



Men's & Women's Indoor Track & Field Championships
Sports Guide and Meet Information

Last Updated 2/6/18

Friday, February 23rd – Saturday, February 24th
Hosted by Carthage College

Entry Procedures (Week of CCIW Championships)

- Monday, February 19th (5pm) - Final indoor ranking lists will be posted (TFRRS).
- Tuesday, February 20th (Noon) – Deadline to challenge a seed performance.
- Wednesday, February 21st (7:00pm) – Entry deadline.
 - Final entry list is posted after entry deadline.
- Wednesday, February 21st (9:00pm) - Deadline for entry corrections.
 - \$100 fine for each event omitted (Games Committee discretion).
 - **Only** athletes omitted from the meet may be added.
- Thursday, February 22nd (10:00am) – Heat sheets will be posted.
- Thursday, February 22nd (Noon) – Deadline for any corrections.
- Thursday, February 22nd (Noon) – HJ/PV opening heights & progressions released.

Entry Information

- All Entries must be entered via website only: www.directathletics.com
- Email, phone, or faxed entries will not be accepted.
- Decathlon/Heptathlon: Entries required for 60M, 60 H @ Wednesday, February 21st (7:00pm) on CCIW Combined Events account on Direct Athletics.
- 5 entries per individual event; 1 entry per relay event
- Entries must be verifiable during the current indoor season on TFRRS list.
- If any performance marks are tied, for seeding purposes, the descending order on TFRRS will be used. The higher rank will receive priority. TFRRS ranks in order of 1st best, 2nd best, etc.

Scoring/Awards

- Individuals: 10-8-6-5-4-3-2-1
- Relays: 10-8-6-5-4-3-2-1
- All-Conference Honors: Top-8 individuals & Top-4 relays
- Awards Ceremony: Team, Individual/Relay Champions, and Specials Awards will be announced.

Officials/Games Committee

- 2 Starters: Dave Manderfeld, Steve Battle
- Referees: Track: Dave Manderfeld, Field: Scott Lindgren
- Other officials: Matt DeWitt, Jeff Watry, Jack Rawerdink, Cale Brown, Elizabeth Kaht, Glen Rawerdink, Pam Rawerdink
- Timing Services: Sportstats, A.J Mousseau (Head Timer) & Aaron Hotovy (Assistant Timer)
- Games committee:
 - *Jim Akita - Elmhurst, Steve Imig - North Park, David Thompson - Augustana*
- HJ/PV Opening heights/progressions: Scott Bradley (Wheaton), Greg Huffaker (IWU) – Thursday, February 22nd (Noon).

Coaches Meeting, Check-In & Weigh-in

- Coaches check-in: Friday – 10:00am – 11:30am at the finish line
 - Coaches/Officials meeting: Friday & Saturday – 11:30am at the finish line
 - Weigh-in: Friday – 9:45am – 10:45am & 12:30pm – 1:30pm at the throwing venue
 - Weigh-in: Saturday – 10:45am – 11:45am at the throwing venue
- Illegal implements will be impounded. Coaches may pick up implements after competition.*



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Results/Protest

- "Official" print results will be posted on results boards at the main entrance of the track facility.
- Live results website will be available at <http://results.sportstats.ca/tflive/CCIW/>
- Final results will be available for pick-up at timers table following the conclusion of the last event.
- Coaches will have 30 minutes after the "Official" print results are posted to file a protest. Official results will have a written time stamp. An NCAA protest form must be brought to the timers table for a Track/Field Referee to review.

Facility

- Facility opens at 9:00am for teams on Friday and Saturday.
- Team camps will be located on the 2nd floor below the track facility.
- 200m – 6 lanes.
- 8 lanes on the straight away...7 useable lanes during Pole Vault.
- 2 LJ/TJ runways.
- ¼" pyramid spike (exposed) maximum allowed.
- Spiked surface for all running and jumping events.
- Chalk only for field event marks – Chalk will be provided at event site.
- No food on the track level.
- No headphones on track level.
- Throws seating behind barriers and in stands only!

Athletic Training/Medical

- Athletic Trainer: Zach Tavs, 920.979.9541, ztavs@carthage.edu
- Athletic Trainer: Dexter Molinaro, 262.515.4866, dmolinaro@carthage.edu
- Athletic Training: Athletic Training (AT) staff will be stationed in the facility near the main entrance of the track. In addition, the sports medicine center (SMC) will be available throughout the meet on the first floor. However, depending on timing, athletes may need to speak to AT staff at the track to gain access to the SMC. Modalities will be available in the SMC with written or emailed documentation signed by the team's AT if they are not travelling with the team.
- Hours: Friday – 9:00am – 6:30pm Saturday – 8:45am – 6:00pm

Parking

- Bus Parking: Busses will be directed to off campus parking following drop off. Maps will be provided.

Key Contacts

- Meet Director: Josh Henry, 262.945.5735, jhenry2@carthage.edu
- Meet Director: Steph Domin, 262.945.8528, sdomin1@carthage.edu
- Administrator: Chris Barker, 262.515.6463, cbarker1@carthage.edu
- Sports Information: Phil Burwell, 262.551.6107, pburwell@carthage.edu



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Meet Schedule

Friday, February 23rd: Running Events

11:00 a.m.	Heptathlon 55/60 Meters (Men)
11:15 a.m.	Pentathlon 55/60 Meter Hurdles (Women)
3:40 p.m.	5,000 Meters (Women Slow if necessary)
4:05 p.m.	5,000 Meters (Men Slow if necessary)
4:30 p.m.	5,000 Meters (Women Fast section)
4:55 p.m.	5,000 Meters (Men Fast section)
5:15 p.m.	Distance Medley Relay (Women)
5:30 p.m.	Distance Medley Relay (Men)

Friday, February 23rd: Field Events

1:00 p.m.	Long Jump (Men)
1:30 p.m.	Pole Vault (Women)
1:45 p.m.	20# Weight Throw
3:30 p.m.	Long Jump (Women)
4:00 p.m.	Pole Vault (Men)
	Minimum 30 minutes after women's PV
4:00 p.m.	35# Weight Throw

Pentathlon Events: 60 Hurdles, High Jump, Shot Put, Long Jump, 800 Meters

Heptathlon Events (Friday): 60 Meters, Long Jump, Shot Put, High Jump

Saturday, February 24th: Running Events

10:45 a.m.	55 Hurdles – Qualifying Round
11:00 a.m.	Heptathlon 60 Meter Hurdles (Men)
11:15 a.m.	55 Meters – Qualifying Round
12:00 p.m.	55 Meter Hurdle Semifinal (W-M)
12:25 p.m.	55 Meter Dash Semifinal (W-M)
12:50 p.m.	Mile Run (W-M)
1:40 p.m.	55 Meter Hurdle Final (W-M)
1:55 p.m.	400 Meters (W-M)
2:40 p.m.	55 Meter Dash Finals (W-M)
2:50 p.m.	800 Meters (W-M)
3:25 p.m.	200 Meters (W-M)
4:10 p.m.	3000 Meters (Women slow if necessary)
4:25 p.m.	3000 Meters (Women fast)
4:40 p.m.	3000 Meter Run (Men slow if necessary)
4:55 p.m.	3000 Meter Run (Men's fast)
5:10 p.m.	4 x 400 Meter Relay (W-M)
5:45 p.m.	Awards Presentation

Saturday, February 24th: Field Events

12:00 p.m.	High Jump (Women)
12:00 p.m.	Triple Jump (Men)
12:00 p.m.	Shot (Men)
2:30 p.m.	High Jump (Men)
2:30 p.m.	Triple Jump (Women)
2:30 p.m.	Shot (Women)

Heptathlon Events (Saturday): 60 Hurdles, Pole Vault, 1000 Meters



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Indoor Track & Field Championship Technical Sheet

Event	Seeding	Advancement	Special note
55/60 Meters 55/60 Hurdles (Qualifying)	Serpentine seeding; Random lane assignments	Top 8 best times advance to semifinal round	Contest only if 33 or more competitors; Carthage-contest only if 29 or more; top 24 performances will automatically advance to Semi-final round
55/60 Meters (Semifinal)	Serpentine seeding; random lane assignments	At least 1 heat winner + next fastest (total=8)	
55/60 Meter (Final)	Heat winners' times and then by qualifying times (lane preference: 4-5-3-6-2-7-1-8)		Heat winners first, then next fastest times for lanes preferences
55/60 Hurdles (Semifinal)	Serpentine seeding; random lane assignments	At least heat winner + next fastest (total=8)	
55/60 Hurdles (Final)	Heat winners' times and then by qualifying times (lane preference: 4-5-3-6-2-7-1-8)		Heat winners first, then next fastest times for lanes preferences
200 Meters	Lane preferences (5-6-4-3); Slow to fast	Sections against time	All heats will have 4 athletes
400 Meters	Lane preferences (4-5-6-3)); Slow to fast	Sections against time	All heats will have 4 athletes
800 Meters	Alley Preference: Alley 1: #3, 6, Alley 2: #1, 4, 7 Alley 3: #2, 5, 8 Slow to fast	Sections against time	2 turn stagger; 3 alley start; all sections will have 8 athletes;
Mile	Random order within section; Slow to fast	Sections against time	Waterfall start; best section will have 10 athletes
3000 Meters	Random order within heat; Slow to fast	Sections against time	Waterfall start; best section will have 15 athletes
5000 Meters	Random order within heat; Slow to fast	Sections against time	Waterfall start; best section will have 15 athletes
4x400 Relay	Lane preferences (4-5-6-3-2); Slow to fast	Sections against time	Section 1-5 teams; Section 2-4 teams
Distance Medley Relay	Random order within heat		Waterfall start
Long/Triple	Worst to best flights; random order within flights	Top 9 marks advance to finals	Maximum Flight #14; Cannot change flights
Long/Triple (final)	Worst to best		Cannot change order
Shot/Weight	Worst to best flights; random order within flights	Top 9 marks advance to finals	Maximum Flight #14; Cannot change flights
Shot/Weight (final)	Worst to best		Cannot change order
Pole Vault	Random order		
High Jump	Random order		
Pentathlon 60 Hurdles	Seeded by time; Random order; Slow to fast	Sections against time	
Pentathlon HJ, SP, LJ	Random order		Cannot change order
Heptathlon 60 Meters, 60 Hurdles	Seeded by time; Random order; Slow to fast	Sections against time	
Heptathlon LJ, SP, HJ, PV	Random order		Cannot change order