



**2012 Men's & Women's  
Outdoor Track and Field  
Championships**

**San Marcos, Texas**

**May 11-13, 2012**

**Manual**

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**Southland Conference  
2012 Outdoor Track & Field Championships  
Track and Field Complex - Texas State University**

**Friday, May 11**

**Running Events:**

8:30 AM	10,000 Meters	Women	Final
9:15 AM	10,000 Meters	Men	Final

**Combined Events:**

10:00AM	100 Meter Hurdles	Women
	High Jump	Women
	Shot Put	Women
	200 Meters	Women
10:30AM	100 Meters	Men
	Long Jump	Men
	Shot Put	Men
	High Jump	Men
	400 Meters	Men

**Field Events:**

3:00 PM	Hammer	Women	Final
5:30 PM	Hammer	Men	Final

**Saturday, May 12**

**Combined Events:**

9:00 AM	110 Meter Hurdles	Men
	Discus	Men
	Pole Vault	Men
	Javelin	Men
	1500 Meters	Men
10:00 AM	Long Jump	Women
	Javelin	Women
	800 Meters	Women

**Field Events:**

1:00 PM	Long Jump	Women	Final
1:00 PM	Shot Put	Men	Final
1:00 PM	High Jump	Men	Final
3:00 PM	Javelin	Women	Final
3:30 PM	Long Jump	Men	Final
3:30 PM	Shot Put	Women	Final
3:30 PM	High Jump	Women	Final
6:00 PM	Javelin	Men	Final

**Running Events:**

3:00 PM	1500 Meters	Women	Prelim
	1500 Meters	Men	Prelim
3:30 PM	100 Meter Hurdles	Women	Prelim
	110 Meter Hurdles	Men	Prelim

3:45 PM	400 Meters	Women	Prelim
	400 Meters	Men	Prelim
4:05 PM	100 Meters	Women	Prelim
	100 Meters	Men	Prelim
4:20 PM	800 Meters	Women	Prelim
	800 Meters	Men	Prelim
4:50 PM	400 Meter Hurdles	Women	Prelim
	400 Meter Hurdles	Men	Prelim
5:10 PM	200 Meters	Women	Prelim
	200 Meters	Men	Prelim
5:40 PM	3000m Steeplechase	Women	Final
	3000m Steeplechase	Men	Final

**Sunday, May 13**

**Field Events:**

10:00 AM	Discus	Men	Final
11:00 AM	Pole Vault	Men	Final
12:30 PM	Discus	Women	Final
1:00 PM	Triple Jump	Women	Final
2:30 PM	Pole Vault	Women	Final
3:30 PM	Triple Jump	Men	Final

**Running Events:**

3:00 PM	Opening Ceremonies		
3:05 PM	4 x 100 Meter Relay	Women	Final
3:10 PM	4 x 100 Meter Relay	Men	Final
3:15 PM	1500 Meters	Women	Final
3:25 PM	1500 Meters	Men	Final
3:35 PM	100 Meter Hurdles	Women	Final
3:40 PM	110 Meters Hurdles	Men	Final
3:45 PM	400 Meters	Women	Final
3:50 PM	400 Meters	Men	Final
3:55 PM	100 Meters	Women	Final
4:00 PM	100 Meters	Men	Final
4:05 PM	800 Meters	Women	Final
4:10 PM	800 Meters	Men	Final
4:20 PM	400 Meter Hurdles	Women	Final
4:25 PM	400 Meter Hurdles	Men	Final
4:35 PM	200 Meters	Women	Final
4:40 PM	200 Meters	Men	Final
4:45 PM	5000 Meters	Women	Final
5:10 PM	5000 Meters	Men	Final
5:30 PM	4 x 400 Meter Relay	Women	Final
5:40 PM	4 x 400 Meter Relay	Men	Final

\*\* Award presentations for all events will take place immediately following the respective final for each event

## CHAMPIONSHIP CONTACTS

### Southland Conference

Commissioner	Tom Burnett	(of)	972-422-9500 x101
Associate Commissioner/ Meet Director	Bruce Ludlow	(of) (cell)	972-422-9500 x106 214-394-7522
Assistant Commissioner/ Media Services	Todd Lamb	(of) (cell)	972-422-9500 x107 817-287-8393
Administrative Intern	Stephanie Tracy	(of)	972-422-9500 x113

### Texas State University - San Marcos

Athletic Director	Dr. Larry Teis	(of)	512-245-2963
Event Manager	Derek Grice	(of) (cell)	512-245-2023 512-787-8751
Asst. Event Manager	Brad Justice	(of) (cell)	512-245-9027 281-508-3701
Head Coach	Dana Boone	(of) (cell)	512-245-2981 512-897-3402
Head Athletic Trainer	David Gish	(of) (cell)	512-245-2898 512-757-1941
Track and Field Athletic Trainer	Chelsea Kuehner	(cell)	530-632-4976
Sports Information	Steve Applehans	(of)	512-245-4387

### CFPI Timing

Official Timer	Cleon Fowler	(cell)	205-394-4372 <a href="mailto:business@cfpiming.com">business@cfpiming.com</a>
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# SCHEDULE OF EVENTS

## Thursday, April 26, 2012

Outdoor track and field manuals emailed to institutions.

## Friday, May 4, 2012

Official Travel Party Form (page 24) due to the Conference Office  
Participant Gift Form (page 25) due to the Conference Office

## Monday, May 7, 2012

Head coaches' teleconference held at 9:00 a.m. Access by dialing 888-537-7715; access code 43002467.

Final weekend season results due by 5:00 p.m. to Mike Takaha at Flash Results Texas.

## Tuesday, May 8, 2012

On-line entry of names per event due by noon to CFPI Timing (cfpiming.com).

Entry lists e-mailed to head coaches by 2 p.m.

Coaches review and confirm **own entries**, making necessary corrections by 5 p.m.

Performance lists emailed to coaches at 5 p.m.

## Wednesday, May 9, 2012

Coaches **challenge deadline** for performance lists at 10 a.m.

Heat sheets posted and distributed by noon.

## Thursday, May 10, 2012

5:00 p.m. - 8:00 p.m. Facility available for practice

6:00 p.m. Coaches Meeting Sac N Pac Room at Bobcat Stadium (Football)

## Friday, May 11, 2012

7:00 a.m. Facility available for warm-up

10:00 a.m. Day 1 competition for Combined Events begins

## Saturday, May 12, 2012

7:00 a.m. Facility available for warm-up

9:00 a.m. Day 2 competition for Combined Events begins

## Sunday, May 13, 2012

8:00 a.m. Facility available for warm-up

1:00 p.m. Day 3 competition begins

Awards ceremony to follow

## Monday, May 14, 2012

5:00 p.m. Award Nomination forms (pages 22-23) due via facsimile to the Conference office.

## Tuesday, May 15, 2012

Southland Conference Outdoor Track and Field awards ballots due with press release to follow.

## Admission

All-Session adult: \$15.00                      All-Session student/youth: \$10.00  
Single Session adult: \$10.00                      Single Session student/youth: \$5.00

Children 6 and under FREE as well as SLC students with institutional ID.

## Awards

The Conference Outdoor Track and Field Championship Meet awards shall be:

- (1) One (1) Men's Championship trophy; one (1) Men's Runner-Up trophy;
- (2) One (1) Women's Championship trophy; one (1) Women's Runner-up trophy;
- (3) Gold, silver and bronze medals to be awarded, respectively, to the first three (3) finishers in each individual, relay and field event;
- (4) Plaques for the high point male and female athletes of the championship meet;
- (5) Certificates awarded to the first, second and third place finishers for earning All-Conference honors.

The Conference Outdoor Track and Field All-Conference awards shall be:

- (1) Plaques for the Outstanding Male and Female Running Event Athlete and the Outstanding Male and Female Field Event Athlete, as selected by a vote of the head track and field coaches;
- (2) Plaques for the Male and Female Outdoor Track Athlete of the Year, as selected by a vote of the head track and field coaches;
- (3) One (1) Men's Coach of the Year trophy, as selected by a vote of the head track and field coaches;
- (4) One (1) Women's Coach of the Year trophy, as selected by a vote of the head track and field coaches.

Award nomination forms (pages 22-23) must be submitted to the Conference office by noon on Monday, May 14. Award ballots will be sent to coaches on Tuesday, May 15. Award ballots must be returned to the Conference office by the deadline on Tuesday, May 15. A press release, announcing the award recipients, will be issued on Wednesday, May 16.

Event awards will be presented immediately following each event unless upheld by protest. The top three individuals will be escorted immediately to the awards area upon completion of their event.

## Championship Dates

The Southland Conference Men's and Women's Outdoor Track and Field Championship shall be held May 11-13, at Texas State - San Marcos Track and Field Complex in San Marcos, Texas.

## **Championship Director**

The Championship Director shall oversee the following areas:

- (1) Championship Site Coordination-announcers, ushers, security, parking, hospitality areas and event personnel;
- (2) Maintenance Functions;
- (3) Sports Medicine Provisions;
- (4) Coordination of the promotional and planning activities of all aspects of the championship;
- (5) Coordination and supervision of the activities of the officials and personnel involved in the administration of the championship;
- (6) Provision and dissemination of information relative to the championship;
- (7) Administration of the needs of the contestants, officials and spectators and all technical details of the championship within the rules of the Southland Conference and the NCAA.

## **Coaches Meeting**

The head coaches' meeting (page 21) will be held on Thursday, May 10 at 6:00 p.m. The meeting will be held in the Sac N Pac Room at Bobcat Stadium- 1100 Aquarena Springs Drive, on the Texas State Campus.

## **Credentials**

The Conference office shall issue appropriate credentials to officials, championship personnel, institutional personnel and media. Student-athletes are required to show their competitor numbers in order to gain entry to the stadium. Entry to the competitive area will be restricted to authorized personnel only. This policy shall be strictly enforced.

Coaches will be issued credentials at the coaches meeting on Thursday evening.

No coach shall be allowed in the area of competition, under penalty of disqualification, except to consult with the Meet Referee.

## **Directions**

Directions to the stadium can be found at the following web address:

[http://www.txstatebobcats.com/sports/2010/12/1/TRACK\\_1201102821.aspx?tab=trackfieldstadium](http://www.txstatebobcats.com/sports/2010/12/1/TRACK_1201102821.aspx?tab=trackfieldstadium)

## Entry Procedures

Below are details related to entering and declaring your athletes for the Southland Conference Outdoor Track and Field Championship.

1. **Institutions must forward their final weekend results to Flash Results Texas by 5:00 p.m. Monday, May 7, 2012.** Flash Results Texas site will post "best" season marks following reception of weekend results on the same day.
2. All entries, including relay personnel, **must be entered by noon on Tuesday, May 8.** Performance marks for the event will be based upon the "best" seasonal mark per NCAA guidelines, found in Part III of the most current NCAA manual. All conversions have been assessed to performance times according to NCAA protocol with reference to 55m races, banked tracks, oversized tracks, and altitude by Flash Results Texas ONLY.
3. Entries must be completed on-line at [www.cfpitiming.com](http://www.cfpitiming.com), utilizing Southland Conference qualifying standards and comparing marks provided by Mike Takaha and Flash Results Texas.
4. All team entries will be e-mailed back to the respective head coach by 2 p.m. on Tuesday for review. Deadline for e-mailing ([business@cfpitiming.com](mailto:business@cfpitiming.com)) with corrections to your teams' entries will be 5 p.m. on Tuesday.
5. **Any athlete listed on your entry form as of 5 p.m. on Tuesday, May 8, 2012, will be considered officially entered in the meet.** It is critical that you submit perfectly accurate information on the entry form. After the entry deadline has passed, no changes to the information submitted will be permitted without penalty. A false declaration will result in the athlete's disqualification from the event.
6. Performance lists will be posted (.pdf files) on the website (<http://www.cfpitiming.com>) as well as emailed to head coaches at 5:00 p.m. Tuesday, May 8.
7. Coaches will then have a **deadline of 10 a.m. on Wednesday, May 9, to challenge ALL championship entries.**
8. Heat sheets will be drawn at 10 a.m. on Wednesday, May 9.

As a reminder, **the head coaches' teleconference is scheduled for Monday, May 7, 2012, at 9 a.m.** You may access the call by dialing (888) 537-7715, access code 43002467#. All head coaches must participate on the call.

Relay personnel cards must be turned in to the Clerk of the Course fifteen (15) minutes prior to the start of the race. Any eligible member of the track and field team shall be allowed to participate in the relay races.

Heating and flighting shall be accomplished in accordance with the guidelines established by the NCAA Track and Field Rules Book. Heating and flighting shall be reviewed during the head coaches' teleconference and meeting.



### **Failure to Participate**

Competitors or relay teams must participate in the trials and/or finals of all events in which they are declared. Such participation is also required in subsequent rounds as a result of qualifying, or when participation is a criterion for entry in a subsequent meet.

Participation is the expectation that a competitor start the athletic challenge requirements of the event, according to the rules of the event. Qualification to the next round of an event is, in itself, satisfaction of participation.

A failure to participate is considered an assumption that the competitor in violation has abandoned the competition and, therefore, shall be barred from all remaining events in the current meet. Specifically, only failure to appear or check in disqualifies participant from other events.

The referee, upon proper protest, based upon all authorized evidence and with consideration given to circumstances beyond the control of the competitor, including medical, shall determine whether the circumstances clearly demonstrate that a violation of this rule has occurred.

This rule shall not preclude the creation of additional restrictions published in handbooks and manuals by conferences or championships games committees. (NCAA Rules Book, pg. 63)

### **Field Event Warm-Up and Check-In Procedures**

Field event athletes must report directly to their event site and check-in with officials prior to the start of their event. Officials will restrict warm-ups according to general and flight specific warm-up procedures.

### **Fully Automatic Timing**

Fully automatic timing and photographs shall provide the official results for all track events. Times will be recorded officially to 1/100 of a second. A minimum of two (2) fully automatic timing devices shall be used on all races. Delta Timing will be providing their services for timing the conference championship.

Official photographs under protest will be viewed by the Meet Referee and the Jury of Appeals. The coach involved in the protest may view the photograph.

## **Games Committee**

The Games Committee shall consist of the Conference head track and field coaches and the Conference director of championships. A majority vote is required for actions or recommendations by the Committee.

The Conference commissioner or his designated representative shall not vote on issues unless there is a tie vote among the members of the Games Committee.

The primary function of the Games Committee shall be to give specialized assistance and guidance to the director of championships should questions and problems arise during the conduct of the championship where authority for resolution of such problems is not covered by the Southland Conference Operating Code or the NCAA Track and Field Rules Book.

## **Heating Procedures**

Heating and seeding for preliminary races and all field events shall be done according to the procedures described in the NCAA Track and Field Rules Book, except as may be noted in the Southland Conference Operating Code. Lane assignments will not be altered after they have been confirmed. If all lanes are filled and one athlete scratches, that lane shall remain vacant, except as stated below.

Only those runners can be seeded who have a time for the event in which they have been entered, or a time for a like or imperial distance. Coaches may petition to the Games Committee regarding an athlete's position on the seeded list of any running event. The Games Committee will, by majority vote, determine the proper seeding place. If heats scratch down resulting in a heat with no competition, heats shall be redrawn.

## **Hospitality**

Coaches will be issued credentials at the coaches meeting on Thursday evening. These credentials will allow you and your staff access to the hospitality room located in the hospitality tent at the south end of Texas State Track & Field Stadium. You MUST have your credential with you for access to the hospitality tent. Snacks/beverages will be available continuously throughout all three days of the competition. Lunch and Dinner will be served on Friday and Saturday. Lunch only will be served on Sunday.

## **Inclement Weather Policy**

The meet referee will have the final authority to suspend the track and field meet because of inclement weather. If the meet is not resumed within an hour, the Games Committee will convene to determine the most appropriate procedure for completing the competition. Meet referees, a representative from Texas State University and the director of championships shall make the final decision.

### **Infield Access**

Coaches will be allowed on the infield during the combined events; however, this area should not be used as an athlete congregation point and attention should be given to other athletes using the area to warm-up for their events. Coaches must remain outside the track except during the combined events. No tents, team camps, spectators, or warm ups will be allowed on the infield. Running event warm up will be permitted on the Bobcat Stadium Football field located adjacent to the track.

### **Inspectors**

There shall be two (2) to four (4) inspectors assigned to each turn. Two (2) inspectors shall be located inside the track and two (2) shall be located outside the track. Two (2) inspectors shall judge each straight away, plus a minimum of four (4) others shall judge the relay exchange zone. One (1) inspector shall be located at the break point in races not run in lanes for the entire race.

The inspectors shall officiate the straight away races divided evenly between the ends and the sides.

The head inspector shall be stationed with the judges and timers.

All other officials and their duties will be as outlined in the NCAA Track and Field Rules Book, unless Conference rules stipulate otherwise.

### **Jump Boards**

North runway for WOMEN:	Length:	157 feet
	Long Jump Board:	10 feet
	Triple Jump Board:	32 feet
West runway for MEN:	Length:	149 feet
	Long Jump Board:	10 feet
	Triple Jump Board:	40 feet

### **Jury of Appeals**

The Jury of Appeals shall be selected by the Conference office and shall consist of three (3) persons.

### **Officials**

The meet referee, inspectors, declaration official and Jury of Appeals will remain at the championship site thirty (30) minutes after the final results are announced or until dismissed by the director of championships. During the competition, the seeding and heating responsibilities shall be assumed by the Declaration Official and his/her assistants.

## **Order of Events**

The order of events shall follow the schedule listed in the NCAA Track and Field Rules Book, with the exception of the schedule revisions agreed upon by the coaches. The meet will be conducted over a three-day period, with the 10,000 meter, heptathlon and decathlon to be conducted over the first two days.

## **Parking**

Parking will be permitted in the Bobcat Stadium Football parking lot. The parking area directly in front of the Track Stadium is reserved for OFFICIALS. Bus parking will be in the Bobcat Stadium west parking lot adjacent.

## **Participant Gifts**

Participant gifts (page 25) will be provided to those eligible and participating student-athletes who have not received a participant gift earlier in the year at either the cross country championship or the indoor track and field championship in which they were a participant and/or student trainer/managers (maximum of 2) who are on site working the event.

## **Practice Schedule**

### **Thursday, May 10:**

The track and field event warm-up areas will be open from 5:00-8:00 p.m.

### **Friday, May 11:**

The track and field event warm-up areas will open at 7:00 a.m. for 10,000-meter runners and combined event participants. The track will open for all other competitors upon the conclusion of the combined events.

### **Saturday, May 12:**

The track and field event warm-up areas will open at 7:00 a.m.

### **Sunday, May 13:**

The track and field event areas will open at 8:00 a.m.

## **Protests**

Protests relating to matters which develop during the conduct of the championship should be made at once and no later than thirty (30) minutes after the results have become official.

Any such protest must be made in writing by the head coach with the protest form submitted to the meet referee, who will render a decision. An appeal of the meet

referee's ruling may be made to the Jury of Appeals. The Jury of Appeals' decision is final and without benefit of appeal.

### **Results**

All event results will be posted during the competition.

In addition, meet results packets shall be available to the coaches and media as soon as possible at the conclusion of each competition day. Meet results will also be posted on the Southland Conference web site at [www.southland.org](http://www.southland.org).

### **Rules**

All rules and procedures not covered by these championship guidelines and the Southland Conference Operating Code shall be subject to the rules and procedures of the NCAA Track and Field Rules Book.

No rule shall be changed in reference to events in the meet for a period of one (1) year unless it is required to be changed by the NCAA or is changed because the NCAA changes the events sponsored at the National Championship.

### **Running Event Warm-up and Check-in Procedures**

The main warm-up area will be on the football field at Bobcat Stadium. Athletes must check-in at the Athletes' Check-In Tent located at the south end of the Texas State Track & Field Stadium. Athletes will receive their hip numbers and lane assignments at this location. Athletes should check in no later than 30 minutes prior to the start of their event to receive their hip numbers. Calls will be made prior to each event; however, it is the athlete's responsibility to check in at the proper time. No one will be allowed on the infield.

Adequate hydration stations will be located throughout the complex.

### **Scoring**

NCAA rules on scoring shall be followed. The championship shall be scored to eight (8) places for both track and field events. The value of first through eighth place shall be as follows:

10-8-6-5-4-3-2-1

Scoring shall be the same for individual and relay events.

Ties in team and individual competition at the Southland Conference Championship shall stand, unless specifically addressed in the NCAA Track and Field Rules Book.

## **Sports Medicine Information**

The sports medicine staff at Texas State University, located in the End Zone Complex will coordinate the sports medicine needs of participating teams. Athletic training room facilities will be available throughout the championship. Texas State University physicians will be on call throughout the event.

Please refer to the following schedule for your athletic training needs:

### **Athletic Training Area Schedule**

- Friday, May 11            7:00 AM opens                            Close- 30 minutes after conclusion of last event
  - Saturday, May 12        7:00 AM opens                            Close- 30 minutes after conclusion of last event
  - Sunday, May 13         11:00 AM opens                            Close- 30 minutes after conclusion of last event
- Cold tubs will be open periodically throughout all 3 days, please check with athletic training staff for cold tub times.
  - If an Athletic Trainer will not be traveling with team, please provide detailed treatment protocol for each individual athlete.

David Gish  
Athletic Trainer  
Texas State University – San Marcos  
601 University Drive  
San Marcos, TX 78666  
Dg04@txstate.edu  
(cell) 512-757-1941

## **Stadium Bleachers**

No athlete in uniform will be permitted to sit in the bleachers. The bleachers are reserved for spectators only.

## **Track, Competitive Area and Competitive Equipment**

The track, competitive area and competitive equipment shall meet all NCAA specifications.

The pole vault events will be held at Bobcat Stadium. The pole vault runway runs north/south.

Cups of water will be made available to all runners during the 10,000 meter races.

Preferred lanes will be 4-5-3-6-2-7-8-1.

## Uniforms

Each institution's athletes shall wear only the University's official equipment (warm-ups, competition equipment) as outlined in the Conference Operating Code and in the NCAA Track and Field Rules Book. When engaged in competition, each competitor must wear an official team uniform or be disqualified. If an athlete is in violation of this rule, an official will give one (1) warning to both the coach and the athlete. If the correction is not made, the athlete in violation will be disqualified by the meet referee from all remaining events. Any points made by the athlete in question before the disqualification shall stand.

Bare midriff tops are not acceptable. The uniform top must meet or hang below the waist band when the competitor is standing.

An institution's official uniform and all other items of apparel that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2 1/4 square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo.

## Weights and Implements

Implement weigh-in will be open at the following times only. Any implement not weighed in according to the following schedule will not be allowed into the competition. Any implement brought to the weigh-in area less than 1.5 hours prior to its scheduled competition will not be allowed. The weigh-in area is located at the southwest side of the football stadium.

Thursday, May 10	5:00 p.m. – 8:00 p.m.
Friday, May 11	8:00 a.m. – 4:00 p.m.
Saturday, May 12	8:00 a.m. – 4:30 p.m.
Sunday, May 13	8:00 a.m. – 11:30 a.m.

# Southland Conference Outdoor Track and Field Event Specifications

## 100, 200, 400, 100 Hurdles, 110 Hurdles, 400 Hurdles

- (1) Preliminary heats shall be seeded and positions determined by lot.
- (2) Eight (8) runners shall advance to the finals.
- (3) Heats and Advancement:
 

<u>Entries</u>	<u>Heats/Qualifying Procedure</u>
1-8 Entrants	Finals Only
9-16 Entrants	Top two (2) each heat and next four (4) fastest times.
17-24 Entrants	Top two (2) each heat and next two (2) fastest times.
25-32 Entrants	Four (4) heat winners and next four (4) fastest times.
33-40 Entrants	Five (5) heat winners and next three (3) fastest times.
41-48 Entrants	Six (6) heat winners and next two (2) fastest times.
49-56 Entrants	Eight (8) fastest times.
- (4) Lanes in the finals will be determined by place first, time second.
- (5) Prior to the meet, the Games Committee shall determine if a run-off or advancement by lot shall be utilized in the case of a tie for the last qualifying spot.

## 800 Meters

- (1) Eight (8) runners shall advance to the finals.
- (2) Preliminary heats shall consist of 12 competitors and be seeded, positions determined by lot.
- (3) An alley start shall be used.
- (4) Heats and Advancement:
 

<u>Entries</u>	<u>Heats/Qualifying Procedure</u>
1-8 Entrants	Finals Only
9-16 Entrants	Top two (2) each heat and next four (4) fastest times.
17-24 Entrants	Top two (2) each heat and next two (2) fastest times.
25-32 Entrants	Four (4) heat winners and next four (4) fastest times.
33-40 Entrants	Five (5) heat winners and next three (3) fastest times.
41-48 Entrants	Six (6) heat winners and next two (2) fastest times.
49-56 Entrants	Eight (8) fastest times.
- (5) Lanes in the finals will be determined by place first, time second.



### **1,500 Meter Run**

- (1) A waterfall start shall be used.
- (2) Preliminary heats are seeded, positions determined by lot.
- (3) If sixteen (16) or more runners are entered, there will be two (2) heats.
- (4) If thirty-one (31) or more runners are entered, there will be three (3) heats.
- (5) Twelve (12) runners shall advance to the finals.
- (6) Advancement into the finals will be determined by the top two qualifying places in each heat with the next fastest times for qualification.

### **5,000 Meter Run**

- (1) Lanes shall be determined by lot.
- (2) The top twelve (12) times shall be awarded front row positions.
- (3) A waterfall start shall be used.
- (4) The race shall lap down to twelve (12) runners.

### **10,000 Meter Run**

- (1) Lanes shall be determined by lot.
- (2) The top twelve (12) times shall be awarded front row positions.
- (3) A waterfall start shall be used.
- (4) The race shall lap down to twelve (12) runners.

### **3,000 Meter Steeplechase**

- (1) Lanes shall be determined by lot.
- (2) The top twelve (12) times shall be awarded front row positions.
- (3) A waterfall start shall be used.
- (4) The race shall lap down to twelve (12) runners.

### **4 x 100 Meter Relay**

- (1) Finals only will be run if only eight (8) teams are entered in the event.
- (2) If more than eight (8) teams are entered in the event, the event shall be run in a slow-heat, fast-heat format.
- (3) The six (6) fastest pre-meet times will be entered in the fast.
- (4) The slow heat will be run first, followed by the fast heat.
- (5) Lanes will be seeded.

### **4 x 400 Meter Relay**

- (1) Finals only will be run if only eight (8) teams are entered in the event.
- (2) If more than eight (8) teams are entered in the event, the event shall be run in a slow-heat, fast-heat format.
- (3) The eight (8) fastest pre-meet times will be entered in the fast.
- (4) The slow heat will be run first, followed by the fast heat.
- (5) Lanes will be seeded.

### **Shot Put, Discus, Javelin, Hammer Throw, Long Jump, Triple Jump**

- (1) The top nine (9) athletes will qualify to the finals.
- (2) Flights shall be determined by seed from worst to best with random draw within flights and consist of no less than five (5) or no more than sixteen (16) competitors.
- (3) A fifteen (15) minute warm-up period shall be available before each flight. This time period shall be limited to the competitors in the upcoming flight.

### **Pole Vault**

- (1) The order shall be ascending (worst to best).
- (2) A continuous flight of five (5) shall be used.
- (3) The opening height for men will be fifteen (15) centimeters less than the performance by the ninth ranked performer on the ranked performance list. The bar will be raised in increments of fifteen (15) centimeters.

### **High Jump**

- (1) The order shall be ascending (worst to best).
- (2) A continuous flight of five (5) shall be used.
- (3) The opening height will be five (5) centimeters less than the performance by the ninth ranked performer in the ranked performance list. The bar will be raised in increments of five (5) centimeters.



# Protest Form

Race: \_\_\_\_\_

Protest: \_\_\_\_\_

\_\_\_\_\_

Rationale: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Institution: \_\_\_\_\_

Head Coach: \_\_\_\_\_

=====

Reply: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Referee: \_\_\_\_\_



## RELAY CARD

Event: \_\_\_\_\_

Please Circle      Men      Women

Athlete \_\_\_\_\_  
Athlete \_\_\_\_\_  
Athlete \_\_\_\_\_  
Athlete \_\_\_\_\_



## RELAY CARD

Event: \_\_\_\_\_

Please Circle      Men      Women

Athlete \_\_\_\_\_  
Athlete \_\_\_\_\_  
Athlete \_\_\_\_\_  
Athlete \_\_\_\_\_

# 2012 Southland Conference Outdoor Track and Field Championship Head Coaches Meeting

Thursday, May 10  
6:00pm

- I. Review Heat Sheets
- II. Scratches
- III. Heptathlon/Decathlon Issues or Questions
- IV. Field Event Issues or Questions
  - A. Opening Heights
    1. Pole Vault
    2. High Jump
    3. Boards: m/w triple, m/w long
  - B. Warm-up Period
- V. Running Event Issues or Questions
- VI. Facility Schedule
- VII. Honest Effort
- VIII. Coaches in Competition Area
- IX. Implement Check-In
- X. Officials
- XI. Timing Issues or Questions
- XII. Outdoor Championship Schedule
- XIII. Credentials
- XIV. Awards – ballots due by 5:00pm on Monday
- XV. Questions



## Outdoor Track and Field Championship

### Nomination Form (Male)

*Please submit worthy nominations from your team ONLY. \*Freshman are not eligible for Newcomer of the Year.*

**Outstanding Field Events (Male)** \_\_\_\_\_

**Outstanding Running Events (Male)** \_\_\_\_\_

**Freshman of the Year (Male)** \_\_\_\_\_

**Newcomer of the Year (Male)** \_\_\_\_\_

**Athlete of the Year (Male)** \_\_\_\_\_

**Men's Coach of the Year** \_\_\_\_\_

=====

**Person Submitting Ballot** \_\_\_\_\_

**Institution** \_\_\_\_\_

**Please return to the conference office by 5 p.m., Monday, May 14.  
FAX: 972-422-9225**



## Outdoor Track and Field Championship

### Nomination Form (Female)

*Please submit worthy nominations from your team ONLY. \*Freshman are not eligible for Newcomer of the Year.*

**Outstanding Field Events (Female)** \_\_\_\_\_

**Outstanding Running Events (Female)** \_\_\_\_\_

**Freshman of the Year (Female)** \_\_\_\_\_

**Newcomer of the Year (Female)** \_\_\_\_\_

**Athlete of the Year (Female)** \_\_\_\_\_

**Women's Coach of the Year** \_\_\_\_\_

=====

*Person Submitting Ballot* \_\_\_\_\_

*Institution* \_\_\_\_\_

Please return to the conference office by 5 p.m., Monday, May 14.  
FAX: 972-422-9225



## 2012 Indoor Track and Field Championships Official Travel Party Form

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**INSTITUTION:** \_\_\_\_\_

The official travel party of each team must be submitted to the Conference Office.

For credentialing purposes, please list all essential team personnel requiring a credential to enter the event.

The official travel party of each team must be submitted to the Conference office prior to 5 p.m. on Friday, May 4, 2012.

**List each name of travel party and place an "x" in the appropriate participant box**

Name	Administrator	Coach	Sports Medicine	Manager
1)				
2)				
3)				
4)				
5)				
6)				
7)				
8)				
9)				
10)				
11)				
12)				

**SOUTHLAND CONFERENCE FAX NUMBER: (972) 422-9225**



# 2012 Indoor Track and Field Championships Participant Gift Form

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**INSTITUTION:** \_\_\_\_\_

The participant gift form must be submitted to the Conference office prior to 5 p.m. on Friday, May 4, 2012.

**ONLY** eligible student-athletes participating in the SLC Championship and listed on this form will receive a participant gift. Student-Athletes that received a participant gift at the cross country championships should not be included on this list.

Name	
1.	22.
2.	23.
3.	24.
4.	25.
5.	26.
6.	27.
7.	28.
8.	29.
9.	30.
10.	31.
11.	32.
12.	33.
13.	34.
14.	35.
15.	36.
16.	37.
17.	38.
18.	39.
19.	40.
20.	41.
21.	42.
	43.



## 2012 Southland Conference Qualifying Standards

Outdoor Event	Women	Men
100m	12.26	10.80
200m	25.12	21.81
400m	58.36	48.96
800m	2:19.30	1:55.87
1500m	4:50.09	4:01.47
3000m SC	12:50.44	10:26.33
5000m	18:47.99	15:28.03
10,000m	42:57.28	35:07.74
100m/110m H	14.97	15.59
400m Hurdles	66.41	57.28
High Jump	1.57	1.91
Pole Vault	2.73	4.30
Long Jump	5.44	6.81
Triple Jump	10.05	13.50
Shot Put	11.14	12.38
Discus	35.23	40.58
Hammer	37.18	31.12
Javelin	32.55	42.48

Heating and flighting shall be accomplished in accordance with the guidelines set forth in the NCAA Track and Field Rules Book. Heating and flighting shall be reviewed during the head coaches' teleconference and meeting.

**Official Entries.** The best submitted performance times from the regular season, as maintained by Flash Results Texas, shall serve as the official entries for the outdoor track and field championships.

**Entry Standards.** The Conference shall annually publish an approved list of qualifying standards for the Outdoor Track and Field Championships.

- (a) Entry standards to be determined from a five-year average of the 20th best performance in each event from final Conference rankings.
- (b) In the event that 20 athletes do not contest an event in a season, the last ranked individual's performance will be included in the data for entry standards.
- (c) Entry into the Indoor Championship 5000m can be obtained by achieving either the 3000m or 5000m standard.
- (d) There will be an open entry process for the multi-events, i.e. no minimum qualifying standard.
- (e) In the vertical jumps, the qualifying standards will round to the next highest bar.
- (f) Each event is to have a minimum field size of 16 individuals, to be determined from the entry standard. If 16 individuals do not achieve the entry standard, the field size will be filled from the event's descending order ranking.
- (g) There will be an open entry process for the relay races, i.e. no minimum qualifying standard.
- (h) Wild Cards.
  1. Each institution will be granted two wildcard entries per gender.
  2. A wild card can be used to enter an athlete in one event, in which they have not previously qualified.





**Established 1963**

*"The Southland Conference serves to unite its members in celebrating academic success, achieving competitive excellence, promoting positive values and developing community relationships within a framework of efficiency, integrity, and personal dignity."*

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