NCAA®

2024 DIVISION I INDOOR

TRACK & FIELD CHAMPIONSHIPS

BOSTON • *Boston College and University of Massachusetts Lowell, Hosts*

PARTICIPANT

2023-24 MANUAL

INDOOR TRACK & FIELD CHAMPIONSHIPS

Introduction/Welcome

Congratulations on your selection to the 2024 NCAA Division I Men's and Women's Indoor Track and Field Championships! This manual includes important information regarding the championships. It is a supplement, not a substitute, for the 2024 NCAA Division I Men's and Women's Indoor Track and Field Pre-championships Manual and Technical Manual.

The 2024 championships will be held March 8 and 9 at the TRACK at new balance in Boston, Massachusetts. On behalf of the New Balance Development Group, the staff at the TRACK at new balance, UMASS Lowell, Boston College, the city of Boston, the Commonwealth of Massachusetts and the entire NCAA Division I Men's and Women's Cross Country / Track & Field Committee, we would like to extend a warm welcome to all who have earned the opportunity to represent their institutions and compete in the 2024 NCAA Division I Men's and Women's Indoor Track and Field Championships.

Our collaborative goal is to create the best championship experience, at a world class venue, within a world class city. Our staff and volunteers will exceed your highest expectations of hospitality and it is our sincere hope that you will be inspired from the first practice on March 6 until the last scheduled event on March 9.

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NCAA Staff/Committee

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Host Personnel

TITLE	NAME	PHONE	EMAIL
Meet Director	AJ Holzherr	215-740-8293	ajholzherr@nbdevelopment.com
Meet Director	Saleena Rashed	857-330-8012	Saleena.Rashed@newbalance.com
General Manager	Jay Rourke	617-675-7300	jrourke@nbdevelopment.com
Facility Manager	Chris Ridolfi	617-675-7300	chris.ridolfi@newbalance.com
Media/PR Contact	Ashley Robbins	978-934-2306	Ashley_Robbins@uml.edu
Media/PR Contact	Tim O'Brien	978-934-2306	Timothy_obrien@uml.edu
Officials' Coordinator	Tom Meagher	339-793-1305	
Ticket Manager	Matt Thompson	617-552-3000	thompsmu@bc.edu
Marketing Director	Kim Good	617-675-7300	kgood@nbdevelopment.com
Medical Director	Lainie Williams	978-934-2607	Lainie_Williams@uml.edu
Medical Director	Casey Lane	978-934-2608	Casey_Lane@uml.edu
Drug Testing Liaison	AJ Holzherr	215-740-8293	ajholzherr@nbdevelopment.com
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Boston College Director of Men's & Women's Track & Field	Pete Watson	857-423-4298	watsonpe@bc.edu
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The TRACK at new balance Customer Service	Kat Vicino	617-675-7300	kathryn.vicino@newbalance.com

Key Officials

TITLE	NAME
Head Referee Running	Ed Gorman
Head Referee Field	Martin Johnson
Head Referee Combined Events	Michael McCoy
Head Referee Video	Eric Zemper
Head Clerk	Elizabeth Haygood
Head Clerk	Robert Volzer
Head Starter	Thomas McTaggart
Head Starter	Chere Maxwell
Head Starter	Sara Sinani
Head Umpire	Omar De La Rosa
Head Marshal	Roy Hawkins Sr.
Chief Implement Inspector(s)	Dennis Vienneau
Announcers	Mike Jay, David Lile and Shannon Rowbury

GENERAL INFORMATION

The 2024 Men's and Women's Indoor Track & Field Championships will take place March 8-9, 2024 at the TRACK at new balance located at 91 Guest Street, Boston, MA 02135.

Building Hours

Outside of the scheduled practice times, the TRACK at new balance will open its doors to competing student-athletes at 8 a.m. on competition days. Spectators will be allowed to enter the venue 90 minutes prior to the start of competition on each day.

the TRACK at new balance features:

- 200-meter hydraulically banked indoor track
- 6 lane hurdle and dash warm up area
- Dual pole vault, long jump, triple jump, and high jump competition areas
- Capable of accommodating up to 5,000 spectators
- Multi-purpose area dedicated to track and field throwing events
- (4) VIP boxes, video production room, event timing, press boxes, and hospitality area
- Dedicated 24,000sf athlete warm-up area
- Recovery Room available to Track Athletes and User Groups
- Concessions and Merchandise Area
- Daktronics boards
- Locker rooms available for user on level 2

Security personnel will be on site throughout the championships to monitor and ensure the safety and security of all participating teams, officials, and spectators. In the event of an emergency or fire, security staff will assist with the prompt evacuation of the facility. Important contact information for local police, fire and medical centers is listed below:

City Police Department: Boston Police Department- (617) 343-4260
City Fire Department: Boston Fire Department – (617) 343-3550
Boston Landing Security: Lee Hatcher- (617)- 675-7306
Local Hospital: St. Elizabeth's Hospital - 736 Cambridge Street, Boston, MA 02135 - (617) 789-5004

The competition schedule can be found online at NCAA.com A comprehensive competition schedule is included in **Appendix A**. The official meet website will be NCAA.org. Start lists and results will be available on the official meet site as soon as possible.

Monday, February 26

8 p.m. (Eastern) Declarations open on www.directathletics.com.

Tuesday, February 27

2 p.m. (Eastern) On-time declaration deadline on www.directathletics.com.

4 p.m. (Eastern) Late declaration deadline with fine on www.directathletics.com. Declarations officially close at this time.

Monday, March 4

1 p.m. (Eastern) **Mandatory** virtual coaches meeting. A link will be included in the selection memo/email for all 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.

Tuesday, March 5

2 p.m. (Eastern) Deadline for post declaration scratches (e.g. medical, eligibility, family emergency, etc.). Note: any scratches after declarations are all-inclusive and not selective by event. Any scratches must be reported by email to Sean Laughlin and Jeff Mlynski (sean@recordtiming.com and jmlynski@ncaa.org).

Packet Pick-Up

Team packets will be provided for each team and may be picked up on **Thursday, March 7, noon - 4 p.m**. local time, through the main entrance (91 Guest Street) of the TRACK at new balance. Coaches may expect the following at packet pick-up:

- Student-athlete credentials
- Schedule of events
- Student-athlete gifts
- Last minute notes
- Heat sheets (Day 1)
- Participant medallions
- Bib numbers w/ pins
- Relay cards
- Coaches credentials

Athlete Gifts

The NCAA Division I Men's and Women's Track & Field and Cross-Country Committee has elected to provide enhanced student-athlete gifts in place of a banquet at the 2024 indoor track and field championships at the TRACK at new balance. Gifts will be disseminated in conjunction with packet pick-up.

Pre-Competition Event / Practice Schedule

A detailed practice schedule can be found in **Appendix B**. The facility will not be available for practice outside of the days/times listed. Please take note of the specific hours for each respective event.

Heat Sheets/Results

Heat sheets and results will be posted at the protest table, team camp area, and merchandise area. Results and start lists will also be available on the web at NCAA.org and NCAA.com.

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.

NB FITNESS CLUB Weight Room Access

Complimentary Access to the NB Fitness Club weight room will be available Wednesday, March 6 through Saturday, March 9. All participants & coaches using the weight room must sign up for complimentary access using the link below.

NCAA Gym Access Link

Available Dates & Times

Wednesday, March 6:	9:00am – 12:00pm
Thursday, March 7:	9:00am – 12:00pm
Friday, March 8:	9:00am – 12:00pm
Saturday, March 9:	9:00am – 12:00pm

Student Athlete Drop-Off

The Drop off zone for student athletes is designated by signs along 71 Guest Street located on the north side of the TRACK at new balance. Credentialed student-athletes, coaches and administrators should enter the facility through the entrance at 71 Guest St, Boston, MA 02135. Please see diagram within the appendix.

Team Parking

Teams will be allowed one (1) passage vehicle **below 8'2"** to park in the garage at the TRACK @ New Balance facility via entrance on Life Street. Buses must relocate to the Boston College campus at 25 Campanella Way, Chestnut Hill, MA. Parking will be located along Campanella Way in front of Fish Fieldhouse.

Team Camp/Seating Areas

Designated team camps will be located on the street level of the TRACK at new balance in our neighboring facility - Roadrunner– 89 Guest Street, Boston, MA 02135. Team seating will be available in sections 8 and 9 of the grandstands on the north side of the track. The general public are NOT permitted in the warm-up areas, team areas, training room, or on the competition floor at ANY TIME throughout the event.

Student-Athlete Hospitality

Student-athlete hospitality will be in the Roadrunner Team Camp area.
Student-athlete hospitality hours will be:
Friday March 8: 7:30 a.m. – 10: 30 p.m.
Saturday March 9: 8 a.m. – 10 p.m.

Awards and Recognition

Official NCAA awards will be presented to the top three teams and top eight finishers in each event. At the championships, each of the top three teams will receive a team trophy; the national championship team with receive one watch and mini-trophy, and the second-, and third-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.**

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 4.

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Student-Athlete Participation Awards

CONGRATULATIONS ON YOUR TEAMS' SUCCESS!

We are excited to share that this year, all Student-Athlete Mementos will be given out ONSITE at the Championship!

HOW TO PURCHASE ADDITIONAL STUDENT-ATHLETE MEMENTOS FOR YOUR TEAM

The NCAA provides BirdieBox with the email address of a designated point person for each sport and school. Make sure you have communicated to the NCAA the correct person to receive the email which will include your password to access the website for additional mementos. Once the email is sent, you will be instructed to the site to place your school's order: ncaainstitutionalportal.com The number of mementos you will receive will be the same number as the NCAA prescribed travel party. To purchase additional mementos outside of your travel party allotment, please follow below:

- Enter password
- Click "Purchase Additional Gifts"
- Select your division
- Select your sport
- Pick the quantity of additional gifts you want
- Add to your cart and select your school
- Enter your contact information and the shipping address the gifts should be delivered to
- Enter your payment information (all gifts must be paid for at time of checkout)
- Submit your order

Place your Order at: ncaainstitutionalportal.com

Questions?
Email Christa Selner: CSelner@BirdieBox.com

BirdieBOX New for 2023-2024!

At BirdieBox, we redefine collegiate gifting by transforming it into an unforgettable experience. With an unwavering commitment to quality, creativity, and personalization, we craft each BirdieBox to convey a purposeful message.

Uniforms [Reference: Bylaw 12.5.4 in the NCAA Manual]

All uniforms must comply with the 2023 and 2024 NCAA Men's and Women's Track and Field and Cross-Country Rule Book.

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.**

Video/Wireless Communication

The use, by competitors, of video or audio devices, Fitbits or smart watches, mobile phones, computers, or any similar devices in the competition area is prohibited. Field event Student-Athletes can view videos, taken outside the competition area, between attempts. Under the direction of an official, competitors are permitted to cross the track.

Spikes

Only 1/4 inch or 7mm pyramid spikes are allowed for all events apart from 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 if 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. SPIKES WILL ALSO BE CHECKED FOR PRACTICE DAILY PRIOR TO STUDENT-ATHLETES ACCESSING THE TRACK.**

World Athletics/USATF Requirements: In accordance with World Athletics/USATF requirements, for marks to be recognized by both World Athletics and USATF (e.g., ranking points, event qualification, and records) legally worn shoes are required during competition as recognized by World Athletics/USATF. Random checking of up to 10% of athletes' shoes will occur during competition clerking to ensure shoes are legal for purposes of World Athletics and USATF. Athletes should bring shoes to clerking in case they are randomly selected for shoe check. If shoes are illegal per World Athletics/USATF rules, the athlete will be given the opportunity to correct the shoes prior to competition or need to understand that any mark achieved will not be recognized for World Athletics or USATF purposes.

Additionally, per World Athletics/USATF requirements, in order for marks to be recognized by both World Athletics and USATF (e.g., ranking points, event qualification, and records) in laned track events, any two steps on the inside lane line while running on the bend at any point during a competition, including across multiple rounds of the same event in a meet, will result in WA/USATF mark disqualification. In track events not run completely in lanes, any two steps over the line at any point during a competition will result in WA/USATF mark disqualification.
Note: These two items do NOT supersede NCAA rules for conduct of NCAA championship competition and would only disqualify athletes' marks for consideration for WA/USATF purposes.

Additional details can be found at 2022-23PRTF_USOPCNCAATrackandFieldPilot.pdf (ncaaorg.s3.amazonaws.com).

Coaches Credentials

Coaches must declare their credentials through the online system provided by the NCAA through Planning Point. A link with instructions will be sent within the selection memorandum.
Please fill out and complete your credential requests no later than 5 p.m. Eastern Time, on Friday, March 1.
The rules that govern credentials allow for more credentialed coaches than what is permissible for travel reimbursement.

In accordance with 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)**. 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)**. 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, but not warm-up/active competition and practice areas for safety. Additionally, practice, warm-up and weight room venues are off limits to any post-collegians. These facilities are strictly available only for competing student-athletes.

Merchandise and Programs

Official NCAA merchandise and programs will be sold during the competition hours. All NCAA merchandise items for sale can be found at the East Concessions Stand. This stand is located on Level 3 near the main entrance. Overview of items for sale: NCAA branded shirts, sweatshirts, hats, and novelty items.

Hours of Operation

Wednesday, March 6:	Noon – 8 p.m.
Thursday, March 7:	9 a.m. – 6 p.m.
Friday, March 8:	8 a.m. - 9:30 p.m.
Saturday, March 9:	8 a.m. - 9:30 p.m.

Concessions

In addition to the vending machines on the concourse, food and beverage for sale can be found at the West Concessions Stand. This stand is located at the far end of the concourse, near the family restrooms. Items for sale include pre-packaged sandwiches, salads, fruit and veggie bowls and a variety of hot and cold drinks.

Boston Landing has several food offerings within walking distance of the TRACK at new balance. Information can be found at Boston Landing Campus Restaurants

Hours of Operation

Wednesday, March 6:	3 p.m. – 6 p.m.
Thursday, March 7:	9 a.m. – 6 p.m.
Friday, March 8:	8 a.m. - 9:30 p.m.
Saturday, March 9:	8 a.m. - 9:30 p.m.

FIELD EVENT DIMENSIONS

High Jump: The high jump paddock(s) provides an area that is 65.00 feet/19.81 meters x 65.00 feet/19.81 meters wide per jumping pit.

Long Jump: In the open long jump competition, Men and Women will use the runway closest to the competition oval, jumping away from the finish line. Both runways will be available for practice, with long jump and triple jump take off boards in place.

Competition Runway:	Length:	163.42 feet / 49.81 meters
(Closest to oval)	Length to take – off board:	161.06 feet / 49.09 meters
	Length from board to pit:	9.68 feet / 2.95 meters
	Length of landing pits:	27.26 feet / 8.31 meters
Secondary Runway:	Length:	163.45 feet / 49.82 meters
(Pit 2 for Hept./Pent.)	Length to take – off board:	160.39 feet / 49.04 meters
	Length from board to pit:	9.68 feet / 2.95 meters
	Length of landing pits:	27.26 feet / 8.31 meters

Triple Jump: In the triple jump, the Men and Women will use the runway closest to the competition oval, jumping away from the finish line. Both runways will be available for practice, with long jump and triple jump take off boards in place.

Competition Runway:	Length:	163.42 feet / 49.8 meters
(Closest to oval)	Length to take – off board (Men):	128.87 feet / 39.28 meters
	Length to take - off board (Women):	134.81 feet / 41.09 meters
	Length from board to pit (Men):	42.52 feet / 12.96 meters
	Length from board to pit (Women):	36.61 feet / 11.16 meters
	Length of landing pits:	27.26 feet / 8.31 meters
Competition Runway:	Length:	163.45 feet / 49.82 meters
(Practice only)	Length to take – off board (Men):	128.77 feet / 39.25 meters
	Length to take - off board (Women):	134.71 feet / 41.06 meters
	Length from board to pit (Men):	42.55 feet / 12.97 meters
	Length from board to pit (Women):	36.61 feet / 11.16 meters
	Length of landing pits:	27.26 feet / 8.31 meters

Coaches Boxes

Coaches' areas are located at strategic positions throughout the venue. Please refer to the maps within the appendix which designates all specific coaching box locations. Coaching boxes are restricted to ONLY coaches with a competing

student-athlete in that event (one coach per student-athlete). Coaching box identifiers will be provided to each field event student-athlete when they check-in with the clerk. Student-athletes must give those identifiers to their coach to loop on their credential lanyard in order to access designated field event coaching boxes. Combined event student-athletes will only be provided one identifier. This identifier can be removed from the lanyard and passed to another coaching if needed for the various disciplines within the combined event competition.

Mixed Zone

The mixed zone will be located northwest corner of the competition floor. After completion of their heat or flight, student-athletes will be brought directly to, and are required to pass through, the mixed zone. For finals, 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.

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, if 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.

- Gill Lead Orbiter 20-lb. Indoor Throwing Weights
- Gill Tungsten Orbiter 20-lb. Indoor Throwing Weights
- Gill Lead Orbiter 35-lb. Indoor Throwing Weights
- Gill Tungsten Orbiter 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 and throwing weight inspection, weigh-in, and impounding will take place in the implement inspection area located in multi-purpose level 2 throws area. Implement inspection will be open:

Thursday, March 7: 11 a.m. - 6 p.m.
Friday, March 8: 8 a.m. - end of competition
Saturday, March 9: 10 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 and can be picked up at the weigh-in area 30 minutes after the conclusion of the event final. *Competitors who require implements for practice after weigh-in should plan to bring secondary implements.*

Pole Vault/Poles Storage:

If shipping poles, they should be shipped directly to **the TRACK at new balance 91 Guest Street, Boston, MA 02135**.
All poles must be identified/labeled by participating institutions and athletes for their specific event. Return shipping information must be supplied with each pole vault shipment. Competing institutions must supply delivery and pick up information to specific shipping entities. Institutions are required to control and follow up on all shipping and pick up details. Poles may be delivered to the facility beginning **Monday, March 4th** and shall be stored underneath the Daktronics board on the east side of the competition floor. Separate bins will be identified for Men's pole vault, Women's pole vault, and Men's heptathlon vault.

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:

Check-in will take place at the clerk's table in the northeast corner of the competition floor (see floor layout). In **semi-final rounds**, competitors in the **first heat** must check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event. Competitors in the **second heat** must check-in with the clerk no later than ten (10) minutes prior to the published scheduled start time of the event. If there is a **third heat** in an event, competitors must check-in with the clerk no later than five (5) minutes prior to the published scheduled start time of the event. If there is a **fourth heat** in an event, competitors must check-in with the clerk no later than the published scheduled start time of the event. In the **final** round, competitors must check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event. In events with a second section, competitors in the **second section** must check-in with the clerk no later than ten (10) minutes prior to the published scheduled start time of the event.

Relay Events:

Check-in for relays will take place at the clerk's table in the northeast corner of the competition floor (see floor layout). Competitors must check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the **final** of the relay event. In the 4x400 relay competitors in the **second section** must check-in with the clerk no later than ten (10) minutes prior to the published scheduled start time of the event. In the 4x400 relay competitors in the **third section** must check-in with the clerk no later than five (5) minutes prior to the published scheduled start time of the event. All teams must be checked in by these times and be prepared to be escorted to final staging by the clerk up to 10 minutes prior to their race. 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 to 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 northeast corner of the competition floor (see floor layout). Student-athletes should check-in no later than 45 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 the final call.

Field Events

LJ, TJ, SP, WT:

Check-in will take place at the clerk's table in in the northeast corner of the competition floor (see floor layout) no later than 40 minutes before the published start time of the event.

Student-athletes will 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 northeast corner of the competition floor (see floor layout) no later than 55 minutes before the published start time of the event. Student-athletes will 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 northeast corner of the competition floor (see floor layout) no later than 70 minutes before the published start time of the event. Student-athletes will be escorted to their respective event site 70 minutes prior to competition for the allowable 60-minute warm-up period.

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 must 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.

Protest Table

The protest table will be in the southwest corner of the competition floor. 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 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.

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 the 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.

MEDICAL SERVICES/ATHLETIC TRAINING

Visiting Team Medical Area

Each team will be permitted to set up their respective medical within their team camp space at Roadrunner. Space size and location in the team camp area will be pre-assigned by the host based on the number of qualifying athletes per team. 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 warm-up track on level 4 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
- Ice
- Treatment tables
- 6 Normatec 3 Leg Compression Boots
- 6 Theragun Massage Guns
- 4 Theragun Wave Rollers
- Stretching Mats & Straps
- Resistance Bands (variety of sizes and strengths)

Treatment Requests

If your team is not traveling with a certified athletic trainer, requests for specific treatment will be necessary. Please contact Lainie Williams at Lainie_williams@uml.edu or Casey Lane at casey_lane@uml.edu for additional supplies or services by **Wednesday, March 6**. Treatment requests from a coach or student-athlete will not be accepted unless his/her athletic trainer contacts Lainie or Casey.

First Aid

The first-aid station is located on the track level outside the southeast corner of the track. Our athletic training staff will transport injured student-athletes to this section during competition. Team physicians and EMS officials will be on-call/site in 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

Medical 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 **($50)**.

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.

TICKETS

NCAA institutions are asked to encourage parents, alumni and friends of your program to purchase tickets early as a sell-out is expected. Tickets for the championships may be purchased online at www.ncaa.com/tickets. If tickets are still available, they will be available to purchase at the TRACK at new balance one (1) hour prior to the first event of each day of competition. Ticket prices are listed below:

North Side Seating			
All-Session (Both Days)		**Single Session (One Day**	
Platinum	$85	Platinum	$50
Gold	$65	Gold	$40
Bronze	$50	Bronze	$30

South Side Seating			
All-Session (Both Days)		**Single Session (One Day**	
General Admission	$40	General Admission	$25

*2 years old and under are free with paid admission of an adult.

Pass List

All player-guest pass list tickets for the track and field championships 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. 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 Matt Thompson at matthew.thompson.5@bc.edu **no later than 5 p.m. Eastern Time on Tuesday, March 5.** Requests should include 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 the championship 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 pass-list 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. Tickets are limited and will be processed on a received by basis.

Changes/additions along with late requests will not be allowed. All NCAA pass list policies will apply. 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.

If you have any questions regarding pass list submissions, please contact Matt Thompson, Associate Director of Ticket Operations, Boston College at matthew.thompson.5@bc.edu.

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 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 on Thursday, March 7 at 3 p.m. local time at the TRACK at new balance in room 404.

Credentials

All media credential requests should be submitted at NCAA.com/media. SIDs and members of the media may pick up their credential with a photo ID on Thursday, March 7, from noon - 4 p.m. at packet pick-up. Thereafter, media credentials may be picked up at the 91 Guest Street ticket windows on March 8: 7 a.m. – 12 p.m. and/or March 9: 7 a.m. – 12 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 NON-TRANSFERABLE.** Any unauthorized use of this credential subjects bearer to having the credential revoked. We cannot replace lost or stolen credentials.

Interview Area

The mixed zone interview area will be located in the northwest corner of the competition floor, in front of the grandstands. 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.

Media Member Parking

Media members will receive a parking pass and assigned lot as part of their credential pick on Thursday, March 7 from noon – 4p.m. Parking passes are issued for the sole purpose of providing parking access to the bearer with a legitimate working function in connection with the event. **IT IS NON-TRANSFERABLE.** Any unauthorized use of the parking pass subjects bearer to having the credential revoked. We will not replace lost or stolen parking passes.

Photographers

All photographers must wear proper photo credentials for general shooting. Photographers may work out of the media workspace located on level 4 of the catwalk. Photo boxes have been identified and are located in the designated areas around the competition floor.

Media Workspace/Press Box:

Level 4- Southside between turns 2 and 3 on the catwalk. Results, heat sheets, quotes and notes will be in the media

workspace. Complete results will be available at NCAA DI Indoor Track & Field Championships.

SID Materials:

SIDs are instructed to send all digital press materials (media guides and notes) to: Ashley Robbins – Ashley_Robbins@uml.edu.

APPENDIX A

2024 DIVISION I INDOOR TRACK & FIELD CHAMPIONSHIPS

BOSTON · Boston College and University of Massachusetts Lowell, Hosts

FRIDAY, MARCH 8, 2024 - MEN			
TIME	MEN'S TRACK EVENTS	DIVISION	ROUND
4:00 PM	Mile	Men	Semifinal
4:18 PM	60 Meters	Men	Semifinal
4:30 PM	400 Meters	Men	Semifinal
4:50 PM	800 Meters	Men	Semifinal
5:05 PM	60 Hurdles	Men	Semifinal
5:20 PM	5000 Meters	Men	Final
5:40 PM	200 Meters	Men	Semifinal
6:00 PM	Distance Medley Relay	Men	Final
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND
2:00 PM	Pole Vault	Men	Final
2:45 PM	Weight Throw	Men	Prelim/Final
4:00 PM	Long Jump	Men	Prelim/Final
TIME	MEN'S HEPTATHLON	DIVISION	ROUND
9:30 AM	60 Meters	Men	Final
10:30 AM	Long Jump (2 runways)	Men	Final
11:45 AM	Shot Put (1 circle)	Men	Final
1:15 PM	High Jump (2 pits)	Men	Final

FRIDAY, MARCH 8, 2024 - WOMEN			
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND
7:00 PM	Mile	Women	Semifinal
7:18 PM	60 Meters	Women	Semifinal
7:30 PM	400 Meters	Women	Semifinal
7:50 PM	800 Meters	Women	Semifinal
8:05 PM	60 Hurdles	Women	Semifinal
8:20 PM	5000 Meters	Women	Final
8:40 PM	200 Meters	Women	Semifinal
9:00 PM	Distance Medley Relay	Women	Final
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND
6:00 PM	Pole Vault	Women	Final
6:00 PM	Weight Throw	Women	Prelim/Final
7:00 PM	Long Jump	Women	Prelim/Final
TIME	WOMEN'S PENTATHLON	DIVISION	ROUND
9:50 AM	60 Hurdles	Women	Final
11:00 AM	High Jump (2 pits)	Women	Final
1:00 PM	Shot Put (1 circle)	Women	Final
2:15 PM	Long Jump (2 runways)	Women	Final
3:40 PM	800 Meters	Women	Final

SATURDAY, MARCH 9, 2024 - 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
1:00 PM	High Jump	Men	Final
2:45 PM	Shot Put	Men	Prelim/Final
3:30 PM	Triple Jump	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 9, 2024 - 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
1:00 PM	High Jump	Women	Final
5:45 PM	Shot Put	Women	Prelim/Final
6:30 PM	Triple Jump	Women	Prelim/Final

All times noted are Eastern Time

Schedule is subject to change

APPENDIX B

REVISED PRACTICE SCHEDULE (As of 2/26/2024)

Tuesday, March 5

5 – 9 p.m.	Weight throw practice.

Wednesday, March 6

8 a.m. – Noon	Weight throw practice.
Noon – 8 p.m.	**the TRACK at new balance available for practice** - Track Oval, Long Jump, Triple Jump and Pole Vault. Roadrunner Team Camp area available – 89 Guest Street, Boston, MA 02135. ***Note: for the open Long Jump and Triple Jump, men and women will both use the outer runway closest to the oval for competition but both runways will be available for practice.***
Noon – 3:50 p.m.	Sprint straightaway and Weight Throw.
4:10 – 8 p.m.	High Jump (East Pit – Men, West Pit – Women) and Shot Put.
9 a.m. – 3 p.m.	Alternate practice track available - Harvard University Field House – Jason Saretsky (Jason_saretsky@harvard.edu) - 65 N Harvard Street, Boston, MA 02134.
9 a.m. – Noon	Weight room available.

Thursday, March 7

9 a.m. – 5 p.m.	**the TRACK at new balance available for practice** - Track Oval, Long Jump, Triple Jump and Pole Vault. Roadrunner Team Camp area available – 89 Guest Street, Boston, MA 02135. ***Note: for the open Long Jump and Triple Jump, men and women will both use the outer runway closest to the oval for competition but both runways will be available for practice.***
9 a.m. – 12:50 p.m.	High Jump (East Pit – Men, West Pit – Women) and Shot Put.
1:10 – 5 p.m.	Sprint straightaway, and Weight Throw.
9 a.m. – 3 p.m.	Alternate practice track available - Harvard University Field House – Jason Saretsky (Jason_saretsky@harvard.edu) - 65 N Harvard Street, Boston, MA 02134.
Noon – 4 p.m.	Packet pick-up – Concourse at the TRACK at new balance.
3 p.m.	NCAA Press Conference – the TRACK at new balance room 404
9 a.m. – Noon	Weight room available.

Friday, March 8

8 – 9 a.m.	**the TRACK at new balance available (general warm-up).** *The throwing cage will only be available for shot put practice during this time.*
7:30 a.m. – 10:30 p.m.	Roadrunner Team Camp and warm-up area available.
9 a.m. – 3 p.m.	Alternate practice track available - Harvard University Field House – Jason Saretsky (Jason_saretsky@harvard.edu) - 65 N Harvard Street, Boston, MA 02134.
9 a.m. – Noon	Weight room available.

Saturday, March 9

8 – 10 a.m.	**the TRACK at new balance available (general warm-up).** *The throwing cage will only be available for shot put practice during this time.*
8 a.m. – 9:30 p.m.	Roadrunner Team Camp and warm-up area available.
9 a.m. – 3 p.m.	Alternate practice track available - Harvard University Field House – Jason Saretsky (Jason_saretsky@harvard.edu) - 65 N Harvard Street, Boston, MA 02134.
9 a.m. – Noon	Weight room available.

APPENDIX C

DIRECTIONS / HOTELS

Directions to Competition Facility

GPS Address: the TRACK at new balance
91 Guest Street
Boston, MA 02135

From Boston Logan International Airport and points East
Exit the airport to I-90 West.
Take Exit 131 toward Brighton / Cambridge
Keep left at the fork and merge onto Cambridge Street
Turn right onto Lincoln Street
Turn left onto Market Street
Turn left onto Guest Street
The TRACK at new balance will be on your right.

From the North
Take 95 South to 93 South toward Boston
Take exit 16A to I-90 West
Follow directions from Logan International Airport and points East.

From the West
Take I-90 East toward Boston
Take Exit 127 and merge onto Centre Ave/Washington Street
Take a slight left onto St. James Street
Turn right onto Charlesbank Road
Keep right to continue onto Nonantum Road
Take a slight right onto N. Beacon Street
Turn right onto Market Street
Turn left onto Guest Street
The TRACK at new balance will be on your right.

From the South
Take 95 North
Take Exit 39A/B – I-90 East
Follow direction from the West

Directions to Alternate Practice Facility at Harvard:

Harvard University Field House- 65 N Harvard St, Boston, MA 02134

Directions to Weight Room:

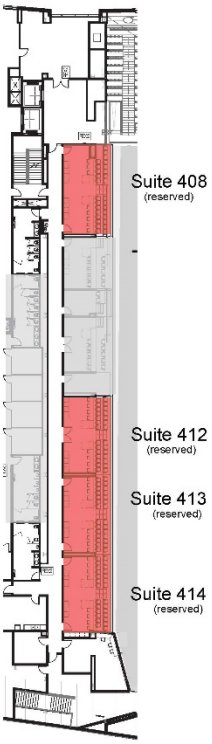
NB Fitness Club is located on Life Street, across the street from the TRACK at new balance.

Hotels:

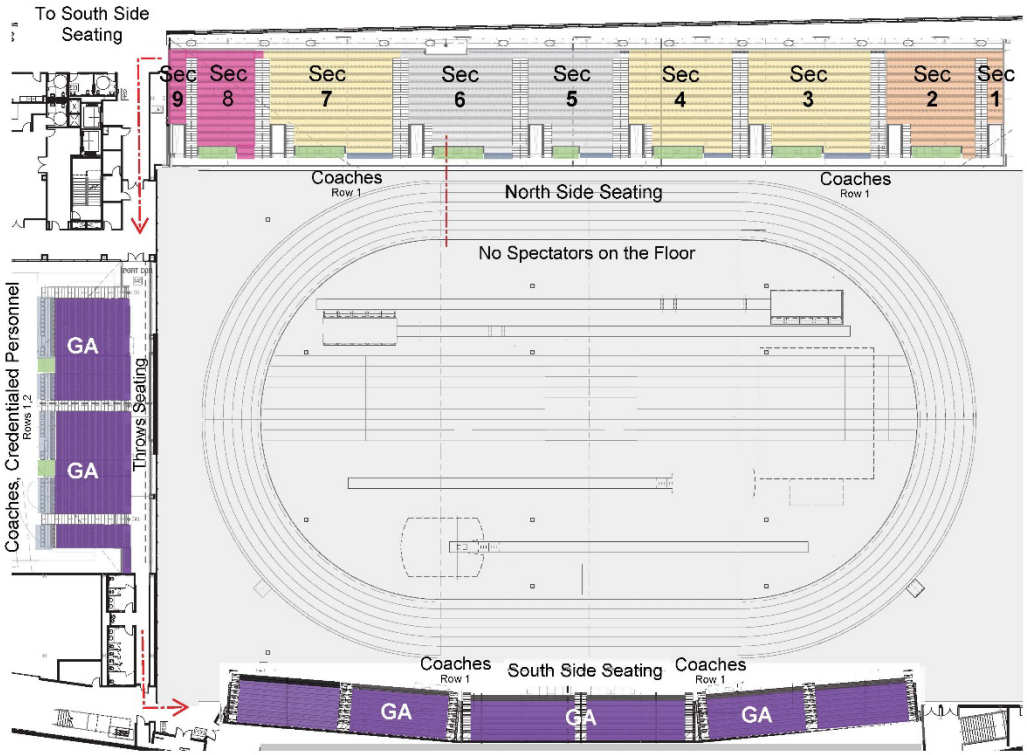
Teams are responsible for booking their own hotel rooms. You can access information on hotels by visiting the NCAA website.

APPENDIX D

FACILITY/PARKING/EVENT MAPS



Suite Plan
Level 4



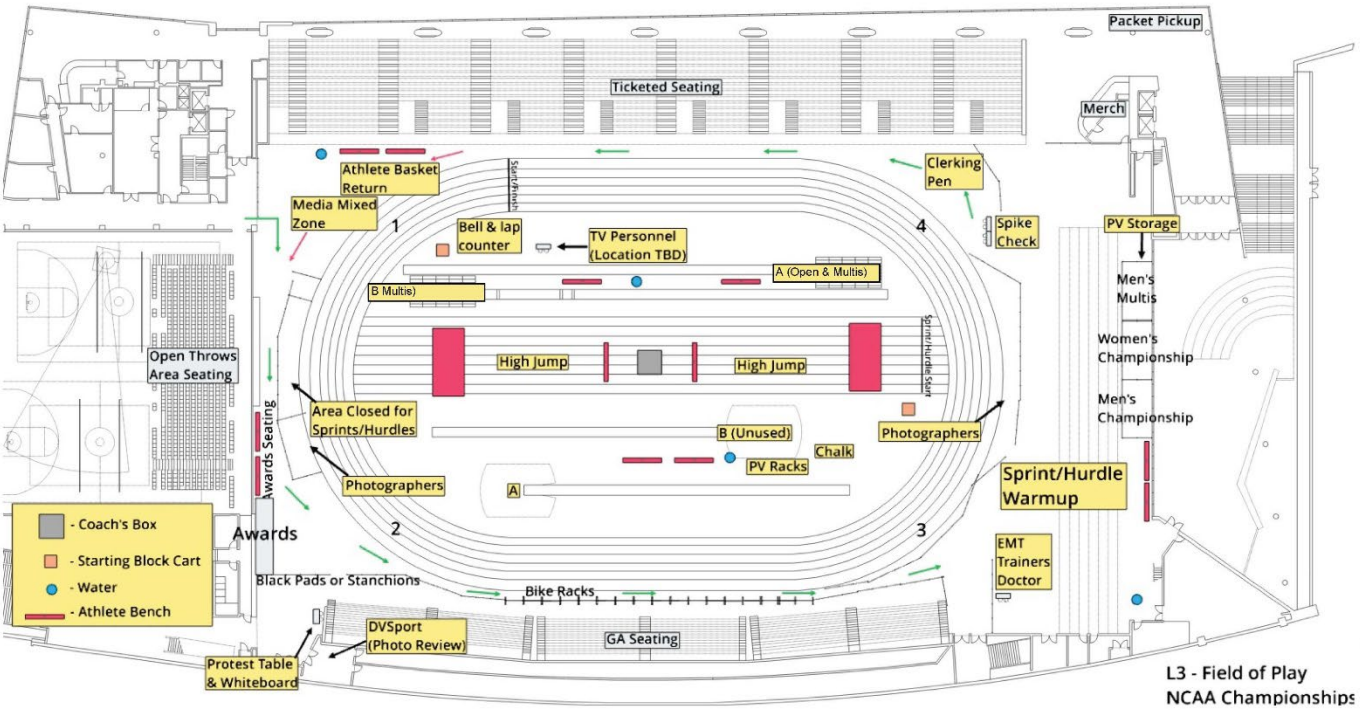
Seating Plan
Level 3

Notes:

Platinum		Athletes	
Gold		Disabled	
Bronze		Coaches	
GA		Suites	

the TRACK at new balance
BRIGHTON, MA
MARCH 8-9, 2024

INDOOR TRACK & FIELD CHAMPIONSHIPS



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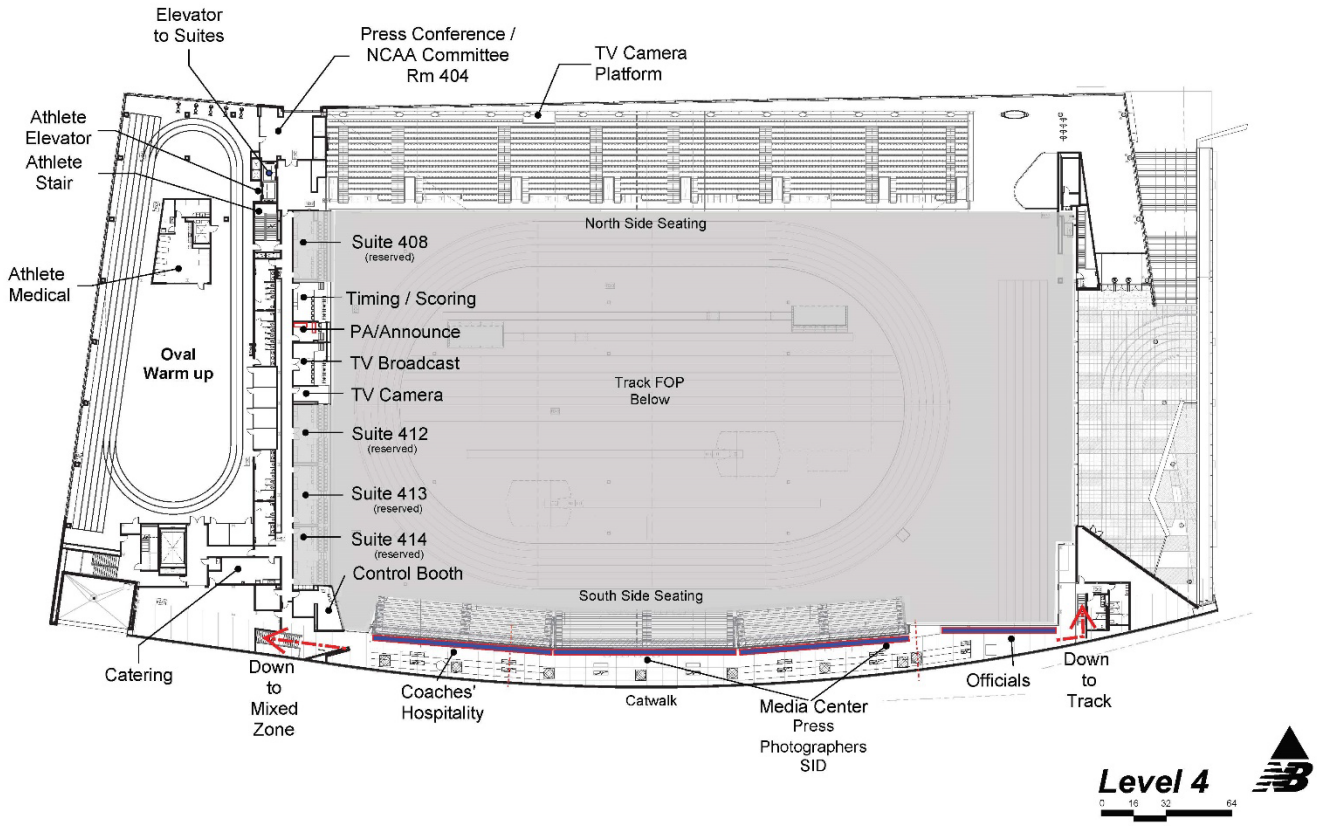
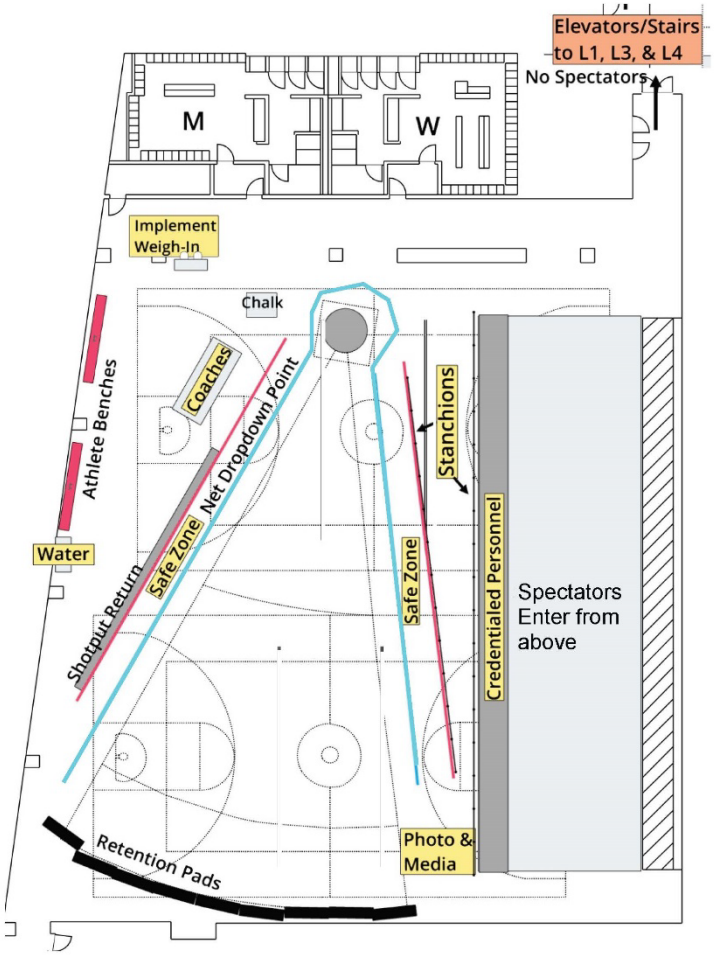
the TRACK at new balance
BRIGHTON, MA
MARCH 8-9, 2024
INDOOR TRACK & FIELD CHAMPIONSHIPS

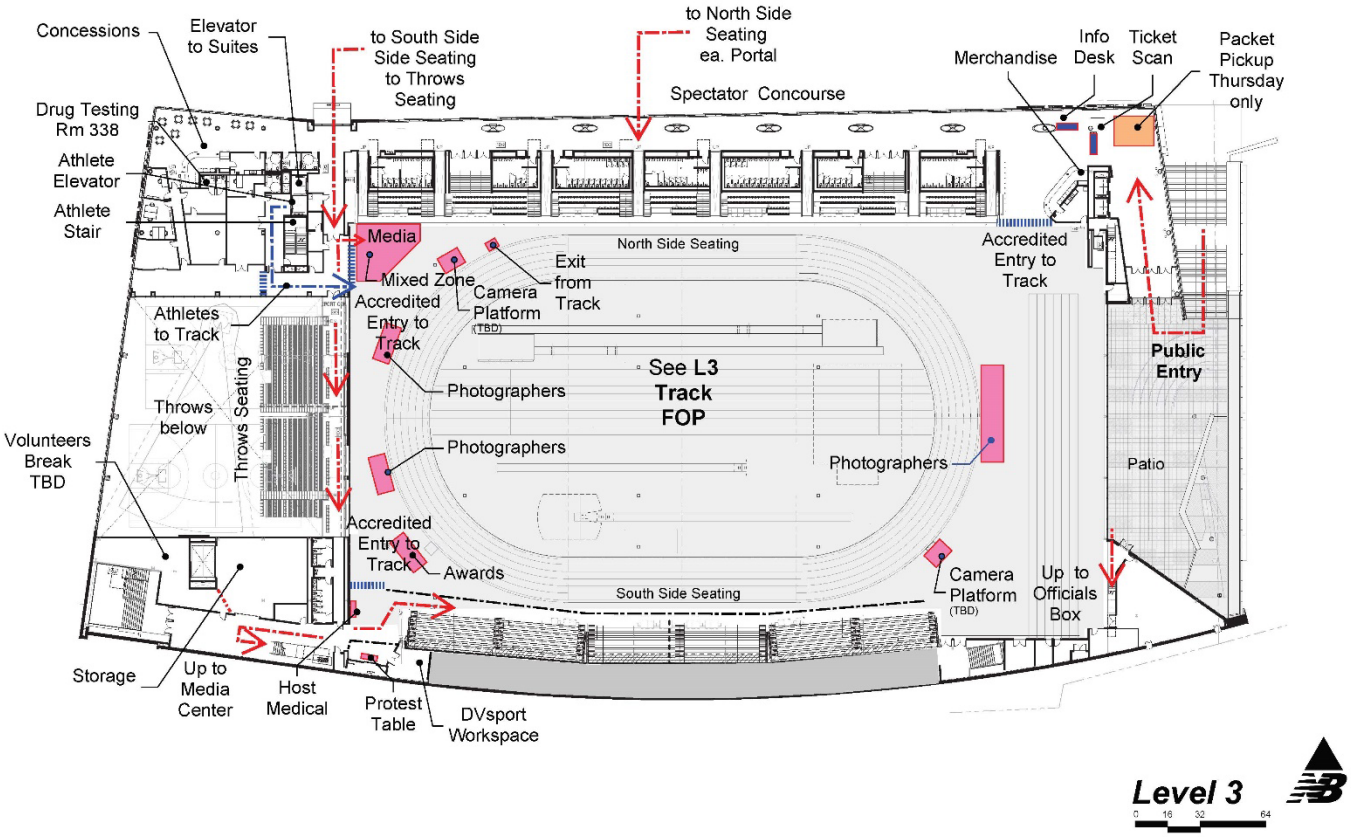

Elevator to Suites
Press Conference / NCAA Committee Rm 404
TV Camera Platform
Athlete Elevator
Athlete Stair
Athlete Medical
Oval Warm up
North Side Seating
Suite 408 (reserved)
Timing / Scoring
PA/Announce
TV Broadcast
TV Camera
Track FOP Below
Suite 412 (reserved)
Suite 413 (reserved)
Suite 414 (reserved)
Control Booth
South Side Seating
Catering
Down to Mixed Zone
Coaches' Hospitality
Catwalk
Media Center
Press
Photographers
SID
Officials
Down to Track
Level 4
0 16 32 64

Notes:

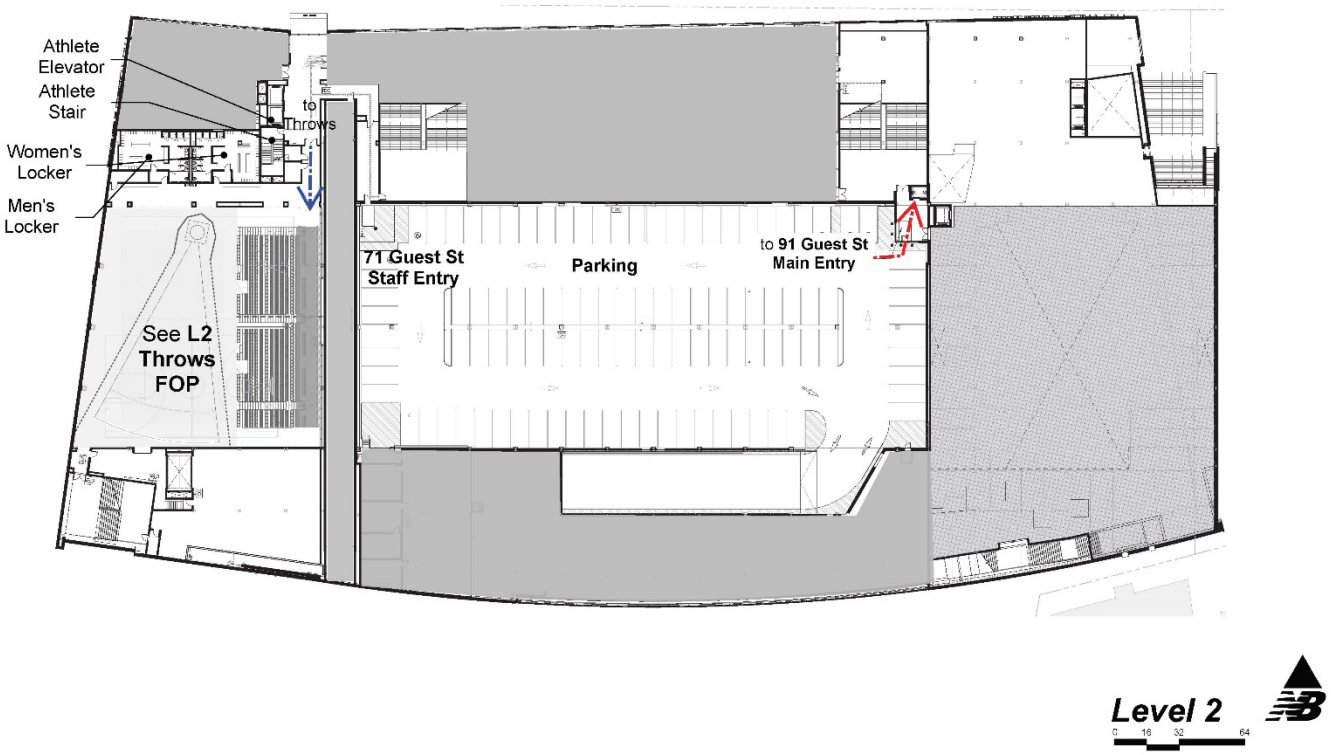


Throws FOP Level 2

Notes:

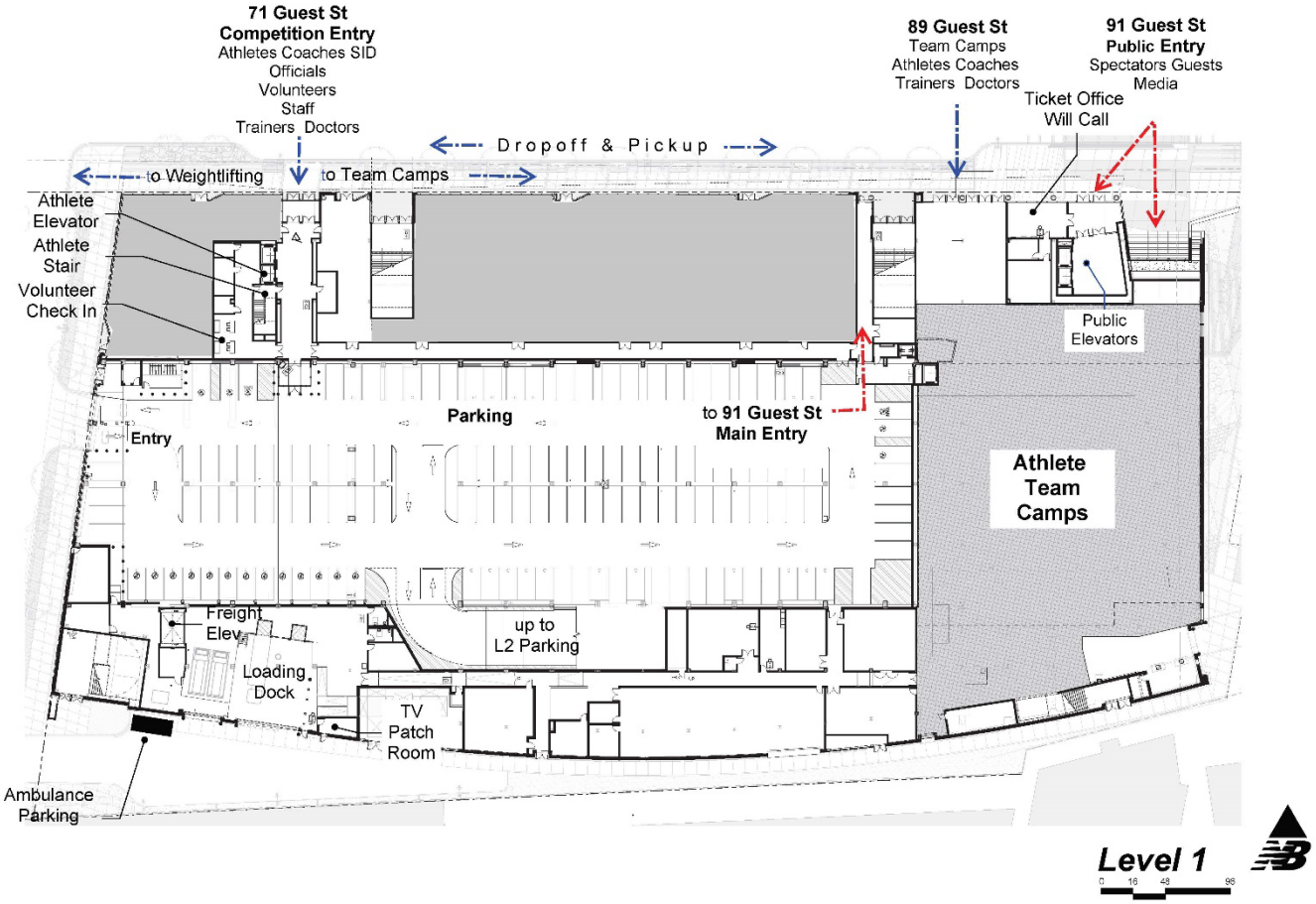

Concessions
Elevator to Suites
to South Side Side Seating to Throws Seating
to North Side Seating ea. Portal
Spectator Concourse
Merchandise
Info Desk
Ticket Scan
Packet Pickup Thursday only
Drug Testing Rm 338
Athlete Elevator
Athlete Stair
Media
North Side Seating
Accredited Entry to Track
Mixed Zone
Camera Platform (TBD)
Exit from Track
Accredited Entry to Track
Athletes to Track
Public Entry
Throws below
Throws Seating
Photographers
See L3 Track FOP
Volunteers Break TBD
Photographers
Photographers
Patio
Accredited Entry to Track
Awards
Camera Platform (TBD)
Up to Officials Box
South Side Seating
Storage
Up to Media Center
Host Medical
Protest Table
DVsport Workspace
Level 3
0 16 32 64

Notes:


Athlete Elevator
Athlete Stair
Women's Locker
Men's Locker
to Throws
71 Guest St Staff Entry
Parking
to 91 Guest St Main Entry
See L2 Throws FOP
Level 2
0 16 32 64

Notes:

INDOOR TRACK & FIELD CHAMPIONSHIPS



Notes:

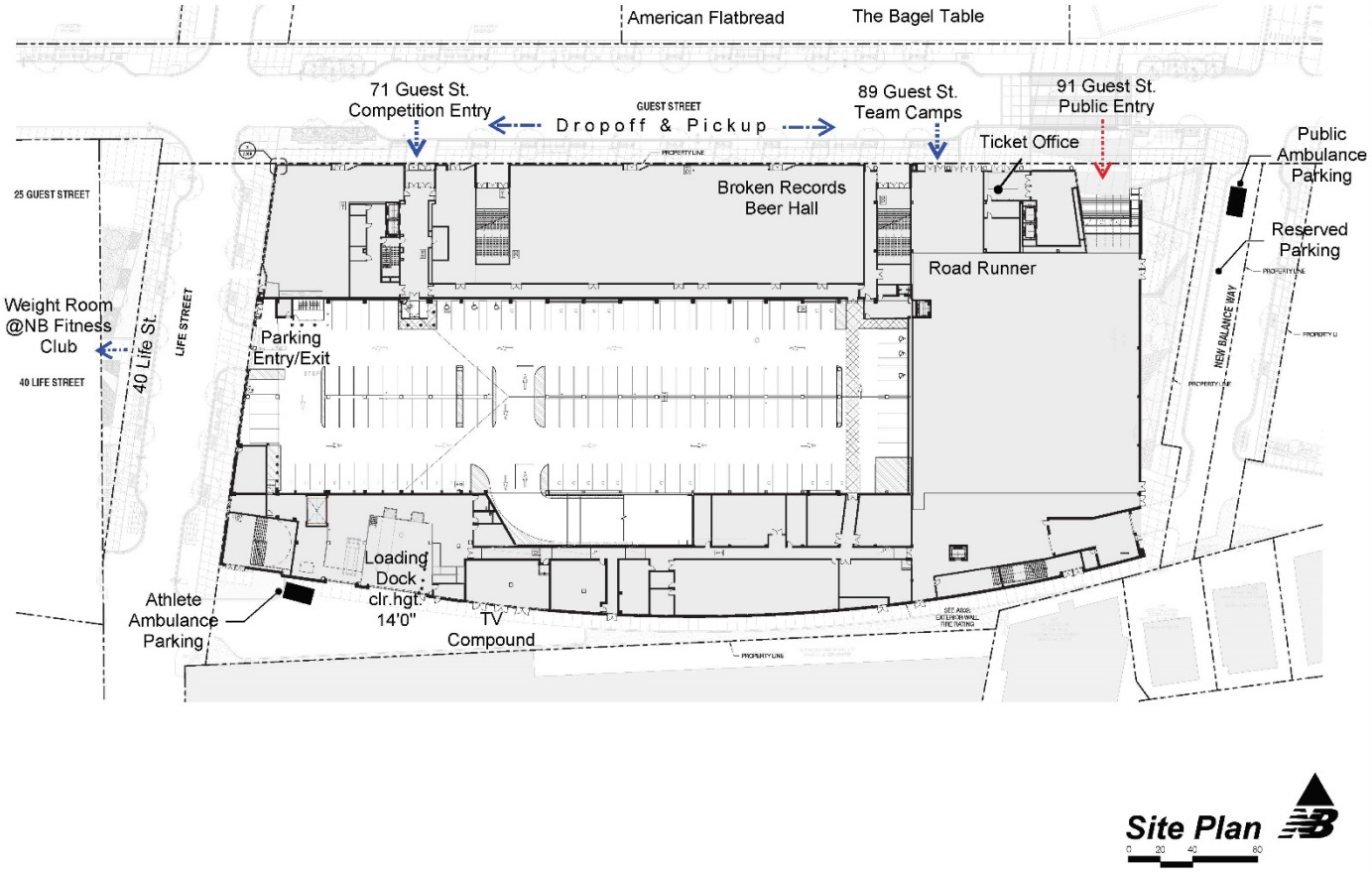
the TRACK at new balance
BRIGHTON, MA
MARCH 8-9, 2024

INDOOR TRACK & FIELD CHAMPIONSHIPS

3

January 30, 2024

INDOOR TRACK & FIELD CHAMPIONSHIPS



Site Plan

0 20 40 80

Notes:

1. All deliveries to 41 Life Street.

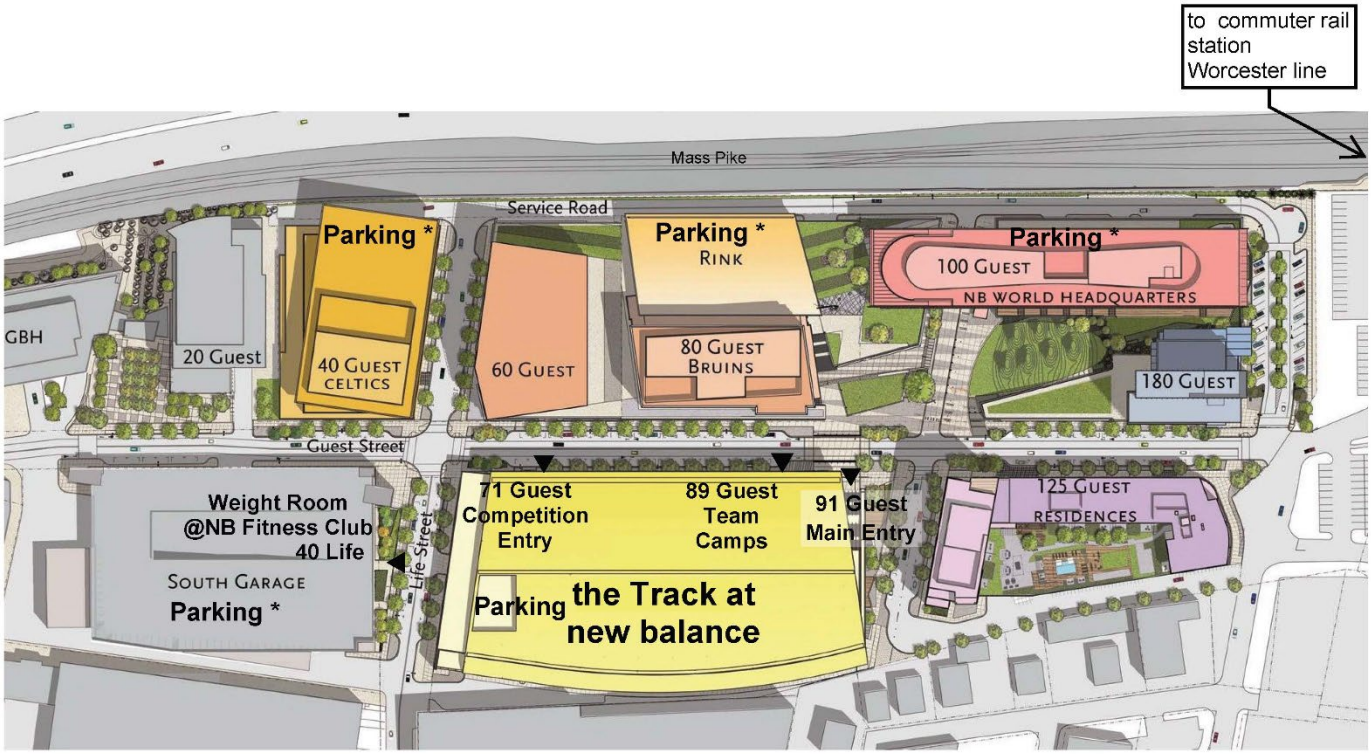
the TRACK at new balance
BRIGHTON, MA
MARCH 8-9, 2024

INDOOR TRACK & FIELD CHAMPIONSHIPS

2

January 30, 2024

INDOOR TRACK & FIELD CHAMPIONSHIPS



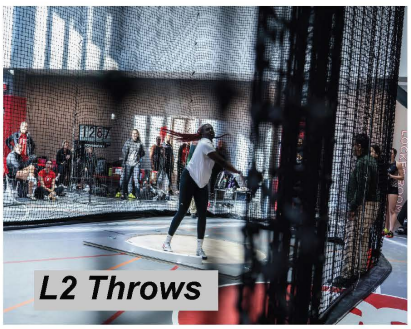
Campus Map

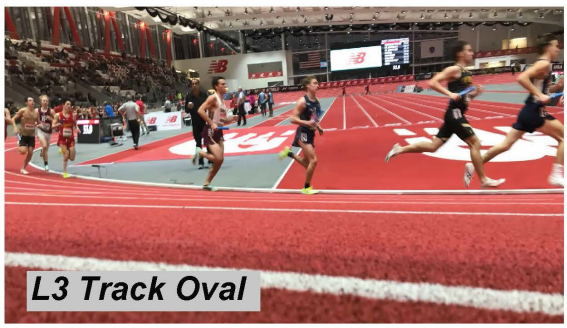
the TRACK at new balance
BRIGHTON, MA
MARCH 8-9, 2024

INDOOR TRACK & FIELD CHAMPIONSHIPS

Notes:
Parking * - Friday after 5 pm
Saturday all day

L3 Main Track


L2 Throws


L3 Track Oval

L4 Warm Up