville, Fl 32225
904.363.3839

Domino's Pizza
13947 Beach Blvd.
Jacksonville, Fl 32244
904.642.5190

Sticky Fingers Rib House
Baymeadows and 9A
8129 Point Meadows Way
Jacksonville, FL 32256
904.439.7427

Carraba's Italian Grill
Baymeadows and 9A
8137 Point Meadows Way
Jacksonville, Fl 32256
904.363.2254

Jason's Deli
4375 Southside Blvd.
Jacksonville, Fl 32216
904.620.0707

McAlister's Deli
9700 Deer Lake Court
Jacksonville, Fl 32246
904.564.2377