

Atlantic Sun Conference

2012 Indoor Track & Field Championships Handbook



February 17-18, 2012

Johnson City, Tenn.

Hosted by East Tennessee State University

Atlantic Sun Conference

2012 Indoor Track & Field Championships

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Championship Personnel

Atlantic Sun Conference Staff

Ted Gumbart Commissioner
Steve Sturek Senior Associate Commissioner
Sherri Booker Senior Associate Commissioner
Matt Wilson (administrative contact) Associate Commissioner
 Mobile: 478-731-1395 E-Mail: mwilson@atlanticsun.org
Patrick McCoy (media contact) Director of Sports Information
 Mobile: 859-537-1355 E-Mail: pmccoy@atlanticsun.org
Craig Threlkeld Director of Public Relations
John Roberts Director of Sports Services
Pat Bush Business Manager
Brenda Tribble Administrative Assistant

Other Meet Personnel

C. David Mullins, Jr. Athletics Director
Barbie Breedlove Senior Associate Athletics Director/Championships Director
Tom Trent Athletic Facilities Director
Brian Johnston Assistant Athletics Director for Sports Medicine
Kevin Brown Assistant Director for Media Relations
Tyler McCann Marketing & Promotions Coordinator
Stanley Underwood Meet Referee
Larry Manis Coordinator of Officials
CFPI Timing Official Scorer/Timer

Administrative Schedule of Events

Friday, February 10

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, February 13

4:00 p.m. ***Deadline for entries to be submitted online.*** Entry submission information must be entered through DirectAthletics.

5:00 p.m. ***DirectAthletics entry forms submitted to A-Sun.*** 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.

Tuesday, February 14 OR Wednesday, February 15

TBA Games Committee reviews heat and flight sheets via teleconference.

Thursday, February 16

6:00 p.m. ETSU/MSHA Athletic Center opens for walk-thrus
6:30 p.m. Head Coaches Meeting, Ward Room (W325, 3rd level, Westside)
8:00 p.m. ETSU/MSHA Athletic Center closes

Friday, February 17

6:45 a.m. ETSU/MSHA Athletic Center opens
8:30 a.m. Women's Pentathlon begins
8:45 a.m. Men's Heptathlon begins

Saturday, February 18

6:45 a.m. ETSU/MSHA Athletic Center opens
8:30 a.m. Men'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 Indoor Track and Field Championships, and the Atlantic Sun Conference as stated in the 2011-12 A-Sun Policy Manual and this manual. Any events not specifically mentioned in this championship manual will be scored and administered in accordance to the 2011 and 2012 NCAA Men's & Women's Cross Country & Track & Field Rules book.

Admission

Admission to the 2012 A-Sun Indoor Track & Field Championship is free. 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 B 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. Location of the meeting will be announced at the coaches meeting.

Championship Gift

Each institution will receive participant gifts for their travel squad plus five members of the support staff on Thursday during track inspection and the coaches meeting. For the 2012 championship, institutions will receive a jacket from our partners at Crons.

Championship Meeting

The mandatory championship meeting will be held on Thursday, February 16 at 6:30 pm in the Ward Room (W325) at the ETSU/MSHA Athletic Center.

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 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 table. All combined event athletes will check-in either at the start line or the individual event.

Directions

See Appendix B for directions to the ETSU/MSHA Athletic Center.

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, February 10**. 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 **4:00pm ET on Monday, February 13. 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. That e-mail should be reviewed and forwarded to Matt Wilson (mwilson@atlanticsun.org) via e-mail by **5:00pm ET on Monday, February 13**. By forwarding the entry list, the head coach certifies the entry list is correct and final.
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 indoor 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 either **Tuesday, February 14 or Wednesday, February 15** via teleconference.
5. Heat and flight sheets shall be made available to all head coaches via e-mail on Wednesday, February 15 and at the head coaches meeting on Thursday, February 16.

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://members.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

ETSU will serve as the host institution for the 2012 A-Sun Indoor Track and Field Championship. The facility used for this event will be the ETSU/MSHA Athletic Center on the campus of East Tennessee State University. **Spikes will be limited to ¼ inch pyramids and they will be checked at the start line and all runways.**

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 / Stagers / Flights / Lane Assignments

All events shall be *FINALS* only except for the men’s and women’s 60-meter dash and the men’s and women’s 60-meter hurdles. Preliminary heats will be run in these events if needed and follow the format as described in this handbook and the 2011 and 2012 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

60-Meter Dash and 60-Meter Hurdles

1. If 12 or fewer participants enter the 60-meter dash and/or 60-meter hurdles, a two-section final will be used with the fastest six times competing in the second section.
2. If 13 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. Eight (8) runners will advance to a two-section final if trials are used. Heat winners will run in the second section. If more than four heats are used, the top-4 times among heat winners will compete in the second section. If less than four heats are used, the second section will be filled out with qualifying non-heat winners with the fastest times.
6. Preferred lanes are 3, 4, 2, 5, 1, 6

Number of Entries	Method of Qualifying
1-12	Two-section final. Fastest six times will run in second section.
13-18	Three heats; qualify top two from each heat and the next two fastest times.
19-24	Four heats; qualify heat winners and next four fastest times.
25-30	Five heats; qualify heat winners and next three fastest times.
31-36	Six heats; qualify heat winners and next two fastest times.
37-40	Seven heats; qualify heat winners and next fastest time.

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 4, 5, 3, 6, 2

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 4, 5, 3, 6, 2, 1

800-Meter Run

1. The event will be competed as a “Finals Only” with multiple sections against time.
2. Alleys and a one-turn stager shall be used (cones or some other easily visible object must be placed on the lane lines at the break point).
3. No more than eight (8) competitors will be allowed per heat (NCAA 10-4.3).
4. The fastest section will run last.

Mile Run and 3000-Meter Run

1. The events will be competed as a “Finals Only” with multiple sections against time.
2. A waterfall start shall be used.
3. If 19 or more entries, two sections shall be run with a maximum of 12 in the fast heat.
4. The fastest section will run last.

5000-Meter Run

1. The event will be competed as a one section “Finals Only” race.
2. A waterfall start shall be used.
3. The top-12 seeded competitors with a time set in the current indoor season will occupy the first row.

Distance Medley Relay

1. The event will be competed as a one section “Finals Only” race.
2. A waterfall start shall be used.
3. Relay cards are due 15 minutes prior to the race.
4. Running order will be 1200M – 400M – 800M – 1600M.

4x400-Meter Relay

1. The event will be competed as a “Finals Only” race.
2. If more than six (6) teams enter the race, two sections shall be used. At least two teams will compete in each section.
3. If six or fewer teams enter the race, one section shall be used.
4. Teams will be seeded by entry time and assigned by preferred lane.
5. Preferred lanes are 4, 5, 3, 6, 2, 1.
6. Relay cards are due 15 minutes prior to the race.

Shot Put, 35-pound Weight Throw, 20-pound Weight 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.
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.
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.
5. Indoor implements only will be used.

Pole Vault and High Jump

1. The events will be contested as a one flight final.
2. Competitors may wear their bib number on the back.
3. Opening heights and progressions will be determined by the Games Committee following the close of entries.
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. The coach must leave the area once their student-athlete is eliminated from the event.

Combined Events

1. The hurdle events will run in alternating lanes.
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.

Infield Access

Coaches will be given limited access to the infield during the combined events and as described under “Event Specific Details – Pole Vault”. At all other times, infield access will not be allowed. When not competing or warming-up, all student-athletes will be required to sit in the stands. Student-athletes may have access to the infield one hour prior to their scheduled event for the purpose of warming up

Locker Rooms

Locker rooms will be available on Saturday evening on the east side of the ETSU/MSHA Athletic Center. These locker rooms are open to the general public and the lockers are not secure. Any team wishing to utilize these locker rooms should contact ETSU championship director Barbie Breedlove a minimum of 48 hours prior to the start of the championship to make arrangements.

Lodging

See Appendix B for a list of recommended hotel properties.

Media Relations

See Appendix I 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

Spaces will be provided for team buses / vans in the lower parking lot adjacent to State of Franklin Road and across from the ETSU/MSHA Athletic Center. Teams may be dropped off at the curb and should enter the building at the west side upper concourse. Parking under the ramp is prohibited and towing will be enforced.

Photography

The A-Sun will provide a photographer throughout the championship. The photographer will take high quality digital action shots from each event as well as the championship ceremony. 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 all photos will be available for purchase on-line for fans.

Portable Electronic Devices

Portable electronic devices and the use of earphones are prohibited on the event level of the ETSU/MSHA Athletic Center by competitors during any portion of the championship. – 2012 Change

Practice

The ETSU/MSHA Athletic Center will be available for course inspection and walk-through from 6:00 pm to 8:00 pm on Thursday, February 16. During this time slot, other teams will be conducting practice and hurdles and starting blocks will be available.

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.

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.

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 uniform rules will be strictly enforced.

Weigh-Ins

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

February 17

Shot Put (combined events) 7:30 am
Women's Shot Put 3:00 pm
Men's Shot Put 4:00 pm

February 18

Men's Weight Throw 7:30 am
Women's Weight Throw 10:00 am

2012 Indoor Track & Field Championship - Schedule of Events

Friday, February 17

8:30am Women's Pentathlon – 60-Meter Hurdles
 Women's Pentathlon – High Jump
 Women's Pentathlon – Shot Put
 Women's Pentathlon – Long Jump
 Women's Pentathlon – 800-Meter Run

8:45am Men's Heptathlon – 60-Meter Dash
 Men's Heptathlon – Long Jump
 Men's Heptathlon – Shot Put
 Men's Heptathlon – High Jump

4:00pm Women's Shot Put – **FINAL**

4:30pm Men's Pole Vault – **FINAL**
 Women's 3000-Meter Run – **FINAL**
 Women's Long Jump – **FINAL**

4:55pm Men's 3000-Meter Run – **FINAL**

5:15pm Women's 60-Meter Hurdles – **TRIALS**

5:30pm Men's 60-Meter Hurdles – **TRIALS**
 Men's Shot Put – **FINAL**

5:45pm Women's 60-Meter Dash – **TRIALS**
 Women's High Jump – **FINAL**
 Men's Long Jump – **FINAL**

6:00pm Men's 60-Meter Dash – **TRIALS**

6:20pm Women's Distance Medley Relay – **FINAL**

6:40pm Men's Distance Medley Relay – **FINAL**

Saturday, February 18

8:30am Men's Heptathlon – 60-Meter Hurdles
 Men's Heptathlon – Pole Vault
 Men's Heptathlon – 1000-Meter Run

9:00am Men's 35-pound Weight Throw - **FINAL**

10:00am Men's Triple Jump – **FINAL**

11:30am Women's 20-pound Weight Throw – **FINAL**
 Women's Pole Vault - **FINAL**

12:30pm Women's Mile – **FINAL**

12:45pm Men's Mile – **FINAL**

12:50pm Women's 60-Meter Hurdles – **FINAL**
 Women's Triple Jump – **FINAL**
 Men's High Jump – **FINAL**

1:05pm Men's 60-Meter Hurdles – **FINAL**

1:10pm Women's 400-Meter Dash – **FINAL**

1:30pm Men's 400-Meter Dash – **FINAL**

1:45pm Women's 60-Meter Dash – **FINAL**

1:50pm Men's 60-Meter Dash – **FINAL**

1:55pm Women's 800-Meter Run – **FINAL**

2:10pm Men's 800-Meter Run – **FINAL**

2:30pm Women's 200-Meter Dash – **FINAL**

2:45pm Men's 200-Meter Dash – **FINAL**

3:00pm Women's 5000-Meter Run – **FINAL**

3:30pm Men's 5000-Meter Run – **FINAL**

3:55pm Women's 4x400-Meter Relay – **FINAL**

4:00pm Men's 4x400-Meter Relay – **FINAL**

4:30pm Awards Presentation

ELIGIBILITY LISTS DEADLINE

Friday, February 10 Noon (ET)

ONLINE ENTRIES DEADLINE

Monday, February 13 4:00 pm (ET)

COACHES CHAMPIONSHIP MEETING

Thursday, February 16 6:30 pm (ET) ETSU/MSHA Athletic Center – Ward Room (W325 – 3rd Level)

DIRECTIONS

Directions to East Tennessee State University

FROM ASHEVILLE, NC (Approx. 61 miles—1 hour, 3 minutes) Proceed West on Interstate 26/US-23N. Take exit 24 for US-321/TN-67. Turn Left onto University Parkway. (*Travel 2 miles*) Turn Left at State of Franklin Road. (*Travel 1/2 mile*) Turn Left at John Robert Bell Drive.

FROM KNOXVILLE, TN (Approx. 106 miles—1 hour, 45 minutes) Proceed East on Interstate 40. Merge Left onto Interstate 81 (I-81 N/Bristol). Take Exit 57A, merging onto Interstate 26 E/US-23 S. (*Travel 10.5 miles*) Take Exit 19 for TN-381/State of Franklin Road. Turn Right onto N State of Franklin Road/TN-381 S. (*Travel 5 miles*) Turn Right at John Robert Bell Drive.

HOTEL PARTNERS

Doubletree Hotel

211 Mockingbird Lane
Johnson City, TN 37604
423-929-2000

www.doubletreejohnsoncity.com

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Atlantic Sun Conference

2012 INDOOR TRACK & FIELD PARTICIPANT ELIGIBILITY LIST

Please list ONLY your athletes who will compete in the championship in alphabetical order.

	Last Name, First Name	Class	Shirt Size
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
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, February 10**

Atlantic Sun Conference

2012 TRACK & FIELD CHAMPIONSHIPS

CHAMPIONSHIP PROTEST FORM

Event (Men or Women): _____

Student-Athlete Name/Number: _____

Time of Protest: _____

Issue: _____

Cite NCAA Rule Governing 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.

Atlantic Sun Conference

**2012 A-Sun Indoor Track & Field Championships
ETSU/MSHA Athletic Center at East Tennessee State University**

RISK MANAGEMENT STATEMENT

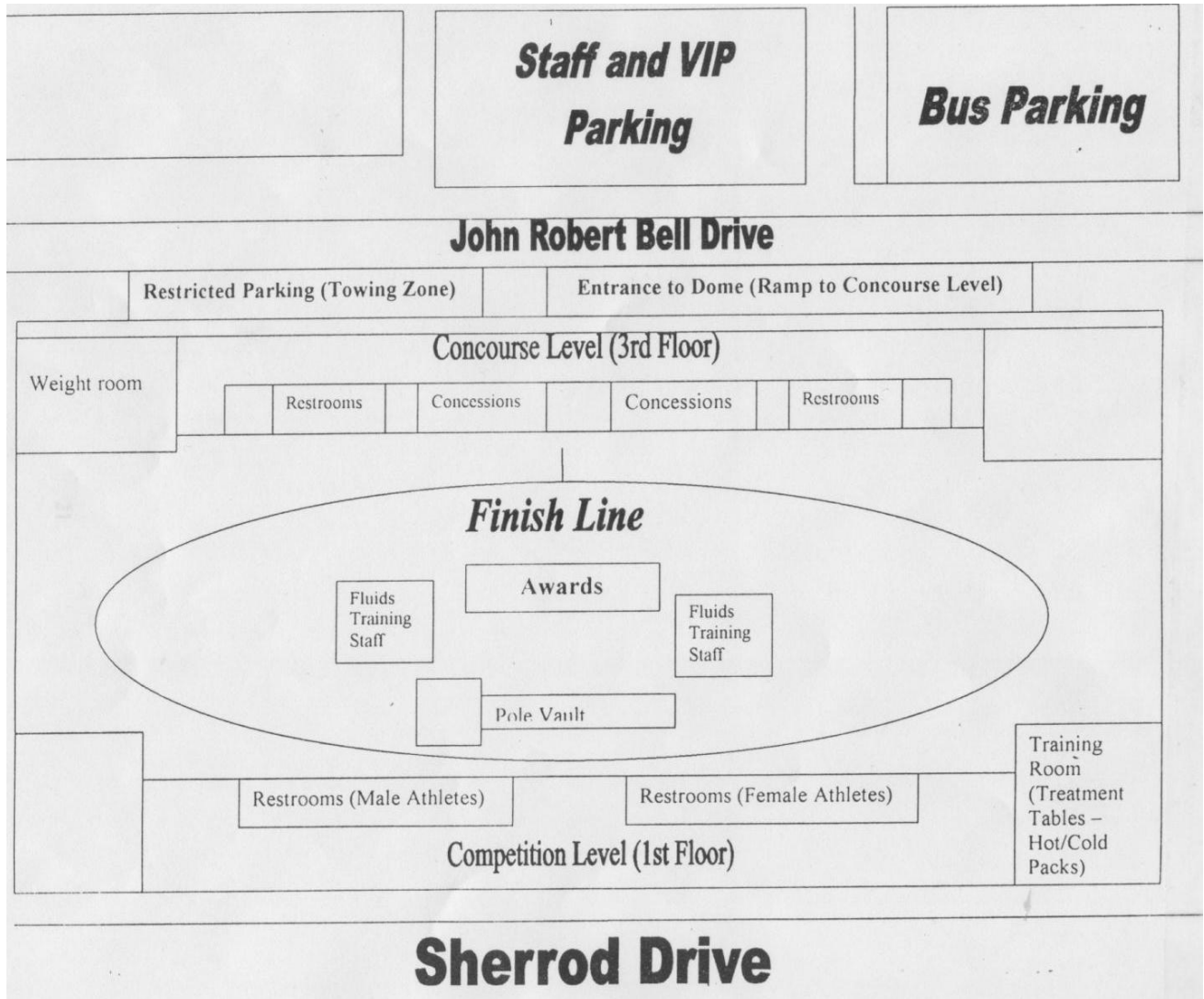
The Atlantic Sun Conference recognizes that the host institution is familiar with the facilities it will be providing for use for the Atlantic Sun Conference Men's and Women's Track and Field Championships, and that the institution's staff members are in the best position to oversee safety preparations 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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Atlantic Sun Conference

ETSU/MSHA Athletic Center at East Tennessee State University

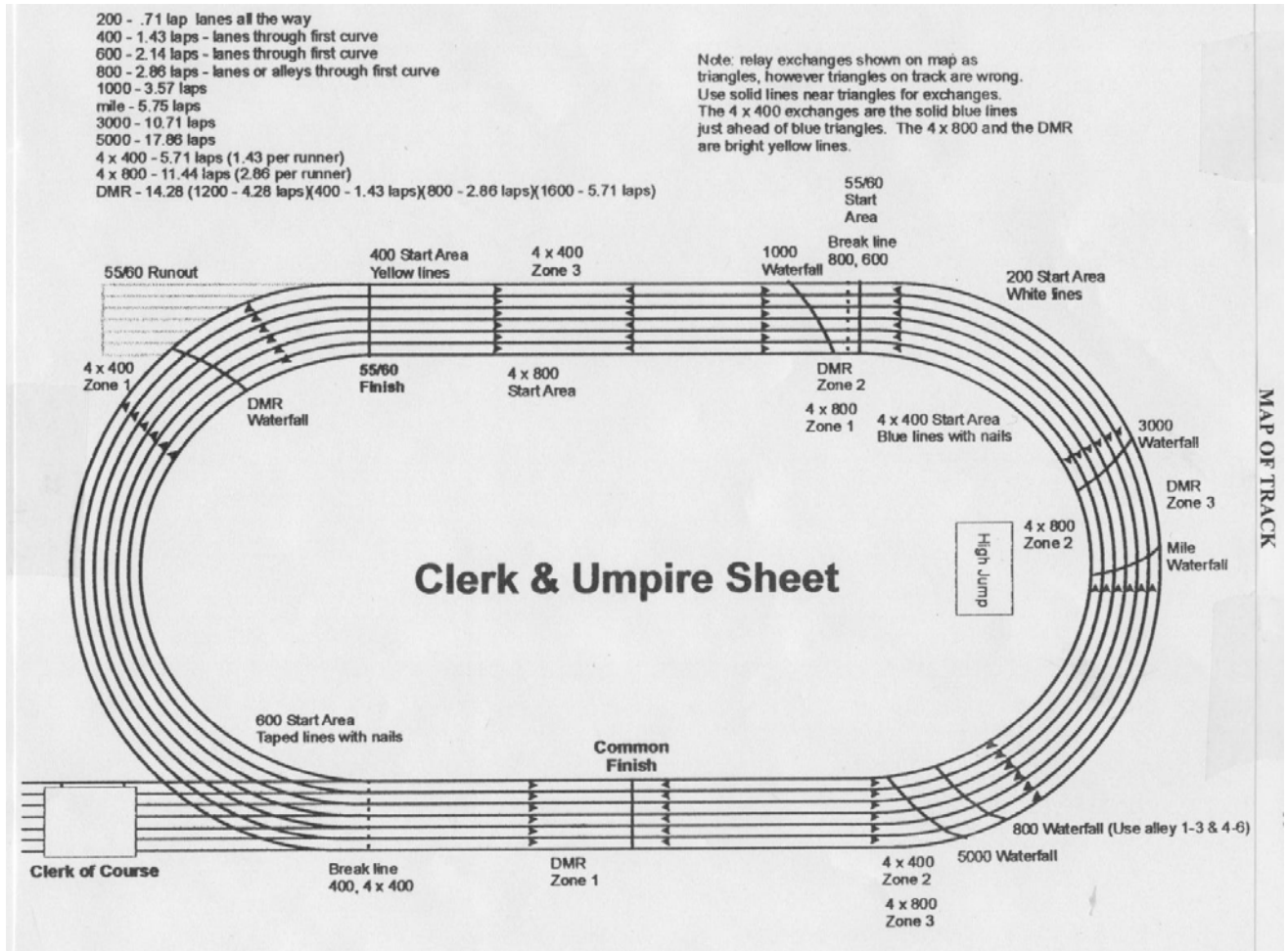
ETSU/MSHA ATHLETIC CENTER MAP



Atlantic Sun Conference

ETSU/MSHA Athletic Center at East Tennessee State University

MAP OF TRACK



ATHLETIC TRAINING / MEDICAL INFORMATION

East Tennessee State University would like to welcome your team to the Indoor Track & Field Championships at the ETSU/MSHA Athletic Center. 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 Director of Athletic Medicine.

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 network of physicians will be on call and in attendance for the duration of the tournament. The BucSports Athletic Medicine Center will be available by arrangement only for small procedures, casting, splinting, suturing, or fluoroscopy (must have an MD present).

Please contact the Director of Athletic Medicine if any of the above 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 ETSU Sports Medicine Staff.

Athletic Training Staff

Brian Johnston
MSS, ATC, LAT
Assistant Athletic Director for Sports Medicine
Office: 423-439-4007
Cell: 423-737-5557

Liz Schoen (Primary Contact)
ATC
Office: 423-439-8477
Cell: 540-222-9625
E-mail schoen@etsu.edu

Hospitals and Emergency Numbers

Johnson City Medical Center
400 N. State of Franklin Rd.
Emergency Department
Phone: 423-431-6561

North Side Hospital
401 Princeton Rd.
Emergency Department
Phone: 423-854-5600

Pharmacies

Princeton Drug
105 Broyles Dr.
Johnson City, TN
423-282-1178

CVS
4209 North Roan St.
Johnson City, TN
423-282-5722



MEDIA RELATIONS INFORMATION

The Atlantic Sun Conference Communications staff will serve as the primary contact for the 2012 Atlantic Sun Conference Track & Field Championships.

CONTACT INFORMATION

Patrick McCoy, Director of Sports Information

Office: 478-474-3394

Mobile: 859-537-1355

Email: pmccoy@atlanticsun.org

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, videos from select participants and a slideshow featuring the day's action will be available online.

Interviews: All head coaches and student-athletes shall be available for interviews with the media during both days of competition. Student-athletes shall be required to speak with the media following a 10-minute "cooling off" period after the completion of their final individual competition. Coaches shall be required to speak with the media following a 10-minute "cooling off" period following their team's final competition of the day. Multimedia clips of selected interviews by Atlantic Sun Conference staff will be posted on the Track & Field Championships website.

Media Station: A media work area with electrical outlets, phones and statistical and team information will be available.

