



2022 DIVISION I INDOOR
TRACK & FIELD
CHAMPIONSHIPS

PARTICIPANT
2021-22 MANUAL

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GENERAL INFORMATION

Competition Facility Address: 2340 CrossPlex Blvd. Birmingham, AL 35208

Phone: 205-279-8900

Shipping Address: 2340 CrossPlex Blvd. Birmingham, AL 35208

City Police Department: 205-254-1765

Campus Police Department: 205-279-8900

Immediate Care Medical Center: UAB Hospital 205-934-3411 6th Avenue South, Birmingham AL 35233

Local Hospital: UAB Hospital 205-934-3411 6th Avenue South, Birmingham AL 35233

Online Resources

NCAA Indoor Track and Field Championships Websites:

- a. Championship manuals and resources:
<http://www.ncaa.org/championships/division-i-mens-and-womens-indoor-track-and-field>
- b. Men: <http://www.ncaa.com/sports/trackfield-indoor-men/d1>
- c. Women: <http://www.ncaa.com/sports/trackfield-indoor-women/d1>
- d. Tickets: <http://www.ncaa.com/tickets>
- e. Meet Results: <https://flashresults.ncaa.com/Indoor/2022/index.htm>

Birmingham Websites:

- a. Venue: www.birminghamcrossplex.com
- b. City: www.birminghamal.gov

2021-22 DIVISION I MEN'S AND WOMEN'S CROSS COUNTRY/TRACK & FIELD COMMITTEE

<p>Blake Bolden Senior Associate Athletic Director & Director of Drake Relays Drake University 2507 University Ave. Des Moines, Iowa 50311 Office: 515-271-3007 Email: blake.bolden@drake.edu</p>	<p>Jason Drake Head Track and Field/Cross Country Coach California State University, Fresno 5241 N. Maple Ave. Fresno, California 93740 Office: 206-240-3343 Email: jdrake@csufresno.edu</p>	<p>Kerri Gallagher Director of Cross Country/Track and Field Manhattan College 4513 Manhattan College Parkway Riverdale, New York 10471 Office: 202-270-8205 Email: kgallagher01@manhattan.edu</p>
<p>Elvis Forde Head Coach Track & Field and Cross Country Temple University 1800 North Broad Street Philadelphia, Pennsylvania 19121 Office: 267-721-4217 Email: elvis.forde@temple.edu</p>	<p>Shawn Green Associate Athletic Director for Compliance University of New Hampshire Field House, 145 Main Street Durham, NH 03824 Office: 603-862-0557 Email: shawn.green@unh.edu</p>	<p>Amy Horst Head Cross Country and Track Coach Loyola University Maryland 4501 North Charles Street Baltimore, Maryland 21210 Office: 410-617-2991 Email: alhorst@loyola.edu</p>
<p>Natasha Oakes Senior Woman Administrator University of North Texas 1155 Union Circle #311277 Denton, Texas 76207 Office: 940-369-7507 Email: Natasha.oakes@unt.edu</p>	<p>Ervin Lewis Senior Associate AD of Operations University of North Florida 1 UNF Drive Jacksonville, Florida 32224 Office: 904-620-1534 Email: e.lewis@unf.edu</p>	<p>Connie Price-Smith Head Track and Field/Cross Country Coach University of Mississippi 328 Hill Drive University, Mississippi 38677 Office: 253-249-8705 Email: cmprices@olemiss.edu</p>
<p>Matt Roe Head Track and Field/Cross Country Coach Butler University 510 West 49th Street Indianapolis, IN 46208 Office: 317-940-9921 Email: mroe@butler.edu</p>	<p>Dave Smith Director of Track and Field/Cross Country Oklahoma State University Athletics Center Stillwater, Oklahoma 74078-5070 Office: 405-744-2108 Email: dave.smith@okstate.edu</p>	
<p>Secretary-Rules Editor Mark Kostek Cell: 515-208-8300 Email: kostekmt@gmail.com</p>	<p>NCAA Championship Operations Jeff Mlynski Associate Director Championships and Alliances P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6503 Cell: 317-874-7154 Email: jmlynski@naaa.org</p>	<p>NCAA Championship Operations Lindsey Eldred Coordinator Championships and Alliance P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6747 Cell: 317-224-8059 Email: leldred@naaa.org</p>


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NCAA Championship Media Coordination Marcus Thatcher Assistant Director, Championships and Alliances P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6949 Cell: 463-230-5701 Email: mthatcher@ncaa.org	NCAA Championship Broadcast Kristen Jacob Smith Associate Director Championships and Alliances P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6584 Cell: 317-363-6410 Email: kjsmith@ncaa.org	
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University of Alabama Birmingham and the City of Birmingham Staff Contact Information

Christy Mixon	Meet Director	205-215-0561 christy.mixon@birminghamal.gov
Ruben Perez Jr.	Facility Director	205-470-5057 ruben.perez@birminghamal.gov
Corey Goldstein	Media/PR Contact	401-649-0630 cgoldstein@uab.edu
Jake Ford	Officials' Coordinator	318-496-0056 jakeford@ne-tel.net
Jordan Kirk	Ticket Manager	205-297-8235 jordan.kirk@birminghamal.gov
Ruben Perez Jr.	Marketing Director	205-470-5057 ruben.perez@birminghamal.gov
Mary Cyr	Medical Director	205-934-6013 mccyr@uab.edu
Mary Cyr	Drug Testing	205-934-6013 mccyr@uab.edu
Valerie McClain	Merchandise	205-870-7771 val@trakshak.com
Kim Zakarin	Food Hospitality Mgr.	205-427-0806 kim@eatyellowbicycle.com
Charley Heard	Dir. Of Special Events/Hospitality	205-240-6331 charlicia.heard@birminghamal.gov
Kurt Thomas	Head Track Coach	205-910-2183 kt89@uab.edu

Key Officials:

Head Referees	Ed Gorman, Leslie Kim Dismuke, Robert Kern and Delores Murray
Head Clerks	Terri Tutt and Kenneth Morton
Head Starters	Carolyn Griggs, Patricia Rouse and Hal Cooper
Head Umpire	Jack Bailey
Head Marshal	Rhiny Williams
Chief Implement Inspector	Robert O Donnell

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Announcers	Mike Jay (Running/Field Events) Dennis McNulty (Running/Field Events) Frank Zarnowski (Combined Events)
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HISTORY OF THE TRACK AND FIELD FACILITY



The City of Birmingham is proud to have the CrossPlex as a national destination. Housing one of the fastest indoor hydraulic tracks in the world, an Olympic size swimming pool, a nine-volleyball court venue, a 5,000-seat arena and a platform to develop many other sports; there's no wonder why the CrossPlex has become a world-renowned competition venue. The facility houses dedicated warm-up, training, media and management rooms, as well as VIP suite accommodations. With the track and field venue holding 4,000 and the indoor natatorium a seating capacity of 1,600 the CrossPlex is quickly becoming the place to compete at the highest level. The Birmingham CrossPlex has already hosted a variety of events throughout the 10 and a half years of being open. Since opening its doors in November of 2011, the CrossPlex has hosted over 2,000 events that feature NCAA National Championships, NCAA qualifying events, college invitationals, collegiate conference championships, high school state championships, regional club meets in track, swimming, volleyball and many other events. The University of Alabama-Birmingham and the City of Birmingham and the Birmingham CrossPlex are proud to be hosting the 2022 NCAA Division I National Championship.

“The NCAA Division I National Championships are an ideal event to be held at the Birmingham CrossPlex. The Magic City is extremely excited to host the Men's and Women's Indoor Track & Field National Championships at one of the fastest indoor tracks in the nation. This marks our 22nd & 23th NCAA National Championships that we have hosted throughout the years and we look forward to many more,” said Ruben Perez– Director of CrossPlex. “Being able to see the CrossPlex flourish from an idea into a premier venue hosting national championships every year is a dream come true for our city.”

The venue affords great seating on both sides of the track and offers excellent replays and results on the state-of-the-art 60'x25' LED board. The indoor 200 meter hydraulically banked Mondo track is only one of nine in the United States and one of twenty-two in the world. The state of the art six lane oval track takes just minutes to raise or lower its four banked corners. There are eight-60-meter lanes (for dashes and hurdles) located within the infield area of the track with dual horizontal runways for pole vault, long jump and triple jump. Additionally, dual high jump approaches can be configured along with dual throwing sectors for shot-put and weight throw.

The natatorium has ten-50-meter lanes, ten-25-meter lanes and twenty-25-yard lanes. There are two-1 meter and two-3-meter springboards for diving competitions. The pool is designed to handle water polo and synchronized swimming events. Installed in the pool is a moveable bulkhead to accommodate multiple racing configurations.

The Bill Harris Arena at the Birmingham CrossPlex is a 5,000-seat venue capable of hosting basketball, wrestling, concerts and many other functions. It also houses the team camp and warm-up area for the student-athletes during the NCAA Indoor Track and Field Championships. UAB and the City of Birmingham are committed to providing a great experience for participants and fans at the CrossPlex. Whether it's from competition, fan experience or southern hospitality, the City of Birmingham is dedicated to making you feel right at home. During your stay, be sure to visit some of the additional amenities and attractions we have to offer. Again, we are extremely excited to serve as a host to the NCAA and look forward to continuing on building on our lasting relationship.

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CHAMPIONSHIP WEEK SCHEDULE OF EVENTS

(All times listed are Central unless otherwise noted.)

Monday, March 7

Noon (Central)

Mandatory virtual coaches meeting. A link will be included in the selection memo for institutions qualifying to the national championships.

3 p.m. (Central)

NCAA Press Conference – Conducted virtually.

Tuesday, March 8

2 p.m. (Eastern)

Deadline for medical scratches. Any scratches must be reported by email to Sean Laughlin and Jeff Mlynski (sean@recordtiming.com and jmlynski@ncaa.org).

Wednesday, March 9

9 a.m. – 6 p.m.

UAB Outdoor Track available for practice.

Noon – 8 p.m.

Birmingham CrossPlex available for practice. **Please note event specific practice times on page 11 of this manual.**

As soon as available

Final Championships start lists posted on NCAA.org, Division I Championships, Winter Sports, Indoor Track & Field (M/W).

Thursday, March 10

9 a.m. – 6 p.m.

Birmingham CrossPlex and UAB Outdoor Track available for practice. **Please note event specific practice times on page 11 of this manual.**

Noon – 4 p.m.

Packet pick-up – Birmingham CrossPlex 2340 CrossPlex Blvd, Birmingham AL 35208, Upstairs Meeting Room.

CANCELED for 2022

NCAA Banquet – CANCELED.

Friday, March 11

8 – 9:30 a.m.

Birmingham CrossPlex available for practice (general warm-up).

8 a.m. – End of Comp.

Bill Harris Arena (connected to the CrossPlex) and warm-up area available.

9 a.m. – 6 p.m.

UAB Outdoor Track available for practice.

9:30 a.m. – Start of Comp.

Combined events with bib numbers begin warm-up.

10 a.m.

Day 1 of the Division I Men’s and Women’s Indoor Track and Field Championships.

Saturday, March 12

8 a.m. – 10 a.m.

Birmingham CrossPlex available for practice (general warm-up)

8 a.m. – End of Comp.

Bill Harris Arena (connected to the CrossPlex) and warm-up area available.

9 a.m. – 6 p.m.

UAB Outdoor Track available for practice.

10 a.m. – Start of Comp.

Combined events with bib numbers begin warm-up.

10:30 a.m.

Day 2 of the Division I Men’s and Women’s Indoor Track and Field Championships.

- Access to a weight room will be provided Wednesday, March 9 through Saturday, March 12. Fitness Center West Hours, 9 a.m. – 1 p.m., 4712 Avenue W Birmingham, AL 35208 - 205-780-6394.

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***Children under the age of 18 (unless they are competing student-athletes) and infants will only be allowed in team camp areas, not warm-up/active competition and practice areas for safety. Also, for safety consideration, throws (shot, hammer, discus, weight, and javelin) and pole vault are not permitted at the UAB Outdoor Track.**

Additionally, all practice and warm-up venues are off limits to any post-collegians. These facilities are strictly available only for competing student-athletes.

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CHAMPIONSHIPS COMPETITION SCHEDULE



*All times noted are Central Time
 Schedule is subject to change*

FRIDAY, MARCH 11, 2022 - MEN			
TIME	MEN'S TRACK EVENTS	DIVISION	ROUND
4:00 PM	Mile	Men	Semifinal
4:15 PM	60 Meters	Men	Semifinal
4:25 PM	400 Meters	Men	Semifinal
4:45 PM	800 Meters	Men	Semifinal
4:55 PM	60 Hurdles	Men	Semifinal
5:05 PM	5000 Meters	Men	Final
5:25 PM	200 Meters	Men	Semifinal
5:45 PM	Distance Medley Relay	Men	Final
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND
3:00 PM	Pole Vault	Men	Final
4:00 PM	Long Jump	Men	Prelim/Final
4:00 PM	Weight Throw	Men	Prelim/Final
TIME	MEN'S HEPTATHLON	DIVISION	ROUND
10:00 AM	60 Meters	Men	Final
11:00 AM	Long Jump (2 runways)	Men	Final
12:15 PM	Shot Put (2 Circles)	Men	Final
1:30 PM	High Jump (2 pits)	Men	Final
FRIDAY, MARCH 11, 2022 - WOMEN			
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND
7:00 PM	Mile	Women	Semifinal
7:15 PM	60 Meters	Women	Semifinal
7:25 PM	400 Meters	Women	Semifinal
7:45 PM	800 Meters	Women	Semifinal
7:55 PM	60 Hurdles	Women	Semifinal
8:05 PM	5000 Meters	Women	Final
8:25 PM	200 Meters	Women	Semifinal
8:45 PM	Distance Medley Relay	Women	Final
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND
6:45 PM	Pole Vault	Women	Final
7:00 PM	Long Jump	Women	Prelim/Final
7:00 PM	Weight Throw	Women	Prelim/Final
TIME	WOMEN'S PENTATHLON	DIVISION	ROUND
10:20 AM	60 Hurdles	Women	Final
11:30 AM	High Jump (2 pits)	Women	Final
1:30 PM	Shot Put (2 circles)	Women	Final
2:30 PM	Long Jump (2 runways)	Women	Final
3:40 PM	800 Meters	Women	Final

SATURDAY, MARCH 12, 2022 - MEN			
TIME	MEN'S TRACK EVENTS	DIVISION	ROUND
4:00 PM	Mile	Men	Final
4:10 PM	60 Meters	Men	Final
4:20 PM	400 Meters	Men	Final
4:30 PM	800 Meters	Men	Final
4:40 PM	60 Hurdles	Men	Final
4:50 PM	200 Meters	Men	Final
5:00 PM	3000 Meters	Men	Final
5:20 PM	4x400 Relay	Men	Final
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND
12:30 PM	High Jump	Men	Final
3:45 PM	Triple Jump	Men	Prelim/Final
4:00 PM	Shot Put	Men	Prelim/Final
TIME	MEN'S HEPTATHLON	DIVISION	ROUND
10:30 AM	60 Hurdles	Men	Final
11:30 AM	Pole Vault (1 pit)	Men	Final
3:30 PM	1000 Meters	Men	Final
SATURDAY, MARCH 12, 2022 - WOMEN			
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND
7:00 PM	Mile	Women	Final
7:10 PM	60 Meters	Women	Final
7:20 PM	400 Meters	Women	Final
7:30 PM	800 Meters	Women	Final
7:40 PM	60 Hurdles	Women	Final
7:50 PM	200 Meters	Women	Final
8:00 PM	3000 Meters	Women	Final
8:20 PM	4x400 Relay	Women	Final
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND
12:30 PM	High Jump	Women	Final
6:45 PM	Triple Jump	Women	Prelim/Final
7:00 PM	Shot Put	Women	Prelim/Final

PRE-COMPETITION PRACTICE SCHEDULE

Wednesday, March 9

12 – 8 p.m.	Track Oval (Banked entire practice window) and Pole Vault
12 - 3:50 p.m.	Sprint straightaway, Long Jump (men and women will both use the innermost runway closest to the sprint straightaway for competition but both runways will be available for practice) and Weight Throw
4:10 - 8 p.m.	High Jump (South Pit – Women, North Pit – Men), Triple Jump (men and women will both use the innermost runway closest to the sprint straightaway for competition but both runways will be available for practice), and Shot Put

9 a.m. – 6 p.m. UAB Outdoor Track

Weight room access: Fitness Center West Hours 9 a.m. - 1 p.m., 4712 Avenue W Birmingham, AL 35208
205-780-6394

Thursday, March 10

9 a.m. – 6 p.m.	Track Oval (Banked entire practice window) and Pole Vault
9 a.m. – 1:20 p.m.	High Jump (South Pit – Women, North Pit – Men), Triple Jump (men and women will both use the innermost runway closest to the sprint straightaway for competition but both runways will be available for practice), and Shot Put
1:40 – 6 p.m.	Sprint straightaway, Long Jump (men and women will both use the innermost runway closest to the sprint straightaway for competition but both runways will be available for practice) and Weight Throw

9 a.m. – 6 p.m. UAB Outdoor Track

Weight room access: Fitness Center West Hours 9 a.m. - 1 p.m., 4712 Avenue W Birmingham, AL 35208
205-780-6394

Friday, March 11

8 – 9:30 a.m.	Birmingham CrossPlex available (general warm-up).
9:30 a.m. – Start of Comp.	Combined events with bib numbers begin warm-up.
8 a.m. – End of Comp.	Team camp and warm-up area available.

9 a.m. – 6 p.m. UAB Outdoor Track

Weight room access: Fitness Center West Hours 9 a.m. - 1 p.m., 4712 Avenue W Birmingham, AL 35208
205-780-6394

Saturday, March 12

8 – 10 a.m.	Birmingham CrossPlex available (general warm-up).
10 a.m. – Start of Comp.	Combined events with bib numbers begin warm-up.
8 a.m. – End of Comp.	Team camp and warm-up area available.

9 a.m. – 6 p.m. UAB Outdoor Track

Weight room access: Fitness Center West Hours 9 a.m. - 1 p.m., 4712 Avenue W Birmingham, AL 35208
205-780-6394

***Children under the age of 18 (unless they are competing student-athletes) and infants will only be**

allowed in team camp areas, not warm-up/active competition and practice areas for safety. Also, for safety consideration, throws (shot, hammer, discus, weight, and javelin) and pole vault are not permitted at the UAB Outdoor Track.

Additionally, all practice and warm-up venues are off limits to any post-collegians. These facilities are strictly available only for competing student-athletes.

Also, please note that for safety reasons no headphones or earbuds should be worn inside the competition track and field event areas.

****MARKINGS:** Tape or similar material that is adhered to the track or field event site are the only materials that will be allowed for marking in the field and track events.**

COACHES/TEAM INFORMATION

COVID-19 Information:

At the point of initial declarations through www.directathletics.com each participating team will be required to attest that their team will adhere to the NCAA COVID-19 Code of Conduct and pre-arrival procedures throughout the duration of their championship participation. Teams will not be allowed to move forward with declarations until attesting to these requirements.

Throughout the duration of participation in the championship, each institution must keep record of how each member of the travel party is satisfying these pre-arrival requirements (i.e. vaccination status, latest negative test date or date of infection that is within the 90-day window). Please note that by attesting you are confirming this covers your entire travel party including team content personnel, and any photographers that you may hire to shoot for your team.

By attesting to this during declarations you are affirming your institution's Official Travel Party and necessary personnel for all rounds of the NCAA Men's & Women's Indoor Track and Field Championships have reviewed and will adhere to the NCAA COVID-19 Code of Conduct and has satisfied all pre-arrival requirements. A full description of these policies can be found [here](#) under the COVID-19 Championship Resources section.

Masks will be required at all times within the Birmingham CrossPlex except for student-athletes while engaged in active competition, practice and warm-up.

Athlete Flow:

Drop-Off:

Student Athletes and coaches may enter the venue at the Bill Harris Arena main entrance. Please see diagram on page 25.

Warm-up/ Team camp area:

The warm-up/ team area will be located in the Bill Harris Area. Please see diagram on page 26.

*NOTE: For safety reasons, no headphones should be worn in warm-up areas.

Elite 90 Award/ NCAA Academic Recognition Program:

The Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the finals site for each of the NCAA's 90 championships. Each institution that has at least one student-athlete qualify for the championships is eligible to nominate a student-athlete to win the award for that championship. All

ties are broken by the number of credits completed. For more information regarding this program, please contact Mark Bedics at elite90@ncaa.org or 317-917-6222. All documents including eligibility and nomination forms can be obtained at the following location - [Elite 90 forms](#). The deadline to submit your student-athlete is **5 p.m. Eastern, Monday, March 7.**

Awards and Recognition:

Official NCAA awards will be presented to the top four teams and top eight finishers in each event. At the championships, each of the top four teams will receive a team trophy; the national championship team will receive one watch and mini-trophy, and the second-, third- and fourth-place teams will receive one mini-trophy. Additional watches and mini-trophies for each individual in the official travel party will be sent after the championships. The top eight finishers in each event will receive a mini-trophy on site. In the event of a tie, the mini-trophy will be given to one of the student-athletes on site; the other student-athlete(s) will be sent a mini-trophy after the championships.

Each participating student-athlete will receive a participation medallion onsite. Coaches will receive those at packet pick-up. **Alternates are not included.**

Building Hours:

The Birmingham CrossPlex will open its doors to competing student-athletes at 8 a.m. on competition days. Spectators will be allowed to enter the venue up to 60 minutes prior to the start of competition on each day. Practice times are covered on page 11 in this manual.

Check-In and Clerking:

Teams and/or individuals that check-in late and not in accordance with the following times outlined in this manual may jeopardize participation in their event, will have a letter sent to their institutional athletics director and will have a financial fine assessed for failing to abide by championship policies.

Running Events

(Individual): Check-in will take place at the clerk's table in the clerking room no later than 10 minutes before the published start time of the event. Student-athletes who are checked in will be able to warm up in the warm up track (60m, 200m or 400m) or Bill Harris Arena and should report back to clerking and be prepared to be escorted to the track up to 10 minutes prior to their event.

Relay Events:

Check-in for all relay teams will take place at the clerk's table in the clerking room no later than 20 minutes before the published start time of the relay event. All teams must be checked in by this time and be prepared to be escorted to final staging by the clerk up to 10 minutes prior to their event. All relay teams must leave for final staging as a group in accordance with the clerk's directive. Any final changes or replacements to the relay may occur up until five minutes before the published start time of the event. No changes will be allowed later than five minutes before the published start time of the relay event.

Combined Events:

Check-in will take place at the clerk's table in the clerking room. Student-athletes should check-in no later than 30 minutes prior to the published start time for the first combined event competition each day at which time all competitors must be at the clerking area for final call.

Field Events

(LJ, TJ, SP, WT):

Check-in will take place at the clerk's table in the clerking room no later than 40 minutes before the published start time of the event. Student-athletes who are checked in will be able to warm-up in the team camp area and should report back to clerking and be prepared to be escorted to their respective field event sites 40 minutes prior to competition for the

allowable 30-minute warm-up period.

High Jump: Check-in will take place at the clerk's table in the clerking room no later than 55 minutes before the published start time of the event. Student-athletes who are checked in will be able to warm up in the team camp area and should report back to clerking and be prepared to be escorted to their respective event site 55 minutes prior to competition for the allowable 45-minute warm-up period.

Pole Vault: Check-in will take place at the clerk's table in the clerking room no later than 70 minutes before the published start time of the event. Student-athletes who are checked in will be able to warm up in the team camp area and should report back to clerking and be prepared to be escorted to their respective event site 70 minutes prior to competition for the allowable 60-minute warm-up period.

Coaches Boxes:

Coaches' areas are located at strategic positions throughout the arena. Please refer to the map on page 27 to locate each position.

Competition Bibs:

Competition bibs for each participating student-athlete will be included in each team's packet along with eight (8) safety pins per competitor. These bibs must be worn on the front and back of the uniform jersey during competition. The name bib should be worn on the front and the numbered bib on the back. In the pole vault, high jump, long jump and triple jump, student-athletes only need to wear one bib and may choose whether to wear the bib on the front or back of their jersey. If wearing the bib on the front of the jersey, student-athletes should wear the name bib, if wearing the bib on the back of the jersey; they should wear the numbered bib. **Coaches should ensure the correct bibs are distributed to the correct student-athletes.**

NCAA Banquet:

In an effort to minimize gatherings outside of practice and competition at the NCAA championships, there will not be a banquet conducted at this year's championships. .

Credentials:

Coaches must declare their credentials through the online system provided by the NCAA through Planning Point. This link with instructions will be sent within the selections memorandum. **Please fill out and complete your credential requests by no later than 5 p.m. Eastern, Friday, March 4.**

The rules that govern credentials allow for more credentialed coaches than what is permissible for banquet tickets and travel reimbursement.

In accordance NCAA Bylaw 11, single gender programs that sponsor each of the following sports: cross country, indoor track and field, and outdoor track and field, are limited to THREE Head/Assistant Coaches and up to THREE Volunteer Coaches.

Combined gender programs that sponsor each of the following sports: cross country, indoor track and field and outdoor track and field, are limited to SIX Head/Assistant Coaches and up to SIX Volunteer Coaches.

The following additional policies will be in effect when issuing credentials for NCAA Championships.

- a. Institutional Personnel will only receive credentials if they have a student-athlete in the meet.
- b. Credentialed coaches are only permitted in coaching boxes/areas where they have a student-athlete(s) competing.

- c. All volunteer coaches (i.e., volunteer pole vault coaches) should be included as one of the three (single gendered programs) or as one of the six (combined gender programs) credentials. No additional credentials above the maximum, as stated above, will be issued for head/assistant/volunteer coaches.
- d. **EACH** coach must come to packet pick-up with their photo identification to pick up their credential. Coaches will not be permitted to pick up their credentials for their coaching staff; however, they may pick up their administrator and manager credentials.
- e. One team manager and one administrator per gender per program may receive a credential. Each institutional program will be allowed to purchase a maximum of one additional manager **OR** administrator credential per gender per program at the cost of an all-session reserved ticket (**\$50.00, payment can be made in cash, credit card or check. Checks should be made to “City of Birmingham”**). If a coach loses their credential, he/she will be required to pay the cost of an all-session reserved ticket for an additional credential. Only one lost credential will be provided.
- f. Each institution (per gender per program) will be allowed one additional credential if an athletic trainer or physician is accompanying the team. Each institutional gendered program will be allowed to purchase a maximum of one additional credential for an athletic trainer or massage therapist at the cost of an all-session reserved ticket (**\$50.00, payment can be made in cash, credit card or check. Checks should be made to “City of Birmingham”**). The medical credentials will be administered by the host agency’s sports medicine staff. The host medical staff will be present during packet pick-up to issue those credentials.
- g. Children under the age of 18 (unless they are competing student-athletes) and infants will only be allowed in team camp areas, not warm-up/active competition and practice areas for safety. Additionally, practice and warm-up venues are off limits to any post-collegians. These facilities are strictly available only for competing student-athletes.

Heat Sheets/Results:

Heat sheets and results will be posted at the protest table and online at NCAA.org and NCAA.com.

FIELD EVENT DIMENSIONS:

High Jump: The high jump paddock provides an area that is 90’ (27.43 meters) long and 58’ (17.67 meters) wide.

Long Jump: In the long jump, Men and Women will use the runway closest to the sprint straightaway for competition, both runways will be available for practice.

Competition Runway: Length – 194’ (59 meters)
 Length to take – off board: Board 1: 191’ (58 meters)

Secondary Runway: Length – 175’ (53 meters)
 Length to take – off board: Board 1: 172’ (52.5 meters)

Length of long jump landing pits: 29’7” (9 meters)

Width of long jump landing pits: 9’2” (2.8 meters)

The competition long jump runway has one long jump take-off board that is 3’ (.9 meters) from the landing pit.

Triple Jump: In the triple jump, Men and Women will use the runway closest to the sprint straightaway (inner).



For the Men it is 152' (46 meters) to the take-off board. The take-off board to the pit is 42' (13 meters).

For the women it is 158' (48 meters) to the take-off board. The take-off board to the pit is 36' (11 meters).

The secondary runway will be available for practice.

Lost and Found:

Lost and found can be located at the security desk located at the main entrance of the CrossPlex.

Merchandise and Programs:

Official NCAA merchandise and programs will be sold on competition days from 1-9 p.m. Merchandise will also be available during Thursday practice from 12- 4 p.m. Merchandise and programs will be located in the retail room in the main concourse of the CrossPlex.

Misconduct (Bylaw 31.3.10)

Misconduct Incident to Competition - If the act of misconduct occurs during the competition, under normal circumstances the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during break in the continuity of the championship when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing following the action. Other acts of misconduct may be dealt with at the governing sports committee's convenience.

Penalty for misconduct - A governing sports committee (or the games committee authorized to act for it) may impose any one or a combination of the following penalties on an institution or any student-athlete or representative of an institution guilty of misconduct that occurs incident to, en route to, from or at the locale of competition or practice.

- (a) Public or private reprimand of the individual;
- (b) Disqualification of the individual from further participation in the NCAA championship involved;
- (c) Banishment of the individual from participation in one or more following championships of the sport involved;
- (d) Cancellation of payment to the institution of the Association's travel guarantee for individuals involved;
- (e) Withholding of all or a portion of the institution's share of the revenue distribution;
- (f) Banishment of the institution from participation in one or more following championships in which its team in that sport otherwise would be eligible to participate;
- (g) Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships;
- (h) Cancellation of all or a portion of the honorarium for hosting an NCAA Championship; and
- (i) Financial or other penalties different from (a) through (h) above, but only if they have prior approval of the Division I Competition Oversight Committee.

Mixed Zone:

The Mixed Zone will be located on the main competition floor under the VIP Suites. After completion of their heat or flight, student-athletes will be brought directly to the mixed zone from their competition areas after picking up their gear from the recovery area. Competitors who did not finish in the top eight (8) places will be escorted out of the mixed zone area so that they may proceed to the team camp or seating area. Student-athletes finishing in the top 8

of a final will be held and escorted to awards.

Official Meet Website:

The official meet website will be NCAA.com. Start lists and results will be available on the official meet site as soon as possible.

Packet Pick-Up:

Team packets will be provided for each institution and may be picked up on Thursday, March 10, noon - 4 p.m. local time, at Birmingham CrossPlex in the upstairs meeting room. Coaches may expect the following at packet pick-up:

- Student-athlete credentials
- Last minute notes
- Bib numbers
- Relay cards
- Schedule of events
- Heat/flight sheet (Day 1)
- Technical inquiry form
- Pins
- Student-athlete gifts
- Participant medallions

Pass List:

All player-guest pass list tickets for the track and field championship will be mobile. All allocated tickets will be forwarded to each institutional designated ticket manager, who will then be responsible for transferring the tickets to the end user. In order to transfer the tickets, each guest's first and last name, and email address will be needed.

Competing institutions must submit any pass list requests to Jordan Kirk (jordan.kirk@birminghamal.gov) by no later than **Wednesday, March 9, at Noon Central** with the name, cell phone number and email address of the institutional ticket representative who will be responsible for mobile ticket distribution. The institutional ticket representative should be available to address any issues or questions that may arise during competition.

Institutions will be permitted to assign a maximum of six (6) tickets per qualified student-athlete. For example, if an institution qualifies 4 student-athletes, they may assign a maximum of 24 tickets for each day of competition. It will be important when submitting your player guest pass lists to note how many single day tickets are needed for Friday, how many single day tickets are needed for Saturday, and/or how many all-session tickets are needed. If specific days are not indicated, the guest will be assigned an all-session ticket. All tickets will be General Admission. Teams submitting a pass list will be invoiced by the host following the event and will be billed for all requested tickets to the championships whether they were used or not.

Changes/additions along with late requests will not be allowed. All NCAA pass list policies will be applied. Again please note that all pass list tickets will be sent electronically to the email address of the institutional ticket representative provided, and it will then be the individual school's responsibility to disseminate tickets electronically to their player guests in advance of the championship competition.

Pole Vault Shipping and Onsite Storage:

Pole vaults can be shipped to the CrossPlex at 2340 CrossPlex Blvd., Birmingham AL 35208 Attn. Christy Mixon. Poles may be brought into the facility and stored beginning on Wednesday, March 9 and stored at the designated area by section 16. The outer (primary) pole vault runway that will be used is 161 feet from the end of the runway to the back of the box.

Protest Table:

The protest table will be located under the VIP boxes near the awards area. Protests must be made in writing on the official protest form which will be available at the protest table. Protests must be filed within 15 minutes of the posting of final results. There is a \$100 fee for each protest filed. This fee is refundable only if the results are overturned. The referees' decision is final and will be posted at the protest table area as soon as the information is available from the referees. Please see map on page 27 for protest location.

Track Entrance for Student-Athletes, Coaches and Other Credentialed Personnel:

Credentialed student-athletes, coaches, and support staff will enter the CrossPlex through the front/main entrance. Spectators will enter through the back/secondary entrance of the building.

Results/Timing:

Flash Results will handle the timing and results for the championships. Flash Results provides a high level, professional timing and results service for track and field using the Finish Lynx timing system. Results will be accessible online at NCAA.com.

Relay Events – Championships Policy/Procedures:

Each relay card will consist of the four original members that were a part of the qualifying team. However, each institution will also be allowed to name up to four alternates by no later than the close of packet pick-up. Additionally, any other student-athlete who is competing in another event at the championship is considered a substitute and is eligible as a replacement on the relay team. No other student-athlete other than those on the original qualifying team, those listed as an alternate or those already in the meet in another event may run on the relay.

Relay cards will be completed by coaches during the packet pick-up period. Changes in relay teams must be reported to the clerk during athlete check-in. All relay procedures must abide by the regulations as detailed above and as further outlined in the Indoor Technical Manual.

For exchange zones and runway markings, tape or similar material that is adhered to the track and field event site are the only materials that will be allowed for marking in the field and track events.

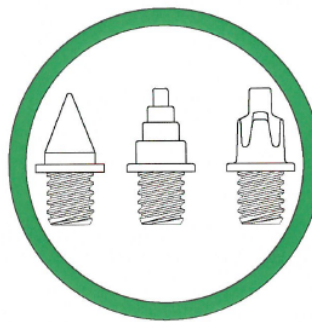
Spikes:

Only 1/4 inch or 7mm pyramid spikes are allowed for all events with the exception of the high jump. For the high jump, 3/8 inch or 9mm pyramid spikes are allowed. The facility encourages the use of replacement spikes, but fixed pyramid spikes will be allowed as long as they meet the length requirements. **NO CHRISTMAS TREE OR NEEDLE SPIKES ARE ALLOWED AT ANY VENUE. SPIKES WILL BE CHECKED AND TAGGED AT THE CLERKING/HIPPING AREA DURING CHECK-IN ON COMPETITION DAY.**

TRACK SPIKE REQUIREMENTS



DAMAGING STEEL SPIKES



APPROVED COMPRESSION SPIKES

Please consult Mondo bulletin #11-001, USATF's Competition Rules Handbook, and/or IAAF's Track & Field Facilities manual for more detailed information regarding spike recommendations.

Student-Athlete Hospitality:

Student-athlete hospitality will be located in the Bill Harris Arena. Student-athlete hospitality will be available throughout competition hours on Friday and Saturday. Please see map on page 27 for location.

Student-Athlete Participation Awards:



HOW TO GET YOUR **Student-Athlete Participation Awards**

For 2021-2022, an online gift-suite will serve as the participation awards provided to members of the official travel party of institutions that advance to the championship final sites.



After the championship, Legends will send the head coach an email providing ordering process details, along with a unique Certificate Code (valid for one participation award per member of your official travel party) that can be redeemed only at www.NCAA-Awards.com. In order to ensure that each participant receives an award, a member of your administration must place your team's order, including size information, at NCAA-Awards.com using your Certificate Code.

Your institution may select different items per participant; men's and women's sizes are available for apparel items. If you would like to purchase additional awards, you will have the opportunity to do so online via personal credit card at the end of the checkout process.

Participation award items will be sent to your institution for distribution to your student-athletes within four to six weeks after your order is placed. If you do not receive information for ordering awards within two weeks of the conclusion of the championship please contact Erin Hannoy ehannoy@legends.net, Legends Customer Service (866-945-7267) or the NCAA championship manager.

Please add ehannoy@legends.net to your address book to allow us to send you emails.



Place your order at NCAA-Awards.com



Team Parking

After athletes are dropped off at the main entrance team bus/vans/cars will be directed to the team parking lot by parking attendants. Athlete parking will be free of charge. Team parking is located on page 25

Team Seating:

Team seating will be located in sections 7-8. See map on page 27.

Technical Meeting (Mandatory):

A mandatory coach's technical meeting will be held virtually on Monday, March 7 at Noon Central Time. A link will be included in the selection memo for institutions qualifying to the national championships.

****Note, it is mandatory that a representative from every institution be in attendance. Those institutions that do not have a representative in attendance will be fined a minimum of \$200/team/gender.***

Equipment (Starting Blocks, Start Information System, Weights, Shot Puts & Batons):

All student-athletes will be required to use the blocks and batons as supplied by Gill and exclusive for these NCAA Championships.

NOTE:

- **The NCAA Division I Track and Field and Cross Country Committee has elected to require the use of starting blocks by all student-athletes that compete in the 60m, 200m, 400m, 60 hurdles, and 4x400m.**
- **The committee has also elected to approve the use of an electronic start information system that shall be used by the starters to its fullest capabilities. Starters shall use information provided by this system to detect false starts and disqualify student-athletes or recall the race.**

Weight Throw Implements:

Student-athletes may use their own weights if they choose as long as they meet the certification process at the championships. Gill Athletics will also provide weight implements for use during competition and warm-up. Weight implements being provided by Gill are listed below.

- Three (3) Traditional 20-lb. Indoor Throwing Weights
- Three (3) Tungsten 20-lb. Indoor Throwing Weights
- Three (3) Traditional 35-lb. Indoor Throwing Weights
- Three (3) Tungsten 35-lb. Indoor Throwing Weights

Shot Put:

Student-athletes may use their own shots if they choose as long as they meet the certification process at the championships. Gill Athletics will also provide shot implements for use during competition and warm-up. Gill will provide four hard-shell shot puts for both men and women.

Implement Inspection and Weigh-in:**Shot Put Weigh-In:**

Shot Put weigh-in and impounding will take place in the weigh-in area located in the Northeast corner of the track. The weigh-in area will be open:

Thursday, March 10: 11 a.m. – 6 p.m.

Friday, March 11: 8 a.m. – End of Competition

Saturday, March 12: 8 a.m. – End of Competition

All implements should be submitted for implement inspection as early as possible but must be turned in at least three (3) hours before the warm-up period for the published start of the event. If an event is scheduled early, implements can be checked the day before. Once an implement is submitted for certification, it will

remain impounded until the completion of the event. Illegal implements will be secured until after the meet and may be picked up at the conclusion of competition. Only certified implements may be used during official warm-ups and competition.

Implements passing certification will be brought to the event site prior to the start of warm-ups.

Implements can be picked up at the weigh-in area 30 minutes after the conclusion of the event finals.

Competitors who require implements for practice after weigh-in should plan to bring secondary implements.

Tickets:

NCAA institutions are asked to encourage parents, alumni and friends of your program to purchase tickets early as there is a possibility of a sell-out.

Tickets for the championships may be purchased online at www.ncaa.com/tickets. Ticket office hours are Monday-Friday, 8:30am-4:30pm. Tickets will be available to purchase at the Birmingham CrossPlex one (1) hour prior to the first event each day of competition. Ticket prices are listed below:

All Session Suite	\$60.00
All Session Reserved	\$50.00
All Session GA	\$35.00
Single Day Reserved	\$30.00
Single Day GA	\$20.00

*Two and under are free with the paid admission of an adult.

Uniforms [Reference: Bylaw 12.5.4 in the NCAA Manual]:

All uniforms must comply with Rule 6.4-1&2 of the 2021 and 2022 NCAA Men’s and Women’s Track and Field and Cross Country Rule Book.

Video/Wireless Communication:

The use by competitors of video or audio devices, radio transmitters or receivers, Fitbits or smart watches, mobile phones, computers, or any similar devices in the competition area is prohibited. Field event Student-Athletes can view video, taken outside the competition area and not brought in the competition area, between attempts. Under the direction of an official they are permitted to cross the track.

MEDICAL SERVICES/ATHLETIC TRAINING

Visiting Team Medical Area:

Each team will be permitted to set up their respective team camp in the Bill Harris Arena. This space will also be used as a warm-up area. All treatment tables need to remain in this area. If your combined event athletes need assistance during their competitions, you will have access to the medical area located in the southwest corner of the competition track as a treatment area. The following items will be provided for use at the visiting team medical area:

- Hydrocollator packs
- Ultrasound/Electric Stim Modalities
- Water coolers
- Treatment tables
- Outlets (limited number)

Treatment Requests:

If you will be requesting additional supplies or services, please contact Mary Cyr at 205-934-6013 or mccyr@uab.edu by Wednesday, March 9. If your team is not traveling with a certified athletic trainer, prior requests for specific treatment will be necessary. Treatment requests from a coach or student-athlete will not be accepted unless his/her athletic trainer contacts Mary Cyr at 205-934-6013 or mccyr@uab.edu.

First Aid:

The first-aid station is located by the finish/start line of the oval. Our athletic training staff will transport injured student-athletes to this section during competition. Team physicians and EMS officials will be on-call/site around this area during the meet. Please feel free to contact us if you need any special arrangements. The following items will be provided for your use at the first aid area:

- Treatment tables
- Basic First aid supplies
- Emergency equipment (crutches, immobilizers, AED, etc.)
- Injury ice
- Biohazard kit

In case of emergency after hours, please contact the following:

- UAB Head Trainer at Mary Cyr at 205-934-6013 or mccyr@uab.edu.

Credential Pick-Up:

Single gender programs may receive one medical credential and combined gender programs may receive two medical credentials. These credentials may be picked up during packet pick-up and will be administered by the host staff. Each institutional gendered program will be allowed to purchase a maximum of one additional credential for an athletic trainer or massage therapist at the cost of an all-session reserved ticket.

Drug Testing:

If drug testing does not occur during this championship round and/or a test is required outside of the standard championship protocol (e.g. national record, world junior record, etc.), the cost associated with such a test will be the responsibility of the tested student-athlete's institution.

Please see the NCAA Division I Indoor Track and Field Pre-Championships Manual for additional information on drug testing.

MEDIA AND PRESS CONFERENCE INFORMATION

NCAA Student-Athlete and Coach Media Obligations:

ALL STUDENT-ATHLETES AND COACHES MUST BE MADE AVAILABLE FOR MEDIA OBLIGATIONS.

Participation applies to all pre- and post-event press conferences and/or interview requests by the NCAA and its broadcast partners.

Failure to participate may result in misconduct, as determined by the NCAA Division I Cross Country/Track and Field Committee.

Student-athletes are allowed a maximum of a 10-minute cooling off period following their event before meeting with the media. If the student-athlete is ready prior to the 10 minutes, he or she can participate in interviews as soon as they are ready. However, they are not allowed to leave the competition area before conducting their media

interviews. Interviews will be conducted in the mixed zone or interview room. A student-athlete who is competing in more than one event on a given day may request of the media coordinator to delay the interview period until concluding their final event of the day. The only exception to this is if a record was set, and then the student-athlete should be made available to the media shortly after that event.

In the event that a student-athlete has been selected for drug testing, he or she must fulfill all media obligations before going to the drug testing center.

Pre-meet Press Conference:

The pre-meet press conference will take place virtually on Monday, March 7 at 3 p.m. Central Time. A link will be provided to participants at a later date.

Credentials:

All media credential requests should be submitted at <https://www.ncaa.com/media-credentials>. SIDs and members of the media may pick up their credential with a photo ID on Thursday, March 10, from noon - 4 p.m. in the meet management room on the first floor of the CrossPlex. Thereafter, media credentials may be picked up at the ticket windows outside the front entrance to the Birmingham CrossPlex:

March 11: 8 a.m. - 8 p.m.

March 12: 8 a.m. - 6 p.m.

Credentials must be worn in plain sight at all times. Standard rules concerning credentials apply. Credentials are issued for the sole purpose of providing facility access to the bearer with a legitimate working function in connection with the event. **IT IS NONTRANSFERABLE.** Any unauthorized use of this credential subjects bearer to having the credential revoked. We cannot replace stolen or lost credentials.

Interview Area:

A mix zone will be located at competition level under the VIP suites. Please be courteous and respectful of the student-athletes by giving him/her time to cool down. We will try to assist you with any special interview requests you may have (no guarantees). Host media relations staff will provide quotes to the media for all final events. Please work with the host institution's SID or media relations representative on site for additional interview requests.

Parking:

Media will park in Lot 4 (see parking map for location). A parking pass will be required to enter the media lot.

Photographers:

All photographers must wear armbands for general shooting. Photographers may work out of the work space provided in the meet management room located on the first floor of the CrossPlex.

Press Box:

Non-institutional Media work space and hospitality will be on the 3rd floor of the CrossPlex above Section 1 and 2 of the Grandstands.

Results, heat sheets, quotes and notes will be in the press box. Complete results and heat sheets will also be posted on www.NCAA.com throughout and at the conclusion of each day of competition.

SID Materials:

SIDs are instructed to mail all press materials (media guides and notes) to:
Ruben Perez Jr. 2340 CrossPlex Blvd. Birmingham, AL 35208



TEAM PARKING / DIRECTIONS / HOTELS

Team Parking:

Team drop off will be at the Bill Harris Arena main entrance and Team parking is located in the back of the CrossPlex in Lot 1 on the parking layout (see parking map for location.)A parking pass will be required .

Directions to Competition Facility:

From North:

Follow I-65 South and take Exit 261B onto I-20/59

Take Exit 120 off I-20/59

Turn left onto Ensley Avenue and drive back over the interstate

Follow Ensley Avenue approximately 1 mile into Five Points West Intersection

Proceed through intersection onto Avenue W to enter CrossPlex

From South:

Follow I-65 North through downtown Birmingham and take Exit 261B to I-20/59

Take Exit 120 off I-20/59

Turn left onto Ensley Avenue and drive back over the interstate

Follow Ensley Avenue approximately 1 mile into Five Points West Intersection

Proceed through intersection onto Avenue W to enter CrossPlex

From East:

From I-20 or I-59 merge onto I-20/59 West and follow signs to downtown Birmingham

Follow I-20/59 West to Exit 120

Take Exit 120 off I-20/59

Turn left onto Ensley Avenue and drive back over the interstate

Follow Ensley Avenue approximately 1 mile into Five Points West Intersection

Proceed through intersection onto Avenue W to enter CrossPlex

From West:

Follow I-20/59 East to Exit 120

Take Exit 120 off I-20/59

Turn left onto Ensley Avenue and drive back over the interstate

Follow Ensley Avenue approximately 1 mile into Five Points West Intersection

Proceed through intersection onto Avenue W to enter CrossPlex

Directions to Outdoor Practice Track:

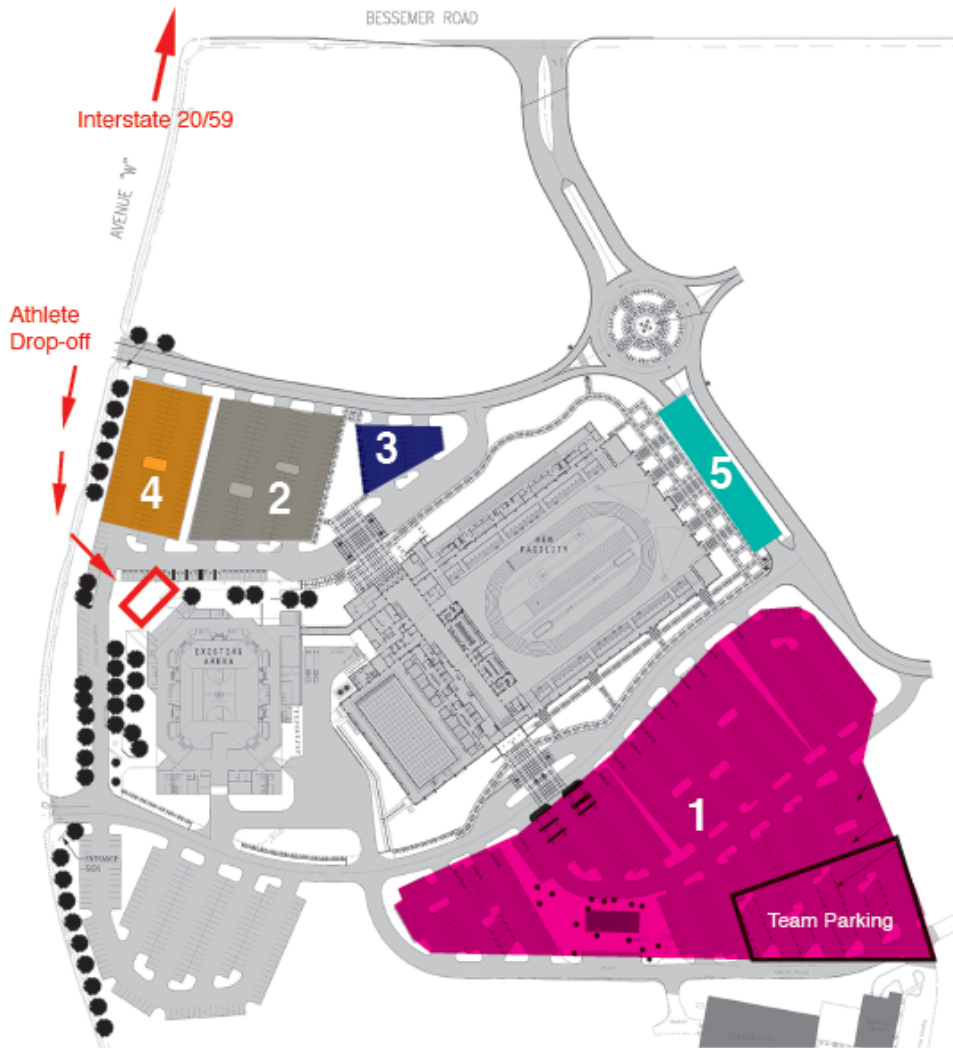
Address: 800 11th street south Birmingham AL 35205.

Directions to Weight Room:

The weight room is located directly across the street from the Bill Harris Arena on Avenue W on first floor of parking deck (4712 Avenue W Birmingham, AL 35208, 205-780-6394).

Hotels:

Teams are responsible for booking their own hotel rooms. You can access information on hotels by visiting the NCAA website: <http://www.ncaa.org/championships/division-i-mens-and-womens-indoor-track-and-field>



Parking Layout

- 1. █ Spectators/Team Parking
- 2. █ Officials/Timing/ESPN/DVSports Parking
- 3. █ NCAA/VIP Parking
- 4. █ Media/Volunteers/Photographers Parking
- 5. █ ESPN Production Truck



Bill Harris Arena Layout

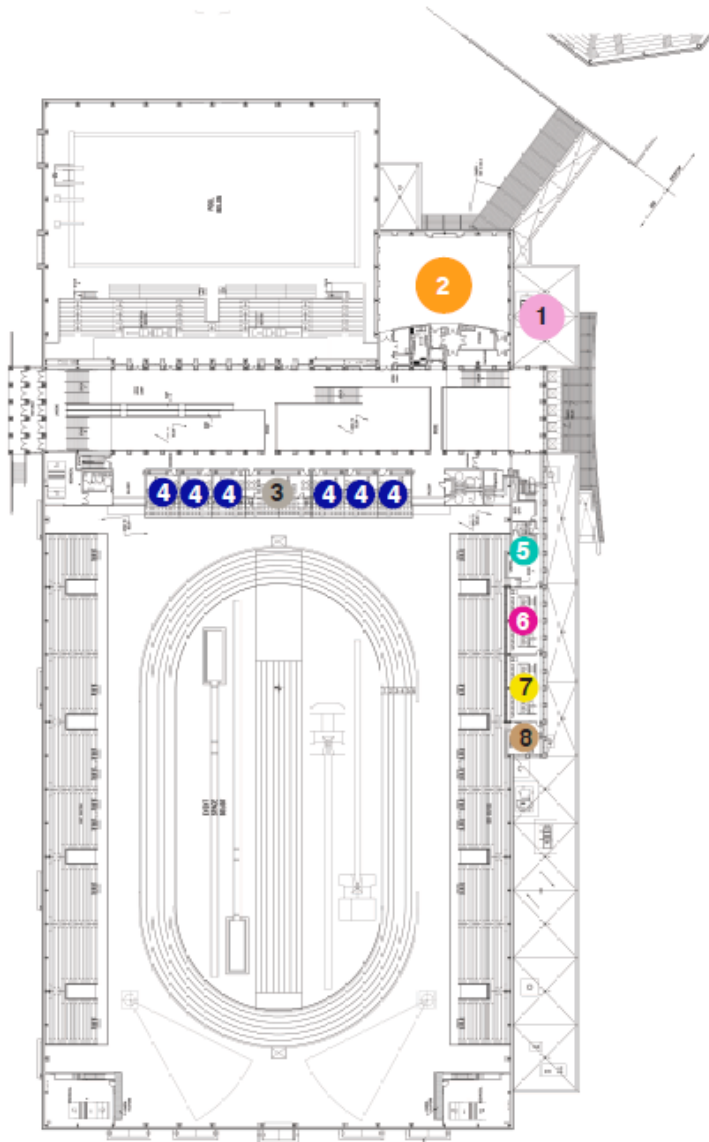


- 1. ■ Team entrance
- 2. ■ Team Camps/School Trainers
- 3. ■ Coaches Hospitality
- 4. ■ Hallway to Competition Venue
- 5. ■ Athlete Hospitality
- 6. ■ Team Locker Rooms (men & women)
- 7. ■ Practice Lanes
- 8. ■ Event Trainers



INDOOR TRACK & FIELD CHAMPIONSHIPS





Level 2 Facility Layout

- 1. Credential Pick-up (Media, Medical, Volunteers)
- 2. Officials/Timing/Tier 1 media Hospitality
- 3. NCAA Committee Suite
- 4. VIP Suites
- 5. Press Hospitality
- 6. Non Institutional Media
- 7. Timing
- 8. ESPN

