

## WIAC TRACK AND FIELD OPERATING CODE

### 2009 INDOOR AND OUTDOOR TRACK SEASON

[Note: The WIAC Sport Codes consist of those policies, procedures and practices unique or specific to the conduct and administration of each conference championship sport, and are intended as **supplements** to the *NCAA Manual*, *WIAC Handbook on the Governance of Intercollegiate Athletics* and the recognized playing rules of each sport, **not** as replacements for them. In addition, football and men's and women's basketball have manuals that include expectations related to the administration of those sports.]

#### I. RULES

##### A. Conference/National Rules

Coaches are expected to be knowledgeable of and abide by all WIAC and NCAA rules. When in doubt, coaches are expected to consult with their athletics director concerning the application of a rule.

##### B. Contest Rules

The *NCAA Track and Field Rules* shall govern all WIAC competitions except where otherwise noted in this code.

#### II. SPORT SEASON

##### A. Length of Season/Contest Limitations

1. Refer to current NCAA Manual [Bylaw 17.25].

##### B. Eligibility Rules

1. Refer to the current NCAA Manual and WIAC Handbook on the Governance of Athletics.
2. Indoor track and outdoor track shall be counted as separate sports for eligibility purposes. Eligibility forms must be completed and filed for both seasons. Indoor track ends with the WIAC Indoor Championships meet or with the NCAA championships, depending upon which is the latest meet.

#### III. CONTEST MANAGEMENT

##### A. Reporting of Results

1. The host institutions shall provide a full listing of results (both preliminaries and finals) from all meets/invitationals to each participating institution at the conclusion of the meet/invitational or immediately thereafter. In addition, meet results are to be posted on the web site of the host institution no later than 24 hours following the completion of the meet.
2. Results of all meets must be reported to the Conference Office.
3. The WIAC Honor Roll
  - a. A volunteer (Conference track coach) will compile an honor roll for indoor track and field and outdoor track and field.
  - b. Removal of Athletes from the Honor Roll – Any student-athlete removed from the honor roll is ineligible to compete in the championships in any event.

- c. Submissions for the honor roll must be forwarded by noon on Tuesday of each week with the exception of the week prior to the conference championships at which time the submissions are due by Monday of that week. Weekly corrections are due by 7:00 p.m. on Thursday with the final weekly honor roll posted by noon on Friday. Any corrections submitted after 7:00 p.m. on Thursday will not be eligible for the honor roll.
  - d. Results must be recorded in metric, but should be publicized in English. The host institution is responsible for ensuring that the field event results distributed to the media are listed in English distances.
  - e. The honor roll shall list least forty (40) names per event. Performances not submitted to the final honor roll (i.e., the Monday prior to the conduct of the championships) will not be used for seeding purposes in the WIAC Championship Meet.
  - f. All performances are to be submitted for inclusion on the WIAC Honor Roll with the exception of those performances that are unacceptable for submission for qualification into the NCAA championships. However, NCAA wind gauge readings/limitations will have no bearing on the submission of performances for the WIAC Honor Roll.
4. The following statistics shall be kept by the Conference Office:
- a. Indoor and Outdoor Conference Records
  - b. Indoor and Outdoor Conference Meet Records
  - c. National Indoor and Outdoor Meet Results (Conference universities only)

**B. Order of Events**

Refer to current NCAA Track & Field/Cross Country Rule Book.

**C. Entries**

The host university may establish the number of entries per event.

**D. Scoring**

The scoring of meets shall be consistent with current NCAA Rules.

**E. Courtesy Sheets and Maps**

The host team shall send courtesy sheets to the officials prior to each home contest. Courtesy Sheets should include maps and directions to contest facilities, dressing room assignment(s), training room and restroom location and information. **(Refer to Attachment #1).**

**F. Events - Indoor and Outdoor**

1. Indoor - Events for the season shall include the following:
- a. 55 Meter Hurdles (33"/42")
  - b. 55 Meter Dash
  - c. 200 Meter Dash
  - d. 400 Meter Dash
  - e. 800 Meter Run
  - f. Mile Run
  - g. 3000 Meter Run
  - h. 5000 Meter Run
  - i. Long Jump
  - j. Triple Jump
  - k. High Jump
  - l. Pole Vault
  - m. Shot Put
  - n. 20/35 lb. Weight Throw
  - o. Pentathlon
  - p. 4 X 200 Meter Relay
  - q. 4 X 400 Meter Relay
  - r. Distance Medley Relay

It is understood that for certain events, such as the 55 Meter Dash and the 55 Meter Hurdles, the physical limitations of the arena may require other distances.

Any new national meet event may be included as an exhibition event.

2. Outdoor - Events for the season shall include the following:
  - a. 100 Meter Hurdles (33"/42")
  - b. 400 Meter Hurdles (30"/36")
  - c. 100 Meter Dash
  - d. 200 Meter Dash
  - e. 400 Meter Dash
  - f. 800 Meter Run
  - g. 1500 Meter Run
  - h. 3000 Meter Steeple Chase
  - i. 5000 Meter Run
  - j. 10000 Meter Run
  - k. Long Jump
  - l. Triple Jump
  - m. High Jump
  - n. Pole Vault
  - o. Shot Put
  - p. Discus
  - q. Javelin
  - r. Hammer
  - s. Heptathlon (Women) / Decathlon (Men)
  - t. 4 X 100 Meter Relay
  - u. 4 X 400 Meter Relay
  - v. 4 X 800 Meter Relay

The heptathlon / decathlon are 2-day events. Therefore, it is recommended that the pentathlon be substituted at 1-day meets. The heptathlon / decathlon will be conducted at the Conference meet.

Any new national meet event may be included as an exhibition event.

#### IV. CONFERENCE CHAMPIONSHIPS [See Guidelines for the Administration of WIAC Championships]

##### A. Dates

1. The WIAC Indoor Championship Meet shall be conducted on a Saturday/Sunday two weeks prior to the NCAA Championships.
2. The WIAC Outdoor Championship Meet shall be conducted on a Friday/Saturday in 2009 and on a Saturday/Sunday each year thereafter. Every attempt should be made not to schedule the WIAC Outdoor Track Championship during final exam week or graduation day.

##### B. Sites

Championship host sites will be rotated in the order listed below except when circumstances necessitate a change. Any change requires approval of the Athletics Directors and Faculty Athletics Representatives.

Indoor site rotation is as follows:

2009 – UW-Stout	2013 – UW-Stevens Point
2010 – UW-River Falls	2014 – UW-Whitewater
2011 – UW-Stout	2015 – UW-Superior
2012 – UW-Superior	2016 – UW-Oshkosh

Outdoor site rotation is as follows:

2009 – Oshkosh	2014 – Stevens Point
2010 – Platteville	2015 – Oshkosh
2011 – Platteville	2016 – River Falls
2012 – Whitewater	2017 – Eau Claire
2013 – La Crosse	2018 – UW-Stout (repeat)

Note: UW-Oshkosh and UW-Stout switched hosting the 2009 indoor and outdoor championships. UW-Superior and UW-Platteville switched hosting the 2011 outdoor (UW-Platteville) and 2012 indoor (UW-Superior) championships.

##### C. Order of Events

1. Refer to The Order of Events as reflected in the following attachments:
  - a. Indoor Championships (**See Attachments #3a and #3b**).

- b. Outdoor Championships (**See Attachments #4a and #4b**).
2. Women's and Men's Session Schedule:
  - a. Indoor – The Men's events will be conducted first followed by the Women's events.
  - b. Outdoor - The Women's will be conducted first followed by the Men's events.
3. Indoor and Outdoor Facility Issues. Host institutions are required to prepare and submit a site plan for review by the track & field sport committee at its annual meeting to determine what space and/or scheduling accommodations should be considered.
4. Indoor and Outdoor – The host institution shall send the pre-meet information to each men's and women's head coach at least three weeks prior to the championships.
5. Changes to the established schedules as reflected in the sport code are to be included and highlighted in the pre-meet information. Schedule changes that occur after the pre-meet information has been distributed must be sent to the sport chair for review and distribution to each head coach with the expectation that sport chair will receive confirmation of receipt from each coach.

#### **D. Entries**

1. A written official entry must arrive via electronic mail by noon Wednesday prior to the meet. The host institution is required to provide some means to allow coaches to view their online entries into the conference championships prior to the entry deadline. After 12 noon only scratches will be allowed. A final (official) copy of all flights and heats will be distributed at the pre-meet coaches' meetings with all changes noted at that time.
2. Delinquent entries may be requested from the Athletics Director of the university (not the coach). A \$50 fine will be levied and paid to the conference office for each delinquent entry to the indoor and outdoor championships with a maximum fine of \$150 per championship. The authority to levy a fine and admit a delinquent entry into the championships shall rest with the commissioner (or his designee). Both the chancellor and athletics director of the offending institution are to be notified about the fine.
3. Athletes scratched after 12 noon on Wednesday must be scratched from all events.
4. The host institution must provide each participating institution with heat sheets no later than 4:00 p.m. on the Thursday prior to the championships. The host institution is expected to review the heat/flight sheets for errors prior to sending them out to the participating institutions.
5. The NCAA conversion-of-times method will be employed for the honor roll and for seeding the conference championships. Entries must be submitted with the actual race time. The Honor Roll Manager and the Meet Director will do all conversions. Coaches need to provide Proof of Performance upon request.
6. Track performances obtained on an oversized or banked track must be converted by the maintainer of the conference honor roll to a flat 200 meter or 55 meter (sprint & hurdles) track time using NCAA Division III conversions.
7. Number of entries allowed:
  - a. Entries into the conference meet must be listed in the top 24 performances on the final WIAC Honor Roll. In addition, each institution will be allowed to enter one (1) relay team in each relay event and up to four (4) wild card participants into the conference indoor and outdoor championships.
  - b. No institution is permitted more than six (6) indoor and eight (8) outdoor declared athletes in any one event.
  - c. Wild card entries must be identified on the list of entries submitted by each coach to the meet director. Marks should not be submitted for wild card entries.
  - d. A full-performance (i.e., start) is required for multi-event submissions.

8. The official heat/flight sheets shall contain the best times/distances in the current season beside each competitor's name. For the indoor championships, only the current indoor season performances can be utilized and for the outdoor championships, only the current outdoor season performances can be utilized. During the outdoor season, qualifying marks and inclusion on the honor roll must be made using an outdoor facility except for those field events that are moved indoors for safety reasons by a decision of a competition's games committee.
9. In the Combined Events, the head coach will supply the meet director with the entered athletes' best performances in the high jump and pole vault for the purpose of assigning athletes to sections when the host school is utilizing multiple pits to conduct the competitions.
10. Conference records are to be based on performance in the conference championship meets only. The meet director or designee shall verify and approve all conference records in running and field events in accordance with NCAA rules. The meet director shall also be responsible for ensuring that all conference records are reported to the WIAC Office.

**E. Expenses**

1. All expenses and payments for Conference Championships (with the exception of awards) shall be the responsibility of the host institution. This includes payments for officials and fully automatic timing (FAT) equipment/expenses.
2. A fully automatic timing system must be used by the host institution.
3. A fully automatic back-up timing system must also be available at the indoor and outdoor championships.

**F. Officials**

1. Required officials: starters (2), track referee, field referee, clerk of course.
2. The conference office shall be responsible for securing and contracting the two starters for the conference championships. Each starter shall receive a stipend of \$250.
3. The host institution will be responsible for the official's fees, lodging and mileage. Mileage and/or lodging is to be provided as follows:

<u>Travel Distance (one way)</u>	<u>Mileage</u>	<u>Lodging*</u>
0-24 miles	\$ 0	No
25-49 miles	\$30	Yes
50-99 miles	\$40	Yes
100-199 miles	\$50	Yes
200-249 miles	\$60	Yes
250 or more miles	\$70	Yes

\* Lodging is to be provided only if it is a multi-day event or an early morning start time necessitates that the official(s) travel the night before. Lodging arrangements are to be coordinated through the host institution.

4. All other meet personnel (e.g., field referee, running referee, clerk of course, etc.) are to be selected, contracted and paid by the host institution.
5. The Men and the Women shall each have a separate games committee comprised of the head coaches of the institution that hosted the championships the year before, the institution currently hosting, and from the institution hosting the following year. The commissioner (or designee) shall serve as an ex-officio member of the committees.

## G. Rules

1. Current NCAA Track & Field/Cross Country Rule Book shall be followed for the competitions.

[Note: The conference has established a more restrictive application of the “failure to participate” rule by stipulating that any student-athlete who voluntarily removes himself/herself during a competition (other than a combined event) shall be precluded from competing in any subsequent events.]

2. The official heat sheets shall contain the best times and distances beside each name. These times must be listed in both yards and metric.
3. Special Rules
  - a. Indoor - Special rules for heats in the preliminaries and sections in the finals appear in **Attachment #2.**
  - b. Outdoor – Special rules for heats in the preliminaries and sections in the finals appear in **Attachment #2.**
4. There shall be a minimum of three inspectors on the corners for a total of six inspectors.
5. Field events:
  - a. Must be conducted as per current NCAA Rules.
  - b. Must (absolutely) be recorded in metric first.
  - c. Use five-alive method in all vertical jumps for both open and combined events.
6. The indoor and outdoor championships shall be scored to eight (8) places.
7. Indoor and Outdoor - Scoring must follow current NCAA Track and Field Rule Book.
8. The starting heights for the men’s and women’s pole vault and high jump be established by reducing the height by two (2) increments from the 10<sup>th</sup> place performance mark on the last honor roll prior to the championships.
9. The determination of acceptable spike for use at the WIAC Indoor Track & Field Championships is left to the discretion of the host institution. The type and maximum length (the length of spike protruding beyond the sole of the shoe) of spike allowed is as follows:

Oshkosh	Pyramid or Christmas Tree	¼”
Platteville*	Pyramid	¼”
River Falls	Pyramid	¼”
Stevens Point	Pyramid	¼”
Stout	Pyramid or Christmas Tree	¼”
Superior*	Pyramid	¼”
Whitewater*	Pyramid or Christmas Tree	¼”

\* spikes are not allowed on the high jump approach area.
10. Absence from competition rule. A summary of this rule can be found in Attachment # 7 of the sport code. This summary shall be distributed to all head field event officials prior to the indoor and outdoor WIAC Championships.
11. The conference shall follow established NCAA policy with respect to restarting any race that is terminated/suspended while in progress.

## H. Indoor - Inclement Weather Policy

To Be Developed.

## **I. Updating Team Scores During the Meet**

Team scores are to be announced during the meet and posted following the official certification of the results from each event.

## **J. Posting of Results During the Competition**

Results should be posted as soon as possible after the completion of each event in an area designated for coaches and meet officials only. Heat times are not to be posted publicly (e.g., scoreboard) prior to the completion of all preliminary heats in any particular event.

## **K. Final Results**

Final printed results should recognize/list every competitor. Results should be listed in English and metric.

## **L. Games Committee**

A games committee shall be convened to address issues that arise during the conference championship which are not covered in the Operating Code. A separate games committee shall be in place for both men and women and each committee shall be comprised of the head coaches of: (1) the institution that hosted the championships the year before; (2) the institution currently hosting, and (3) the institution hosting the following year. The commissioner (or his designee) shall serve as an ex-officio member of the committees.

## **M. Infield Management**

It is the responsibility of everyone connected with the championships (e.g., event management, meet officials, coaches) to ensure that non-competitors are to be kept out of the infield area with the exception of those areas that may be designated for spectator seating/viewing.

## **V. AWARDS [See WIAC Administrative Regulation Article 24]**

### **A. Conference Championship**

1. A championship award (plaque or trophy) will be awarded to both the men's and women's championship team. Members of the championship teams will receive a certificate.
2. Medals will be presented to the top eight (8) individual finishers in each event as well as the top six (6) relay teams. Event winners and runners-up earn first-team and second team all-conference recognition, respectively.
3. The awards will be presented immediately following the conclusion of the finals for each event.  
Note: A sequence for the presentation of the awards will be developed and will be included in the sports code and in the pre-meet information.
4. The host institution must designate an awards custodian(s) who is responsible for ushering competitors to the awards area immediately following the conclusion of each event.

### **B. Athlete-of-the-Week**

Each week during the season, the conference office will select a male and a female track athlete-of-the-week and a male and female field athlete-of-the-week for both indoor and outdoor track and field when nominations and data are sufficient. The recipients will receive a plaque from the conference. A relay team may be nominated to receive this award.

*[Note: Effective with the 2009-10 academic year, the athlete of the week will be selected by the track & field sport committee in accordance with the process and criteria established by the sport committee and within the submission timelines stipulated by the conference office.]*

**C. Coach-of-the-Year**

A coach-of-the-year will be selected by the coaches for both men's and women's track and field on the Monday following the completion of the championships in accordance with the criteria established in WIAC Administrative Regulation 24.4. The recipients will receive an award from the conference office.

**D. Scholar-Athlete Award**

A scholar-athlete will be selected for both men's and women's track and field at the conclusion of the indoor and outdoor seasons in accordance with the criteria established in WIAC Administrative Regulation 24.5. The recipients will receive an award from the conference. In men's sports, the award shall be entitled the "**Max Sparger Scholar-Athlete Award**". In women's sports, the award shall be entitled the "**Judy Kruckman Scholar-Athlete Award**".

**E. Track Performer of the Meet/Field Performer of the Meet**

A male and female track performer and field performer of the meet will be selected at both the indoor and outdoor championships and shall be determined on the basis of a point system (**Refer to Attachment #5.**). The recipients will receive an award from the conference.

**F. All-Sportsmanship Team**

An All-Sportsmanship team will be named at the conclusion of the indoor and outdoor seasons. The team will consist of one member from each team (as selected from that team) who displays exemplary sportsmanship throughout the season. Each member of the All-Sportsmanship team will receive a certificate from the conference office. In outdoor track & field, the award will be presented in memory of **Larry Zirgibel**.

**VI. SPORT CHAIR/SPORT COMMITTEE MEETING**

**A. Sport Chair**

The Sport Chair will be elected at the end-of-the-season Coaches' Meeting. [See WIAC Administrative Regulations 24.2 for duties and responsibilities of sport chairs].

**B. Track and Field Sport Committee Meeting**

1. The track and field sport committee shall conduct its regular business meeting beginning at 1:00 p.m. the Thursday prior to the WIAA State Track and Field Meet at the site of that meet.
2. All WIAC track and field coaches' actions/motions that have impact on both the women's and men's groups must be made at a joint meeting of both groups. Examples: order of events; meet schedule; financial matters; etc.
3. Scheduling for the following year(s) shall also take place at this meeting.

**2009 INDOOR CHAMPIONSHIP**

Date: Saturday & Sunday, February 28-March 1, 2009  
Site: UW-Stout  
Meet Directors: Joe Harlan

## **2009 OUTDOOR CHAMPIONSHIP**

Date: Friday and Saturday, May 1-2, 2009  
Site: UW-Oshkosh  
Meet Directors: Al Ackerman/Deb Vercauteren/John Zupanc

Sport Chair: Josh Buchholtz, UW-La Crosse  
July 1, 2008 to June 30, 2009

Sport Committee Meeting: 12:00 Noon, Thursday, June 4, 2009; UW-La Crosse

**WIAC INDOOR and OUTDOOR TRACK/FIELD COURTESY SHEET**

Contest Information	
UW - _____	vs _____
Date _____	Time _____
Site _____	
Officials _____	
Uniform Color:	
Game Ball:	
Bench Location:	
Dressing Room:	
Restrooms:	
Training Rooms:	
Publicity:	
Parking:	
Housing:	
Restaurants:	
Campus Map:	
If you have any questions, please write or call:	
Name: _____	
Address: _____	
_____	
_____	
_____	
_____	
Phone: _____	

**WIAC INDOOR TRACK AND FIELD CHAMPIONSHIP  
RULES FOR PRELIMINARY AND FINAL HEATS**

- A. The number of finalists for all field events shall be nine (ties per NCAA rules). The time between flights and between preliminary flights and finals should begin as soon as the qualifiers are announced at the competition venue. This announcement should be as soon as possible following the completion of the final preliminary flight.
- B. Track event finals shall qualify finalists as follows:
1. 55M: 1 section of 8
  2. 55M Hurdle: 1 section of 8
  3. 200M and 400M: 2 sections (4 in the slow section and 5 in the fast section), fast section runs last.
  4. 800M: 1 section of 9 run in alleys.
  5. Mile, 3000M and 5000M: finals only, sections based on time, fast section runs last, one section for 15 or fewer competitors; two sections for more than 15 competitors with 12 in the fast section.
  6. Distance Medley Relay: 1 section of 9
  7. 4 X 200M Relay: 2 sections (4-5 women) (4-5 men), fast section runs last.
  8. 4 X 400M Relay: 2 sections (4-5 women) (4-5 men), fast section runs last.
- C. All oval races shall start as follows:
1. 400M and 4 x 400M Relay: 2 turn stagger by lanes
  2. 4 x 200M Relay: 3 turn stagger by lanes; acceleration zones are not to be used for exchanges 2 or 3.
  3. 800M: 2 turn stagger by alleys
  4. Distance Medley Relay by waterfall
  5. Mile, 3000M and 5000M by double waterfall.
- D. Seeding the sprints:
1. All running events (prelims and finals) contested at the indoor and outdoor championships shall be seeded in “preferred lanes” in the following priority order:  
Indoor Championships – lanes 4, 5, 6, 3, 7, 2, 8, 1 for all events run on the straightaway.  
Indoor Championships – lanes 4, 5, 6, 3, 2, 1 for all events run on the curve(s).  
Outdoor Championships – lanes 4, 5, 6, 3, 7, 2, 8, 1, 9
  2. The 55m, 55h, 200m and 400m are to be seeded based on FAT (times) only.
- E. Seeding the relays:
1. Relays with an even number of participating teams should be divided equally between the two heats (e.g., 8-teams participating would require 4 teams in each heat).
  2. Relays with an odd number of teams shall seed the larger number of teams into the fast heat (e.g., 7-teams participating would require 4 teams in the fast heat and 3 teams in the slow heat).
- F. Advancing to Finals:
1. The method for advancing runners to the finals in events with preliminaries will be to advance the heat winners and all others will advance on times.
- G. The Indoor Championships time schedule (**See Attachments #3a and #3b**).

**WIAC OUTDOOR TRACK AND FIELD CHAMPIONSHIP  
RULES FOR PRELIMINARY AND FINAL HEATS**

- A. The number of finalists for all field events shall be nine (ties per NCAA rules).
- B. All sprints (100, 100 hurdles, 200, 400, 400 hurdles) contested at the outdoor championships shall be seeded into “preferred lanes”.
- C. All relays contested at the outdoor championships shall be seeded into “preferred lanes”.
- D. In instances in which the meet director has determined that unfavorable wind conditions exist, the track is to be reversed for the 100m, 100/110m hurdles, 200m including the combined events.
- E. The distance races shall be seeded as follow:
  - 1. 1500M and Steeplechase: one section for 15 or fewer competitors; two sections for more than 15 competitors with 12 in the fast section.
  - 2. The 5000M shall be run in one section only.

**WIAC INDOOR TRACK/FIELD CHAMPIONSHIP MEET  
(Men's Events First)**

**SATURDAY**

11:00 a.m.	WIAC Men's Coaches Meeting	
11:30 a.m.	Men's Pentathlon 55 Meter Hurdles (F)	<u>Men's Pentathlon Order</u>
12:00 p.m.	Men's Shot Put (TF)	55 Meter High Hurdles
	Men's Pole Vault (TF)	High Jump
	Men's Long Jump (TF)	Shot Put (Throws Circle #2)
1:15 p.m.	Men's 55 Meter High Hurdles (T)	Long Jump
1:30 p.m.	Men's 55 Meter Dash (T)	800 Meter Run
1:45 p.m.	Men's 400 Meter Dash (T)	(allow ½ hour between events)
2:05 p.m.	Men's 800 Meter Run (T)	
2:25 p.m.	Men's 5000 Meter Run (F)	
2:30 p.m.	WIAC Women's Coaches Meeting	
2:55 p.m.	Men's 200 Meter Dash (T)	
3:15 p.m.	Men's Distance Medley Relay (F)	
4:00 p.m.	Women's Long Jump (TF)	
	Women's Shot Put (TF)	
	Women's High Jump (TF)	
	Women's Pole Vault (F)	
5:00 p.m.	Women's 55 Meter High Hurdles (T)	
5:15 p.m.	Women's 55 Meter Dash (T)	
5:30 p.m.	Women's 400 Meter Dash (T)	
5:50 p.m.	Women's 800 Meter Dash (T)	
6:10 p.m.	Women's 5000 Meter Run (F)	
6:40 p.m.	Women's 200 Meter Dash (T)	
7:00 p.m.	Women's Distance Medley Relay (F)	

Note: The Men's Pentathlon start time may be required to move earlier in the meet if the facility has only one jump pit. Otherwise conflict may develop with the open long jump.

(T = Trials; F = Finals; TF = Trials followed by Finals)

**WIAC INDOOR TRACK/FIELD CHAMPIONSHIP MEET  
(Men's Events First)**

SUNDAY

8:30 a.m.	Coaches' Meeting	
9:20 a.m.	Women's Pentathlon Hurdles	<u>Pentathlon Order (Women)</u>
11:00 a.m.	Men's Triple Jump (TF)	55 Meter High Hurdles
12:00 p.m.	Men's 35 # Weight Throw (TF)	High Jump
1:00 p.m.	Men's 4 X 200 Meter Relay (F)	Shot Put
	Men's High Jump (F)	Long Jump
1:15 p.m.	Women's 4 X 200 Meter Relay (F)	800 Meter Run
1:30 p.m.	Men's Mile Run (F)	(allow ½ hour between events)
1:50 p.m.	Women's Mile Run (F)	
2:00 p.m.	Women's Triple Jump	
2:15 p.m.	Men's 55 Meter High Hurdles (F)	
2:20 p.m.	Women's 55 Meter High Hurdles (F)	
2:25 p.m.	Men's 55 Meter Dash (F)	
2:30 p.m.	Women's 55 Meter Dash (F)	
	Women's 20 # Weight Throw	
2:40 p.m.	Men's 400 Meter Dash (F)	
2:50 p.m.	Women's 400 Meter Dash (F)	
3:00 p.m.	Men's 800 Meter Run (F)	
3:05 p.m.	Women's 800 Meter Run (F)	
3:40 p.m.	Men's 200 Meter Dash (F)	
3:50 p.m.	Women's 200 Meter Dash (F)	
4:00 p.m.	Men's 3000 Meter Run (F)	
4:30 p.m.	Women's 3000 Meter Run (F)	
5:00 p.m.*	Men's 4 X 400 Meter Relay (F)	
5:15 p.m.*	Women's 4 X 400 Meter Relay (F)	
5:35 p.m.	Presentation of Team and Special Awards	

\* The Men's or Women's 4 X 400 Meter Relay will be contested when all other events of the same gender have been completed.

(T = Trials; F = Finals; TF = Trials followed by Finals)

**WIAC OUTDOOR TRACK/FIELD CHAMPIONSHIP MEET  
(Women's Events First)**

FRIDAY

11:00 a.m.	WIAC Women's Coaches' Meeting	
12:00 p.m.	Women's Heptathlon 100 Meter Hurdles	<u>Heptathlon Order</u>
	Women's Hammer Throw (TF)	100 Meter Hurdles
	Women's Pole Vault	High Jump
12:15 p.m.	Women's 100 Meter High Hurdles (T)	Shot Put
12:30 p.m.	Women's Long Jump (TF)	200 Meter Dash
12:35 p.m.	Women's 400 Meter Dash (T)	(allow ½ hour between events)
12:55 p.m.	Women's 100 Meter Dash (T)	
1:15 p.m.	Women's 800 Meter Run (T)	
1:35 p.m.	Women's 400 Meter Intermediate Hurdles (T)	<u>Decathlon Order</u>
1:50 p.m.	WIAC Men's Coaches' Meeting	100 Meter Dash
1:55 p.m.	Women's 200 Meter Dash (T)	Long Jump
2:00 p.m.	Women's Javelin Throw (TF)	Shot Put
2:20 p.m.	Women's 3000 Meter Steeple Chase (F)	High Jump
2:50 p.m.	Men's Decathlon 100 Meter Dash	400 Meter Dash
3:00 p.m.	Women's 10,000 Meter Run (F)	(allow ½ hour between events)
3:15 p.m.	Men's Hammer Throw (TF)	
3:50 p.m.	Women's 4 x 800 Meter Relay (F)	
4:00 p.m.	Men's Pole Vault (F)	
4:05 p.m.	Men's 110 Meter High Hurdles	
4:25 p.m.	Men's 400 Meter Dash (T)	
4:30 p.m.	Men's Long Jump (TF)	
4:45 p.m.	Men's 100 Meter Dash (T)	
5:05 p.m.	Men's 800 Meter Run (T)	
5:25 p.m.	Men's 400 Meter Intermediate Hurdles (T)	
5:30 p.m.	Men's Javelin Throw (TF)	
5:45 p.m.	Men's 200 Meter Dash (T)	
6:10 p.m.	Men's 3000 Meter Steeple Chase (F)	
6:40 p.m.	Men's 4 x 800 Meter Relay (F)	
7:00 p.m.	Men's 10,000 Meter Run (F)	

Note: Women's 10,000 meter race will be run as the last event on Friday if necessary due to weather (heat/humidity)

(T = Trials; F = Finals; TF = Trials followed by Finals)

**WIAC OUTDOOR TRACK/FIELD CHAMPIONSHIP MEET  
(Women's Events First)**

SATURDAY

10:00 a.m.	Men's Decathlon 110 Meter High Hurdles	
10:30 a.m.	Men's Triple Jump (TF)	
11:00 a.m.	Women's Heptathlon Long Jump	<u>Heptathlon Order</u>
	Women's High Jump (F)	Long Jump
	Women's Discus (TF)	Javelin
	Men's Shot Put (TF)	800 Meter Run
1:00 p.m.	Men's High Jump (F)	(allow ½ hour between events)
	Men's Discus (TF)	
	Women's Shot Put (TF)	
1:30 p.m.	Women's Triple Jump (TF)	
1:30 p.m.	Women's/Men's 400 Meter Relay (F)	<u>Decathlon Order</u>
1:45 p.m.	Women's/Men's 1500 Meter Run (F)	110 Meter Hurdles
2:10 p.m.	Men's 110 Meter High Hurdles (F)	Discus
2:25 p.m.	Women's 100 Meter High Hurdles (F)	Pole Vault
2:30 p.m.	Women's/Men's 400 Meter Dash (F)	Javelin
2:50 p.m.	Women's/Men's 100 Meter Dash (F)	1500 Meter Run
3:00 p.m.	Women's/Men's 800 Meter Run (F)	(allow ½ hour between events)
3:20 p.m.	Women's/Men's 400 Meter Intermediate Hurdles (F)	
3:35 p.m.	Women's/Men's 200 Meter Dash (F)	
3:50 p.m.	Women's/Men's 5000 Meter Run (F)	
4:35 p.m.*	Women's/Men's 4 X 400 Meter Relay (F)	
	Presentation of Team and Special Awards	

\* The Men's or Women's 4 X 400 Meter Relay will be contested when all other events of the same gender have been completed.

(T = Trials; F = Finals; TF = Trials followed by Finals)

## Men's and Women's Athlete of the Meet Information

### Data Entry:

Host school must collect and provide the following information to the timing official prior to the meet. Information is to be entered into the meet software if application allows: (all of the following must be indicated in some way on the meet results)

- WIAC meet records
- WIAC seasons best mark for each event
- Host institution's facility records

### Points Summary:

Following the completion of the men's track events, women's track events, men's field events, women's field events, *individually*, the timing official will produce a summary of points scored by competing individuals: (total of four summaries)

- Sum of points scored, per individual, in all running events including  $\frac{1}{4}$  of total relay points scored in given relay
  - One summary for males and one summary for females
- Sum of points scored, per individual, in all field events
  - One summary males and one summary for females

### Relays:

Relay cards **must be submitted upon check-in** for that event. If changes to relay are made following check-in, coaches must notify timing official immediately following completion of the race.

### Tabulation of Scores:

The head coach(es) of the institution that hosts the championships in the succeeding year is responsible for compiling the points. The following are to be tabulated and award given to high scorer:

- Total points scored by individual in competition
- WIAC meet records 5 Points
- WIAC seasons best mark for each event 3 Points
- Host institution's facility records 1 Points

### Recommendations:

The biggest problem with the tabulation process is time. It is hard to get all this information tabulated in a short time following the completion of the events. If the timing official is using Hy-Tek Meet Manager (as most do) and has meet records, season's best marks, and facility records enter into software, the program can indicate on results all of these listed accomplishments. The software will also give final points tabulation upon completion of all running events and at the completion of all field events per gender. Be sure the timing officials UPDATE after Day 1 if records are broken. Also, it may be advantageous to start compiling points scored by meet records, season's best, and facility records at the completion of Day 1.

**WIAC TRACK & FIELD**  
**PROTEST FORM**

**Event** \_\_\_\_\_

**Date/Time of Protest** \_\_\_\_\_

**Name of Individual Filing Protest** \_\_\_\_\_

**Name of Institution of Person Filing Protest** \_\_\_\_\_

**Reason for Protest: (Rule Violation)** \_\_\_\_\_

\_\_\_\_\_  
**Signature of Protest Person**

**Action by Referee:**

**Protests must be filed no later than 30 minutes after the results have been announced.**

## **NCAA Track and Field Rule 6, Section 1, Article 5 Absence from Competition**

### **Absence From Competition**

ARTICLE 5. If a competitor is competing in another event that requires a long absence, the head judge of an event may allow that competitor to take qualifying or preliminary attempts out of the official order, within the competitor's designated flight, which may or may not be in succession. Excused competitors must not delay the start of the finals.

Should a competitor miss a turn in the finals, the head judge shall refuse permission for that competitor to take that turn.

In the vertical jumps, competition must continue in the excused competitor's absence; the athlete shall compete at the existing height upon return. The head judge of the event may allow the competitor to take attempts out of the official order, which may or may not be in succession.

In events other than the vertical jumps, if a competitor is not present for an attempt in the finals, it shall be deemed that the competitor is passing once the allowable time period for the attempt has elapsed.

### **Completion of Preliminaries**

ARTICLE 6. Each flight in the preliminaries is completed when the last competitor in the flight has either taken the final attempt or the time limit for the attempt has expired.

## **Rule 9, Section 1, Article 2 Combined Events**

### **Applicable Rules**

ARTICLE 2. The rules for each of the events constituting the competition shall apply, except:

- a. Each competitor shall be allowed only three attempts in the long jump and throwing events. These attempts must be taken in order.

### **Grouping Field-Event Competitors**

ARTICLE 4. All competitors shall compete in field events in one continuous flight drawn by lot. (Example: If there are 16 entries, all 16 shall take one attempt, or pass, before the initial competitor takes a second attempt.) In the vertical jumps, the five-alive method of competition shall be used (see Rule 6-4-3).

Example: An athlete is entered in the combined events and the long jump competitions. The combined event high jump and the long jump are being competed at the same time. The athlete clears a height in the high jump, checks out and is present at the beginning of his/her assigned flight in the long jump. The athlete chooses to go first and take 3 jumps in succession in order to return to the high jump so that he/she is there when called at the next height. This is permissible. If timing dictates, the athlete may choose to take all 3 jumps at the end of the assigned flight in the long jump. The athlete could choose to take 2 jumps in round one of the long jump and the third jump in round 2. The only flexibility that the athlete has is within the conduct of the assigned flight of the long jump. The combined events dictate that the athlete must be present when called, or forfeit that attempt. In the finals of the long jump, the athlete must attempt a jump when called or will forfeit that attempt.