

# **NCAA DIVISION I MEN'S AND WOMEN'S TRACK AND FIELD**



## **2019 INDOOR TECHNICAL MANUAL**

*Updated 1/3/19*

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## INTRODUCTION

This manual outlines the technical procedures for competition for the 2019 NCAA Division I Men's and Women's Indoor Track and Field Championships and provides case studies of situations that may arise during the course of the competition. This manual contains three sections:

- The technical procedures for administration of the indoor championships.
- The relay policy for the competition; and
- Case studies, to assist coaches by reviewing and answering questions generated by situations.

This manual should be used in conjunction with the 2019 NCAA Division I Men's and Women's Indoor Track and Field Pre-Championships Manual, the 2019/2020 NCAA Track and Field/Cross Country Men's and Women's Rules Book, and NCAA Bylaw 31 of the 2018-19 NCAA Division I Manual, which pertain to the administration of NCAA championships. These publications will provide information about the policies governing NCAA championships.

Although this manual and the other publications attempt to cover all phases of the championships, if questions arise before the event, please feel free to contact NCAA championship manager Jeff Mlynski at the NCAA national office. Once competition begins, questions related to procedures not covered in this manual should be referred to the NCAA Division I Men's and Women's Track and Field and Cross Country Committee.

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## ADMINISTRATION OF THE CHAMPIONSHIPS

### 1. General Administration.

The administration of the Championships is the responsibility of the NCAA Division I Men's and Women's Track and Field and Cross Country Committee, the NCAA championships staff, and the director of athletics of the host institution. They will delegate duties and responsibilities and assign other personnel as necessary to ensure the efficient and effective administration and promotion of the Championships. The following will be used for assistance in the capacities indicated:

- a. The Meet Director. The meet director will be appointed by the director of athletics of the host institution.
- b. The Games Committee. The Games Committee will be the NCAA Division I Men's and Women's Track and Field and Cross Country Committee. The Games Committee will serve as the site review committee and have the responsibility to make any decisions or determinations necessary to protect the integrity of the Championships.
- c. The Meet Physician. The official meet physician will be appointed by the meet director and will be on site during all aspects of the competition to perform the duties prescribed in Rule 3-19 and Rule 3-20.
- d. The Referee. All Referee positions will be appointed by the NCAA Division I Men's and Women's Track and Field and Cross Country Committee and have the authority prescribed in Rule 3-4. There will be NO jury of appeal. The final decision will rest with the referees (a minimum of two (2) referees are required to address and agree on a final decision).

### 2. Qualifying for the Championships.

Qualification to the championships is based on the descending order list for the current indoor season, prepared solely from the mandatory submission of meet results during the current indoor season and adhering to the Qualifying Regulations published in the current season's Pre-Championships Manual. For each individual event contested at the Championships, the top 16 declared student-athletes will be accepted into the championships. For each relay event contested at the Championships, the top 12 declared relay teams will be accepted into the championships. The stated maximums are absolute and will not be extended as a result of ties.

Any descending order list ties, by mark, for the last position to be accepted, will be resolved by examining, of those tied, the second-best valid qualifying meet performance submitted during the current season, and so on until there is no basis for a mark comparison. For a tie not resolved after all available mark comparisons, acceptance will be awarded to the competitor who achieved the original tying mark later in the season. For a tie still not resolved, acceptance will be awarded to the competitor who achieved the second-best valid qualifying meet performance later in the season, and so on until there is no basis for date comparison. As a last resort, the tie for the last qualifying position will be decided by the toss of a coin. An example of this tie-breaking procedure is presented in the Case Studies section of this manual.

In the combined events (Heptathlon/Pentathlon), prior to deciding the last qualifying position by the toss of a coin, once all previously described tie-breaking methods have been exhausted, ties will be resolved by examining, of those tied, the competitor(s) who, in the greater number of events, has received more points than the other competitor(s). If a tie still exists, the competitor(s) with the highest number of points in any one event will win the tie. If still tied, the competitor(s) who have the highest number of points in a second event will win the tie. If a tie still remains, a third event will be examined

and so forth until there is no basis for point comparison. As a last resort, the tie for the last qualifying position will be decided by the toss of a coin.

After acceptance into the meet in any and all events, compliance with Rule 4-2.2, "Failure to Participate" and Rule 4-2.1 "Responsibility of Competitor" is required.

Information regarding declaration procedures, important dates, deadlines and fines, as well as NCAA policy on transportation, eligibility, and misconduct is available in the 2018-19 Pre-Championships Manual.

### 3. Competition Format for the Championships.

- a. The order of events will be determined by the NCAA Division I Men's and Women's Track and Field and Cross Country Committee. The NCAA Division I Men's and Women's Track and Field and Cross Country Committee retains its authority to set the competition procedures granted in the rules for unusual conditions, facility constraints, and other concerns such as broadcast coverage. The actual time schedule for the competition will be established by the NCAA Division I Men's and Women's Track and Field and Cross Country Committee and published on the NCAA website.
- b. The championships will be conducted as a two-day event, with the women's and men's events alternating throughout the schedule.
- c. The events contested in the Championships are the 60 Meters, 200 Meters, 400 Meters, 800 Meters, Mile, 3000 Meters, 5000 Meters, 60 Hurdles, 4x400 Relay, Distance Medley Relay, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw, Pentathlon (women), and Heptathlon (men).
- d. In all rounds of the 200 Meters, 400 Meters, and 4x400 Relay, lanes 3 through 6 will be used. In all other running events that start in lanes, all available lanes will be used. Semi-final round running event heats and lanes will be determined using Rule 5-11. Preliminary round competing order in horizontal field events will be drawn by lot using Rules 6-4.1 and 6-4.2. Competing order in vertical field events will be drawn by lot using Rule 6-4.3. Specific event details are in Section 5 of this manual.

### 4. Lane Assignments.

- a. Unless otherwise indicated, all lanes in the first round of competition in all events at the championships site, including the only round, will be drawn by lot as prescribed by Rule 5-11.4a.
- b. In all rounds after the first round, the lanes will be assigned as prescribed in Rule 5-11.4b. In the 60 Meters and 60 Hurdles, the preferred lane order will be: 4, 5, 3, 6, 2, 7, 1, 8. In the 200 Meters, 400 Meters, and 4x400 Relay, the preferred lane order will be: 5, 6, 4, 3, 2, 1.

### 5. Heats, Flights, Qualifying Procedures, and Staggers.

The provisions and procedures prescribed in Rules 6-2, 6-4, 5-10, and 5-11 regarding the formation, grouping, competition order, cancellation, or redrawing of heats or flights will apply in each round unless alternate provisions are allowed and specified in this section. Changes to heats or flights, predetermined by declaration, will be made only with Games Committee authorization.

#### a. 60 Meters and 60 Hurdles.

- (1) Two rounds will be contested, a semi-final and a final.

- (2) Semi-final: The semi-final round will consist of two heats of eight competitors.

Eight, the top two from each heat plus the next best four times, after tie-breaking, will qualify from the semi-final to the final.

Lane assignments in the semi-final round will be drawn by lot.

- (3) Final: The final will consist of one section of eight competitors. Lane assignments for the final will be made according to Rule 5-11.4b.

b. 200 Meters.

- (1) Two rounds will be contested, a semi-final and a final.

Lanes 3 through 6 will be used in all rounds.

- (2) Semi-final: The semi-final round will consist of four heats of four competitors.

The semi-final heats will be formed by seeding competitors from their qualifying performances, left to right (Rule 5-11.3a).

The eight best times, after tie-breaking, will qualify from the semi-final to the final.

Lane assignments in the semi-final round will be drawn by lot.

- (3) Final: The timed section final will consist of two sections of four competitors, seeded per Rule 5-11.3b on the basis of semi-final round qualifying times. Section one will consist of the third, fourth, sixth, and eighth fastest qualifiers. Section two will consist of the first, second, fifth, and seventh fastest qualifiers.

c. 400 Meters.

- (1) Two rounds will be contested, a semi-final and a final.

Lanes 3 through 6 will be used in all rounds.

- (2) Semi-final: The semi-final round will consist of four heats of four competitors.

The semi-final heats will be formed by seeding competitors from their qualifying performances, left to right (Rule 5-11.3a).

The eight best times, after tie-breaking, will qualify from the semi-final to the final.

Lane assignments in the semi-final round will be drawn by lot.

- (3) Final: The timed section final will consist of two sections of four competitors, seeded per rule 5-11.3b on the basis of semi-final round qualifying times. Section one will consist of the third, fourth, sixth and eighth fastest qualifiers. Section two will consist of the first, second, fifth and seventh fastest qualifiers.

- (4) A lane start with a two-turn stagger will be used in both rounds.

d. 800 Meters.

(1) Two rounds will be contested, a semi-final and a final.

(2) Semi-final: The semi-final round will consist of two heats of eight competitors.

Starting positions and alley assignments in the semi-final round will be drawn by lot (Rule 5-11.4a).

Three competitors will be assigned to the staggered waterfall start and the remaining five competitors to the main waterfall start.

Eight, the top three from each heat plus the next best two times, after tie-breaking, will qualify from the semi-final to the final.

(3) Final: The final will consist of one section of eight competitors.

The top three qualifiers from the semi-final round will be assigned to the staggered waterfall start, and starting positions will be drawn by lot. The five remaining competitors will be assigned to the main waterfall start, and starting positions will be drawn by lot (Rule 5-11.4b).

(4) A two alley, waterfall start with a two-turn stagger will be used in both rounds.

e. Mile.

(1) Two rounds will be contested, a semi-final and a final.

(2) Semi-final: The semi-final round will consist of two heats of eight competitors.

Ten, the top four from each heat plus the next best two times, after tie-breaking, will qualify from the semi-final to the final (Rule 5-10.7i).

Starting positions and alley assignments will be drawn by lot (Rule 5-11.4a). Three competitors will be assigned to the staggered waterfall start and the remaining five competitors to the main waterfall start.

(3) Final: The final will consist of one section of ten competitors.

The top three qualifiers from the semi-final round will be assigned to the staggered waterfall start, and the starting positions will be drawn by lot. The seven remaining competitors will be assigned to the main waterfall start, and the starting positions will be drawn by lot (Rule 5-11.4b).

(4) A two alley, waterfall start with a two-turn stagger will be used in both rounds.

f. 3000 Meters and 5000 Meters.

(1) One round will be contested in each event, a final.

(2) Final: The final will consist of one section of sixteen competitors.

Starting positions will be drawn by lot (Rule 5-11.4a). Five competitors will be assigned to the

staggered waterfall start. The eleven remaining competitors will be assigned to the main waterfall start (Rule 5-1.7).

(3) A two alley, waterfall start with a two-turn stagger will be used.

g. 4x400 Relay.

(1) One round will be contested, a timed-section final.

Lanes 3 through 6 will be used in all sections.

(2) Final: The final will consist of three sections of four teams.

Lanes within each section will be assigned using preferred lanes based on declared descending order list qualifying performances. The teams with the four fastest qualifying performances will be assigned to the third section, the next four fastest assigned to the second section, and the remaining teams assigned to the first section (Rule 5-10.1b and 5-11.4a).

Any descending order list ties, by mark, for the last position in any section will be resolved by examining, of those tied, the dates of the marks. Placement in the faster section will be awarded to the team who achieved the tying mark later in the season. For a tie still not resolved, the tie will be decided by the toss of a coin.

(3) A lane start with a two-turn stagger will be used.

h. Distance Medley Relay.

(1) One round will be contested, a final.

(2) Final: The final will consist of one section of 12 teams.

Starting positions and alley assignments will be drawn by lot. Four teams will be assigned to the staggered waterfall start. The eight remaining teams will be assigned to the main waterfall start. (Rule 5-10.7f)

(3) A two alley, waterfall start with a two-turn stagger will be used.

i. Long Jump and Triple Jump.

(1) One competition will be contested in each event, a semi-final round and sequential final round.

The competition order in the semi-final round will be drawn by lot.

Each competitor will be allowed three attempts in the semi-final round.

The semi-final round will consist of one flight of sixteen competitors in each event, on a single competition facility. The competitors with the nine best marks, after tie-breaking using Rule 7-1.6, will qualify from the semi-final round to the final round and compete in reverse order of performance from the semi-final round.

(2) There will be a 30-minute semi-final round warm-up period for each event. The final round will start a maximum of 10 minutes after the completion of the last attempt in the semi-final round.

- (3) Competitors must check in with the clerk no later than 40 minutes prior to the published scheduled start of the event. Competitors will be escorted by a clerk to the competition area 40 minutes prior to the published scheduled start of the event.

j. High Jump.

- (1) One round will be contested, a final.

The final will consist of one flight of sixteen competitors on a single competition facility.

The competition order will be drawn by lot.

- (2) There will be a 45-minute warm-up period for the High Jump.
- (3) Competitors in the High Jump must check in with the clerk no later than 55 minutes prior to the published scheduled start of the event. Competitors will be escorted by a clerk to the competition area 55 minutes prior to the published scheduled start of the event.
- (4) 'Five-alive' will not be utilized.
- (5) Starting heights and increments will be set by the Games Committee after the qualifiers have been determined and published prior to the start of packet pickup.

Note, consideration will be given to other major championship qualification standards, but ultimately will be determined by what is in the best interest of the NCAA championships.

k. Pole Vault.

- (1) One round will be contested, a final.

The final will consist of one flight of sixteen competitors on a single competition facility.

The competition order will be drawn by lot.

- (2) There will be a 60-minute warm-up period for the Pole Vault.
- (3) Competitors in the Pole Vault must check in with the clerk no later than 1 hour and 10 minutes prior to the published scheduled start of the event. Competitors will be escorted by a clerk to the competition area 1 hour and 10 minutes prior to the published scheduled start of the event.
- (4) 'Five-alive' will not be utilized.
- (5) Starting heights and increments will be set by the Games Committee after the qualifiers have been determined and published prior to the start of packet pickup.

Note, consideration will be given to other major championship qualification standards, but ultimately will be determined by what is in the best interest of the NCAA championships.

l. Shot Put and Weight Throw.

- (1) One competition will be contested in each event, a semi-final round and sequential final round.

The competition order in the semi-final round will be drawn by lot.

Each competitor will be allowed three attempts in the semi-final round.

The semi-final round will consist of one flight of sixteen competitors in each event, on a single competition facility. The competitors with the nine best marks, after tie-breaking using Rule 7-1.6, will qualify from the semi-final round to the final round and compete in reverse order of performance from the semi-final round.

- (2) There will be a 30-minute semi-final round warm-up period for each event. The final round will start a maximum of 10 minutes after the completion of the last attempt in the semi-final round.
- (3) Competitors must check in with the clerk no later than 40 minutes prior to the published scheduled start of the event. Competitors will be escorted by a clerk to the competition area 40 minutes prior to the published scheduled start of the event.

#### m. Combined Events – Pentathlon and Heptathlon

The Pentathlon and Heptathlon order of events and time between events will be as stated per Rule 4-1.6 and 4-1.9c.

Any descending order list ties, by mark, for the last position in any seeded section or flight of an event within the Pentathlon or Heptathlon will be resolved by examining, of those tied, the second-best valid meet performance submitted during the current season, and so on until there is no basis for a mark comparison. For a tie not resolved after all available mark comparisons, placement in the section or flight will be awarded to the competitor who achieved the original tying mark later in the season. For a tie still not resolved, placement in the section or flight will be awarded to the competitor who achieved the second-best valid meet performance later in the season, and so on until there is no basis for date comparison. As a last resort, the tie will be decided by the toss of a coin.

#### *60 Meters*

- (1) The Heptathlon 60 Meters will consist of two sections of eight competitors.

Sections will be assigned on the basis of qualifiers' seasonal best performance in the Heptathlon 60 Meters, as verified by TFRRS. The competitors with the eight fastest performances will be assigned to a section and the remaining eight competitors assigned to the remaining section.

- (2) Section order and lane assignments will be drawn by lot.

#### *60 Hurdles*

- (1) The Pentathlon 60 Hurdles and Heptathlon 60 Hurdles each will consist of four sections of four competitors, using alternate lanes. The determination of odd or even lanes will be made by the Games Committee and published prior to the start of packet pickup. A set of hurdles also will be placed inside of lane one or outside of lane eight unless facility constraints cannot accommodate this procedure.
- (2) Sections in the **Heptathlon 60 Hurdles** will be assigned on the basis of qualifiers' seasonal best performance in the Heptathlon 60 Hurdles, as verified by TFRRS. The fastest four competitors will be assigned to a section, the next four fastest competitors to a section, the next four fastest competitors to a section, and the remaining four competitors to the remaining

section.

Sections in the **Pentathlon 60 Hurdles** will be assigned on the basis of qualifiers' seasonal best performance in the Pentathlon 60 Hurdles, as verified by TFRRS. The fastest four competitors will be assigned to a section, the next four fastest competitors to a section, the next four fastest competitors to a section, and the remaining four competitors to the remaining section.

(3) Section order and lane assignments will be drawn by lot.

#### *800 Meters*

(1) The Pentathlon 800 Meters will be contested in one section.

(2) A two-alley, waterfall start with a two-turn stagger will be used based on the number of competitors remaining in the Pentathlon competition after the completion of the Pentathlon Long Jump.

(3) Starting positions will be drawn by lot, based on the number of competitors remaining. Two-thirds of the field will be assigned to the main waterfall start, and the remaining one-third of the field will be assigned to the staggered waterfall start (Rule 5-10.8c).

#### *1000 Meters*

(1) The Heptathlon 1000 Meters will be contested in one section.

(2) A two-alley, waterfall start with a two-turn stagger will be used based on the number of competitors remaining in the Heptathlon competition after the completion of the Heptathlon Pole Vault.

(3) Starting positions will be drawn by lot, based on the number of competitors remaining. Two-thirds of the field will be assigned to the main waterfall start, and the remaining one-third of the field will be assigned to the staggered waterfall start (Rule 5-10.8c).

#### *Long Jump*

(1) The Heptathlon Long Jump and Pentathlon Long Jump each will consist of two flights of eight competitors, conducted simultaneously on similar, but separate competition venues.

(2) Flight assignment and competition order within each flight will be drawn by lot.

#### *Shot Put*

(1) The Heptathlon Shot Put and Pentathlon Shot Put each will consist of two flights of eight competitors, conducted simultaneously on similar, but separate competition venues.

(2) Flight assignment and competition order within each flight will be drawn by lot.

#### *High Jump*

(1) The Heptathlon High Jump and Pentathlon High Jump each will consist of two flights of eight competitors, conducted simultaneously on similar, but separate competition venues.

(2) Flights in the **Heptathlon High Jump** will be assigned on the basis of qualifiers' seasonal best performance in the Heptathlon High Jump, as verified by TFRRS. Competitors with the eight best performances will be assigned to a flight, and the remaining competitors will be assigned to a flight.

Flights in the **Pentathlon High Jump** will be assigned on the basis of qualifiers' seasonal best performance in the Pentathlon High Jump, as verified by TFRRS. Competitors with the eight best performances will be assigned to a flight, and the remaining competitors will be assigned to a flight.

Competition order will be drawn by lot within each flight.

(3) 'Five-alive' will not be utilized.

(4) Heptathlon High Jump and Pentathlon High Jump increments will pass 1cm above the meet record. The current record in the Pentathlon High Jump is **1.98m**. The current record in the Heptathlon High Jump is **2.20m**.

#### *Pole Vault*

(1) The Heptathlon Pole Vault will consist of two flights of eight competitors, conducted simultaneously on two similar, but separate competition venues.

(2) Flights will be assigned on the basis of qualifiers' seasonal best performance in the Heptathlon Pole Vault, as verified by TFRRS. Competitors with the eight best performances will be assigned to a flight, and the remaining competitors will be assigned to a flight.

Competition order will be drawn by lot within each flight.

(3) 'Five-alive' will not be utilized.

(4) Heptathlon Pole Vault increments will pass 1 cm above the current meet record of **5.45m**.

#### 6. Coaching Area.

A coaching area, outside the area of competition, will be established for each field event. The meet director will determine the location of these coaching areas. Only coaches with proper credentials may access a coaching area.

## RELAY PERSONNEL AND PERFORMANCE POLICY

1. Only one qualified relay team per institution may be declared. That relay team's performance will be used for selection and seeding purposes. All other teams on the descending order list from that institution must be scratched.
2. The relay alternates must be declared separately and not later than the close of packet pick-up at the Championships. A relay alternate is a student-athlete not already in the Championships in any event. See Rule 5-8.2 for further information on relay replacement policies.
3. The four members of the relay team who actually competed and earned a qualifying position will be the 'declared' relay team for that institution and will be the only individuals for which NCAA championship travel reimbursement will be provided. NCAA travel reimbursement will not be provided to relay alternates, even if they compete in the championship.
4. An athlete on a declared relay who is replaced with a relay alternate or substitute may still compete in any event(s), at any time, in which they had previously been accepted into the meet.

## CASE STUDIES

### CASE STUDY 1: Breaking a tie for the last accepted position to the Championships.

SITUATION 1: After declaration, 13 are declared in the Men's 60 Meters with a mark of 6.66 or better. Six additional are declared with a best descending order list mark of 6.67. Will all six be accepted into the Championships?

RULING: No. Only 16, total, will be accepted into the Championships. That means only three of the tying six will be accepted. The second-best valid qualifying meet performance mark submitted through the mandatory meet result reporting system will be examined for each of the six. Assume the second-best meet submissions are 6.68, 6.69, 6.70, 6.69, 6.68, and 6.72. The two individuals with the second-best of 6.68 are accepted, and the tie-breaking procedure continues, but only involves the two individuals with submissions of 6.69. If one of those had a third valid qualifying submission, and the other did not, acceptance would be awarded to the competitor who achieved the original tying mark later in the season.

SITUATION 2: After declaration, 12 are declared in the Women's High Jump with a mark of 1.84 or better. No one has a submitted best meet mark of 1.83. Two are declared with a submitted best meet mark of 1.82. Seven additional are declared with a best descending order list mark of 1.81. Will all seven be accepted into the Championships?

RULING: No. Only 16, total, will be accepted into the Championships. That means, only two of the tying seven will be accepted. The second-best valid qualifying meet performance mark submitted through the mandatory meet result reporting system will be examined for each of the seven. Assume that after examining the 3<sup>rd</sup>-best qualifying meet performance mark submitted, three still remain tied and there are no other available marks to compare. This mark is the last used as tie-breaking for comparative purposes. The performance date of their original mark that created the tie is then examined to determine who achieved the mark later, in order to determine which two are accepted into the Championships. If a tie still exists, it is resolved by examining the performance date of the 2<sup>nd</sup> mark and, if needed, the 3<sup>rd</sup> mark in order to eliminate one. If the examination of the performance date of the 3<sup>rd</sup> mark does not result in a break of the tie, the tie for the last qualifying position will be decided by the toss of a coin.

### **CASE STUDY 2: Relay Situations.**

SITUATION: Of the four student-athletes listed on the Championships declaration form for the 4x400 (or Distance Medley) Relay, three have injuries that prevent them from competing in the Championships. Can the coach use other student-athletes who are competing in the Championships to fill the open spots on the relay?

RULING: Yes. There is no limit to the number of replacements to the declared relay team.

### **CASE STUDY 3: Medical Situations.**

SITUATION 1: An institution scratches a student-athlete in an open event prior to the medical scratch deadline but would like to bring the student-athlete back as an alternate in the relay. Is this permissible?

RULING: No. Scratching a student-athlete prior to the medical scratch deadline eliminates the student-athlete's eligibility for participation in any event at the championship.