



PARTICIPANT 2024-25 MANUAL

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GENERAL INFORMATION

Competition Facility Address: 1045 19th Street, Virginia Beach, VA 23451

Phone: 757-937-4571

Shipping Address (For pole vault poles and implements): 1045 19th Street, Virginia Beach, VA 23451 ATTN: Collin Warmunde

City Police Department: (757)-385-4141, 820 Virginia Beach BLVD 23451

Immediate Care Medical Center: Patient First; 1605 General Booth BLVD, Virginia Beach, VA 23454

Local Hospital: Sentara Princess Anne; 2025 Glen Mitchell Dr; Virginia Beach, VA 23454 (757)-507-1000

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/2025/index.htm>

Norfolk State University/Virginia Beach Host Websites:

- a. Championships Microsite: [Meet Information 2025 - Norfolk State University Athletics](#)
- b. City: <https://www.visitvirginiabeach.com/2025-ncaa-division-1-indoor-track-field-championships/>

2024-25 DIVISION I MEN'S AND WOMEN'S CROSS COUNTRY/TRACK & FIELD COMMITTEE

<p>Ritchie Beene Head Track and Field Coach Alabama State University Office: 334-229-8331 Email: rbeene@alasu.edu</p>	<p>Cody Brousek Director of Operations University of Nebraska- Lincoln Office: 402-472-6468 Email: cbrousek@huskers.com</p>	<p>Jason Drake Head Track and Field & Cross Country Coach California State University, Fresno Office: 206-240-3343 Email: jdrake@csufresno.edu</p>
<p>Emily Fulton Assistant AD – Operations and Finance, SWA Virginia Military Institute Office: 540-597-5874 Email: fultonee@vmi.edu</p>	<p>Asha Gibson-Smith Director of Track and Field Austin Peay State University Office: 205-612-9699 Email: gibsonsmitha@apsu.edu</p>	<p>Sean Graham Head Track and Field & Cross Country Coach American University Office: 202-885-3026 Email: sgraham@american.edu</p>
<p>Karina Handeland Senior Associate Athletic Director University of Portland Office: 503-943-7808 Email: handelan@up.edu</p>	<p>Shirelle Jackson Executive Associate AD/Student-Athlete Development & Strategic Initiatives University of Miami, Florida Office: 305-2843243 Email: s.jackson2@miami.edu</p>	<p>Funmi Jimoh Director of Administration & Chief of Staff Rice University Office: Email: funmi@rice.edu</p>
<p>Connie Price-Smith Head Track and Field & Cross Country Coach University of Mississippi Office: 253-249-8705 Email: cmpriced@olemiss.edu</p>	<p>Dave Smith Director – Track and Field and Cross Country Oklahoma State University Office: 405-742-0725 Email: dave.smith@okstate.edu</p>	<p>Diane Turnham Senior Woman Administrator Middle Tennessee State University Office: 615-898-2938 Email: diane.turnham@mtsu.edu</p>
<p>Secretary-Rules Editor Mark Kostek Cell: 515-208-8300 Email: kostekmt@gmail.com</p>	<p>National Officials Coordinator Milan Donley Cell: 785-331-9911 Email: milandonley@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@ncaa.org</p>

NCAA Championship Operations Demetria Young Coordinator Championships and Alliance P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6270 Cell: 317-612-4304 Email: dyoung@ncaa.org	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 Tommy Barrett Coordinator Championships and Alliances P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6439 Cell: 317-319-6294 Email: tbarrett@ncaa.org
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Norfolk State University/Virginia Beach Staff Contact Information

Nolan Jez-Hammer	Meet Director	Njezva@gmail.com - (804)-399-4646
Ryan Ladd	Facility Director	RLadd@sportsfacilities.com - (440)-213-6462
Alex Lehmbeck	Media Relations Contact	aclehmbeck@nsu.edu - (757) 278-4631
Nickie Wills	Officials' Coordinator	nickie.m.wills@gmail.com - (757)-593-3623
Ashley Henry	Ticket Manager	Ahenry@sportsfacilities.com - (540)-244-8852
Brannon Zochert	Medical Director	btzochert@nsu.edu - (757) 823-9547
Darryl Butler	Merchandise	dbutler@nsu.edu - (240)-462-5459
Brittney James	Assistant Meet Director	Bjamesusatfva@gmail.com - (803)-960-5419

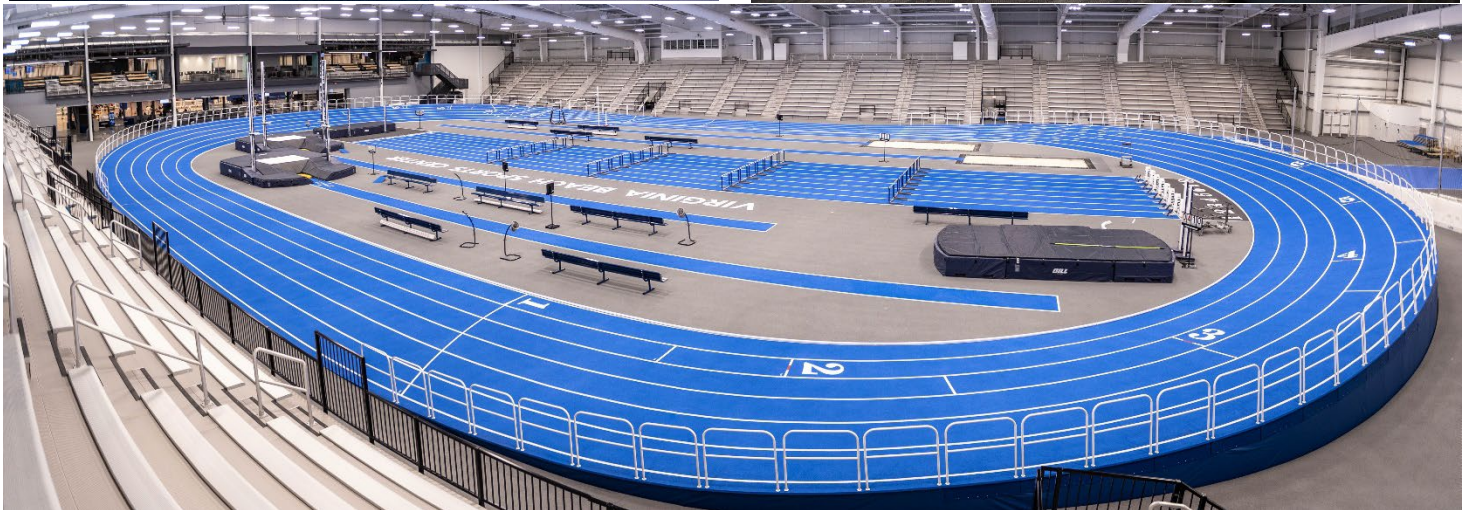
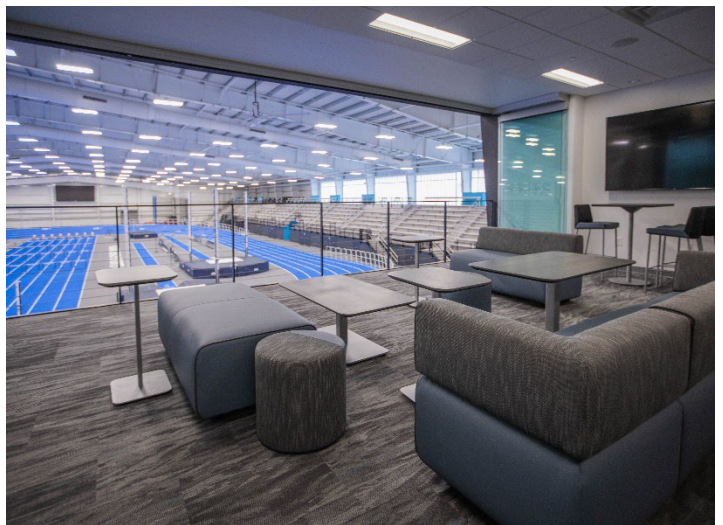
Key Officials and Announcers:

Head Referees	Mike Armstrong, Kim Dismuke, Ed Gorman, and Martin Johnson
Clerks	Ronald Clarke (Head) and Elizabeth Haygood (Assistant)
Starters	Paul Poiesz (Head), Chere Maxwell, and Tom McTaggart
Head Umpire	Omar De La Rosa
Head Marshal	Rhiny Williams
Chief Implement Inspector(s)	Christopher McBeath and Joseph Rycek
Announcers	Mike Jay, Bill Lott and Al Royster
Local Officials Coordinator	Nickie Wills

HISTORY OF THE TRACK AND FIELD FACILITY

The Virginia Beach Sports Center opened in the Fall of 2020. The 285,000-square foot facility, which is the home to 12 basketball courts and 24 volleyball courts, is located across from the Virginia Beach Convention Center and features a state-of-the-art indoor, banked, hydraulic track with seating for up to 5,000 spectators.

In a short 4 years, the Virginia Beach Sports Center has been host to many prestigious track and field events including but not limited to the CAA Track & Field Championships, A-10 Track & Field Championships, MEAC Track & Field Championships, NCAA Division II Championships, NCAA Division III Championships, Grant Holloway Invitational, VA Showcase, as well as the Virginia State Championships.





CHAMPIONSHIP SCHEDULE OF EVENTS

(All times listed are Eastern unless otherwise noted.)

Monday, March 3

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

Tuesday, March 4

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 10

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.

Tuesday, March 11

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).

Wednesday, March 12

9 a.m. – 6 p.m. William “Dick” Price Outdoor Track and Field Stadium (On campus of Norfolk State) available for practice. **For safety consideration, throws (shot, hammer, discus, weight, and javelin) and pole vault are not permitted at William “Dick” Price Stadium.**

Noon – 6 p.m. Access to the Norfolk State University weight room will be open. Please contact Jeremy Faulk at 704-287-1759 or jrfaulk@nsu.edu with questions. The weight room is located at Norfolk State University.

Noon – 8 p.m. Virginia Beach Sports Center available for practice. **Please note event specific practice times on page 10 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 13

9 a.m. – 6 p.m. William “Dick” Price Outdoor Track and Field Stadium (On campus of Norfolk State) available for practice. **For safety consideration, throws (shot, hammer, discus, weight, and javelin) and pole vault are not permitted at William “Dick” Price Stadium.**

9 a.m. – 6 p.m. Virginia Beach Sports Center available for practice. **Please note event specific practice times on page 10 of this manual.**

9 a.m. – 6 p.m. Access to the Norfolk State University weight room will be open. Please contact Jeremy Faulk at 704-287-1759 or jrfaulk@nsu.edu with questions. The weight room is located at Norfolk State University.

Noon – 4 p.m. Packet pick-up – Court 1, Virginia Beach Sports Center, 1045 19th Street, Virginia Beach, VA 23451.
3 p.m. NCAA Press Conference – Will take place at the Virginia Beach Sports Center at 1045 19th Street, Virginia Beach, VA 23451 in the mixed-use room located on the basketball court side of the

facility, at the east end (opposite spike check and clerking) on the athlete warm-up surface.

Friday, March 14

- 7 a.m. – End of Comp. Team camp area and warm-up area available.
- 8 – 8:45 a.m. Virginia Beach Sports Center available for practice (general warm-up). Exception, the throwing cage will be available for Weight Throw from 8-8:45 a.m. and Shot Put from 9-9:45 a.m.
- 8:45 a.m. – Start of Comp. Combined events with bib numbers begin warm-up.
- 8 a.m. – 8 p.m. Access to the Norfolk State University weight room will be open. Please contact Jeremy Faulk at 704-287-1759 or jrfaulk@nsu.edu with questions. The weight room is located at Norfolk State University.
- 9 a.m. – 6 p.m. William “Dick’ Price Outdoor Track and Field Stadium (On campus of Norfolk State) available for practice. **For safety consideration, throws (shot, hammer, discus, weight, and javelin) and pole vault are not permitted at William “Dick’ Price Stadium.**
- 9:15 a.m. Day 1 of the Division I Men’s and Women’s Indoor Track and Field Championships.

Saturday, March 15

- 7 a.m. – End of Comp. Team camp area and warm-up area available.
- 8 – 9 a.m. Virginia Beach Sports Center available for practice (general warm-up). The throwing cage will only be available for shot put practice during this time.
- 8 a.m. – 8 p.m. Access to the Norfolk State University weight room will be open. Please contact Jeremy Faulk at 704-287-1759 or jrfaulk@nsu.edu with questions. The weight room is located at Norfolk State University.
- 9 a.m. – 6 p.m. William “Dick’ Price Outdoor Track and Field Stadium (On campus of Norfolk State) available for practice. **For safety consideration, throws (shot, hammer, discus, weight, and javelin) and pole vault are not permitted at William “Dick’ Price Stadium.**
- 9 a.m. – Start of Comp. Combined events with bib numbers begin warm-up.
- 9:30 a.m. Day 2 of the Division I Men’s and Women’s Indoor Track and Field Championships.

***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 William “Dick’ Price Outdoor Track and Field Stadium.**

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

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



2025 NCAA DIVISION I INDOOR TRACK & FIELD CHAMPIONSHIPS COMPETITION SCHEDULE VIRGINIA BEACH, VIRGINIA

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

FRIDAY, MARCH 14 - WOMEN			
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND
3:30 PM	Mile	Women	Semifinal
3:48 PM	60 Meters	Women	Semifinal
4:00 PM	400 Meters	Women	Semifinal
4:20 PM	800 Meters	Women	Semifinal
4:30 PM	60 Hurdles	Women	Semifinal
4:42 PM	5000 Meters	Women	Final
5:02 PM	200 Meters	Women	Semifinal
5:20 PM	Distance Medley Relay	Women	Final
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND
2:00 PM	Pole Vault	Women	Final
2:15 PM	Weight Throw	Women	Prelim/Final
3:30 PM	Long Jump	Women	Prelim/Final
TIME	WOMEN'S PENTATHLON	DIVISION	ROUND
9:35 AM	60 Hurdles	Women	Final
10:45 AM	High Jump (2 pits)	Women	Final
12:45 PM	Shot Put (1 circle)	Women	Final
2:00 PM	Long Jump (2 runways)	Women	Final
3:05 PM	800 Meters	Women	Final

SATURDAY, MARCH 15 - WOMEN			
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND
3:00 PM	Mile	Women	Final
3:10 PM	60 Meters	Women	Final
3:20 PM	400 Meters	Women	Final
3:30 PM	800 Meters	Women	Final
3:40 PM	60 Hurdles	Women	Final
3:50 PM	200 Meters	Women	Final
4:00 PM	3000 Meters	Women	Final
4:20 PM	4x400 Relay	Women	Final
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND
12:00 PM	High Jump	Women	Final
1:45 PM	Shot Put	Women	Prelim/Final
2:20 PM	Triple Jump	Women	Prelim/Final

FRIDAY, MARCH 14 - MEN			
TIME	MEN'S TRACK EVENTS	DIVISION	ROUND
7:00 PM	Mile	Men	Semifinal
7:18 PM	60 Meters	Men	Semifinal
7:30 PM	400 Meters	Men	Semifinal
7:50 PM	800 Meters	Men	Semifinal
8:00 PM	60 Hurdles	Men	Semifinal
8:12 PM	5000 Meters	Men	Final
8:32 PM	200 Meters	Men	Semifinal
8:50 PM	Distance Medley Relay	Men	Final
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND
6:00 PM	Pole Vault	Men	Final
6:05 PM	Weight Throw	Men	Prelim/Final
7:00 PM	Long Jump	Men	Prelim/Final
TIME	MEN'S HEPTATHLON	DIVISION	ROUND
9:15 AM	60 Meters	Men	Final
9:50 AM	Long Jump (2 runways)	Men	Final
11:00 AM	Shot Put (1 circle)	Men	Final
12:45 PM	High Jump (2 pits)	Men	Final

SATURDAY, MARCH 15 - MEN			
TIME	MEN'S TRACK EVENTS	DIVISION	ROUND
6:00 PM	Mile	Men	Final
6:10 PM	60 Meters	Men	Final
6:20 PM	400 Meters	Men	Final
6:30 PM	800 Meters	Men	Final
6:40 PM	60 Hurdles	Men	Final
6:50 PM	200 Meters	Men	Final
7:00 PM	3000 Meters	Men	Final
7:20 PM	4x400 Relay	Men	Final
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND
12:00 PM	High Jump	Men	Final
5:00 PM	Shot Put	Men	Prelim/Final
5:20 PM	Triple Jump	Men	Prelim/Final
TIME	MEN'S HEPTATHLON	DIVISION	ROUND
9:30 AM	60 Hurdles	Men	Final
10:30 AM	Pole Vault (1 pit)	Men	Final
2:30 PM	1000 Meters	Men	Final

PRACTICE AND WEIGHT ROOM SCHEDULE

Wednesday, March 12

- 12 – 8 p.m. Track Oval, Long Jump, Triple Jump and Pole Vault. Note: for the open Long Jump and Triple Jump, men and women will both use the inner runway closest to the inner sprint lanes for competition. For the Combined Event Long Jump the better flight will be on the inner runway closest to the inner sprint lanes and the other flight will be on the outer runway. Both runways will be available for the duration of practice for both long jump and triple jump use.
- 12 – 3:50 p.m. Sprint straightaway and Weight Throw.
- 4:10 – 8 p.m. Shot Put and High Jump (60m Start Line Pit – Women and lower pit for Combined Event High Jump, 60m Finish Line Pit – Men and higher pit of Combined Event High Jump).
- 9 a.m. – 6 p.m. William “Dick’ Price Outdoor Track and Field Stadium (On campus of Norfolk State). **For safety consideration, throws (shot, hammer, discus, weight, and javelin) and pole vault are not permitted at William “Dick’ Price Stadium.**
- Noon- 6 p.m. Norfolk State University weight room available. Please contact Jeremy Faulk at 704-287-1759 or jrfaulk@nsu.edu with questions. The weight room is located at Norfolk State University.

Thursday, March 13

- 9 a.m. – 6 p.m. Track Oval, Long Jump, Triple Jump and Pole Vault. Note: for the open Long Jump and Triple Jump, men and women will both use the inner runway closest to the inner sprint lanes for competition. For the Combined Event Long Jump the better flight will be on the inner runway closest to the inner sprint lanes and the other flight will be on the outer runway. Both runways will be available for the duration of practice for both long jump and triple jump use.
- 9 a.m. – 1:20 p.m. Shot Put and High Jump (60m Start Line Pit – Women and lower pit for Combined Event High Jump, 60m Finish Line Pit – Men and higher pit of Combined Event High Jump).
- 1:40 – 6 p.m. Sprint straightaway and Weight Throw.
- 9 a.m. – 6 p.m. William “Dick’ Price Outdoor Track and Field Stadium (On campus of Norfolk State). **For safety consideration, throws (shot, hammer, discus, weight, and javelin) and pole vault are not permitted at William “Dick’ Price Stadium.**
- 9 a.m. – 6 p.m. Norfolk State University weight room available. Please contact Jeremy Faulk at 704-287-1759 or jrfaulk@nsu.edu with questions. The weight room is located at Norfolk State University.

Friday, March 14

- 7 a.m. – End of Comp. Team camp and warm-up area available.
- 8 – 8:45 a.m. Virginia Beach Sports Center available (general warm-up). Exception, the throwing cage will be available for Weight Throw from 8-8:45 a.m. and Shot Put from 9-9:45 a.m.
- 8:45 a.m. – Start of Comp. Combined events with bib numbers begin warm-up.
- 8 a.m. – 8 p.m. Norfolk State University weight room available. Please contact Jeremy Faulk at 704-287-1759 or jrfaulk@nsu.edu with questions. The weight room is located at Norfolk State University.
- 9 a.m. – 6 p.m. William “Dick’ Price Outdoor Track and Field Stadium (On campus of Norfolk State). **For safety consideration, throws (shot, hammer, discus, weight, and javelin) and pole vault are not permitted at William “Dick’ Price Stadium.**

Saturday, March 15

- 7 a.m. – End of Comp. Team camp and warm-up area available.

8 – 9 a.m. Virginia Beach Sports Center available (general warm-up). The throwing cage will only be available for shot put practice during this time.
9 a.m. – Start of Comp. Combined events with bib numbers begin warm-up.

8 a.m. – 8 p.m. Norfolk State University weight room available. Please contact Jeremy Faulk at 704-287-1759 or jrfaulk@nsu.edu with questions. The weight room is located at Norfolk State University.
9 a.m. – 6 p.m. William “Dick’ Price Outdoor Track and Field Stadium (On campus of Norfolk State). **For safety consideration, throws (shot, hammer, discus, weight, and javelin) and pole vault are not permitted at William “Dick’ Price Stadium.**

***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 William “Dick’ Price Outdoor Track and Field Stadium.**

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

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

****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.**

TEAM INFORMATION

Athlete Flow:

Drop-Off:

Student Athletes and coaches may enter the Virginia Beach Sports Center at the Jefferson Avenue entrance. Please see diagram maps within appendix.

Warm-up/team camp areas and athlete flow to and from competition:

The warm-up area will be located on the courtside of the facility (3 courts). The team camp area will also be located on the courtside of the facility, adjacent to the warm-up area (6 courts). Athletes will follow flow from clerking to final warm-up and final staging before being escorted to the track. All athletes will be escorted off the field of play post-competition and must go through the media mixed zone. Please see diagrams within the appendix of this manual.

****NOTE: For safety reasons, no headphones should be worn in practice, warm-up or competition 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 10.

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-place, third-place 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 Virginia Beach Sports Center will open its doors to competing student-athletes at 7 a.m. on competition days. Spectators will be allowed to enter the venue 60 minutes prior to the start of competition on each day. Practice times are covered on page 10 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 warm-up area on the basketball gym side

of the venue. 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 warm-up area on the basketball gym side of the venue. Competitors in the DMR and **first section** of the 4x400m 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 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 in the warm-up area on the basketball gym side of the venue. 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 final call.

Field Events

LJ, TJ, SP, WT:

Check-in will take place at the clerk's table in the warm-up area on the basketball gym side of the venue 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 warm-up area on the basketball gym side of the venue 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 warm-up area on the basketball gym side of the venue 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.

Coaches Boxes:

Coaches' areas are located at strategic positions throughout the venue. Please refer to the map in the appendix of this manual, 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.

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 Student-Athlete Social Area and Lounge Space:

The NCAA Student-Athlete Social Area and Lounge Space will be located adjacent to the team camp area. On, Thursday March 13th during practice, music, games, a photo booth and more will be available all day. There will also be a DJ and live painting via the local ViBe Art District in the athlete social area. Drinks and hors d'oeuvres will be available from 12:00pm – 5:30pm on Thursday. No tickets or special attire are required.

The lounge space with interactive activities, games and snacks will be available to student-athletes for the duration of both competition days.

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 7.**

The rules that govern credentials allow for more credentialed coaches than what is permissible for banquet/social tickets and 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 ticket (\$60 cash or credit card). 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 ticket (\$60 cash or credit card). 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 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. They will also be posted along the warm-up track, the main lobby, and next to the clerking tables on the basketball side of the venue. Results and heat sheets will also be posted on the web at NCAA.org and NCAA.com.

FIELD EVENT DIMENSIONS:

High Jump: The high jump paddock(s) provides an area that is 65ft or 20m long and 22ft or 6.7m wide. Please note that the combined event "high pit" and men's pit will be the pit on the 60m finish line. The combined event "low pit" and women's pit will be the pit nearest the 60m start line.

Pole Vault: In the pole vault competition, Men and Women and the Heptathlon will use the exterior Pole Vault runway. This runway measures 131' or 40m from the back of the box.

***Please note the track will not be available for the purpose of lengthening pole vault approaches.**

Long Jump: In the open long jump competition, Men and Women will use the interior runway closest to the inner sprint straightaway. For the Combined Event Long Jump the better flight will be on the interior runway closest to the inner sprint lanes and the other flight will be on the outer runway. Both runways will be available for practice, with long jump and triple jump take off boards in place.

Competition Runway:	Length –	53m or 173 ft
	Length to take – off board:	164 ft or 50m
	Length from board to pit:	3 meters

Secondary Runway:	Length –	46m or 153 ft
(Pit 2 for Hept./Pent.)	Length to take – off board:	144 ft or 43m
	Length from board to pit:	3 meters

***Please note the track will not be available for the purpose of lengthening long jump approaches.**

Triple Jump: In the triple jump, the Men and Women will use the interior runway closest to the inner sprint straightaway. Both runways will be available for practice, with long jump and triple jump take off boards in place.

Competition Runway:	Length –	53m or 173 ft
	Length to take – off board (Men):	131 ft or 40m
	Length to take - off board (Women):	138 ft or 42m
	Length from board to pit (Men):	12.5m or 41 ft
	Length from board to pit (Women):	11m or 36 ft

Secondary Runway:	Length –	46m or 153 ft
(Practice only)	Length to take – off board (Men):	110 ft or 33m
	Length to take - off board (Women):	118 ft or 35m
	Length from board to pit (Men):	12.5m or 41 ft
	Length from board to pit (Women):	11m or 36 ft

***Please note the track will not be available for the purpose of lengthening triple jump approaches.**

Lost and Found:

Lost and found is located at the front desk in the main lobby near the spectator entrance.

Merchandise and Programs:

Official NCAA merchandise and programs will be sold during both practice days and competition days. Programs and merchandise will be sold in the front lobby near the main entrance.

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 between athlete recovery/basket retrieval area and the awards area. After completion of their heat or flight, student-athletes will be brought directly to, and are required to pass through, the mixed zone after their competition. Media members will be on the other side of the concession wall while athletes remain on the track surface until they exit at awards. 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.

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 team and may be picked up on Thursday, March 13, noon - 4 p.m. local time, at Court 1 on the basketball side of the facility. Coaches may expect the following at packet pick-up:

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

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. 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 through a Google form that will be provided by the NCAA to teams at the time of selections. All pass list requests must be completed on the Google form by no later than **Tuesday, March 11, at 5 p.m. Eastern Time**. You will be required to 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 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 be applied. Again, please note that all pass list tickets will be sent electronically to the email address of the institutional ticket representative provided on the Google form, and it will then be the individual school's responsibility to disseminate tickets electronically to their player-guests in advance of the championships competition.

If you have any questions regarding pass list submissions, please contact Ashley Henry (ahenry@sportsfacilities.com).

Pole Vault/Poles Storage:

Pole Vault poles should be shipped directly to the Virginia Beach Sports Center at 1045 19th Street, Virginia Beach, VA 23351. They will be stored safely until your arrival. You may reach out directly to cwarmund@vbgov.com to confirm that your shipment was received.

Poles may be brought into the facility and stored beginning on Monday, March 10th. The pole vault runway is 131 feet or 40m to the back of the box.

***Please note the track will not be available for the purpose of lengthening pole vault approaches.**

Protest Table:

The protest table will be located next to 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.

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

Credentialed student-athletes, coaches, and support staff will enter the Virginia Beach Sports Center through the roll up door on Jefferson Avenue. Spectators will enter through the ticket office doors on the plaza/main entrance side 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 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.

Spikes:

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

Shoe Requirements: In accordance with World Athletics/USATF requirements, **AND NOW NCAA RULES**, in order for performances to count at the NCAA championships and 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. Shoe checking will occur during pre-competition clerking and also post event competition. A full list of approved shoes can be found at <https://certcheck.worldathletics.org/>.

World Athletics/USATF Requirement:

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: This item does NOT supersede NCAA rules for conduct of NCAA championship competition and would only disqualify athletes' marks for consideration for WA/USATF purposes.***

Student-Athlete Hospitality:

Student-athlete hospitality will be located adjacent to the team camp area throughout competition days.

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 ON-SITE 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. Please ensure the correct person is communicated to the NCAA, as they will need access to the website for ordering additional mementos. The designated person will be directed to this site to place your school's order:

<https://ncaainstitutionalportal.com/products/fresh-power>

The number of mementos you receive will match the NCAA-prescribed travel party size. To purchase additional mementos beyond your travel party allotment, follow the steps below:

1. Navigate to <https://ncaainstitutionalportal.com/products/fresh-power> OR scan the QR code on this page.
2. Choose the gender for your sport.
3. Select your sport.
4. Choose the quantity of additional gifts you'd like and add them to your cart.
5. At checkout, enter your school name in the required field.
6. Provide your contact information and the shipping address for delivery.
7. Enter your payment information (all gifts must be paid for at checkout).
8. Submit your order.

Please note that the site will close 4 weeks after the championship.



Questions?

Email Katie Czarny: kczarny@BirdieBox.com

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.

Team Parking

All campus parking is FREE and first-come first-serve. There will be other events on campus so please be mindful of any lot closures, signage, and parking attendant directions. Student athletes will be dropped off on Jefferson Avenue and enter the building through the large roll up door. All team vehicles should access Jefferson Avenue from 19th Street. After dropping off student athletes, here are the directions for the parking of team vehicles:

- Continue straight on Jefferson Avenue
- Take a right onto 17th Street/Virginia Beach Blvd
- Continue straight until you reach the second parking lot entrance, turn right into lot.
- Vans and other small vehicles that take up only one spot may park anywhere.
- All buses please head straight and turn left into SC Lot 2, there will be large signage identifying bus parking.
- **No parking passes are needed.**

Team Seating:

Team seating is located on the 2nd floor mezzanine in the bleachers next to the VIP suites. One set of bleachers overlooks the back stretch and the other overlooks the home stretch. Team seating can be accessed via the front lobby stairs, stairs on the back/home stretch, and the elevators.

Technical Meeting (Mandatory):

A mandatory coach's technical meeting will be held virtually on Monday, March 10, at 1 p.m. ET. 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) Gill Lead 20-lb. Indoor Throwing Weights
- Three (3) Gill Tungsten 20-lb. Indoor Throwing Weights
- Three (3) Gill Lead 35-lb. Indoor Throwing Weights
- Three (3) Gill 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 and throwing weight inspection, weigh-in, and impounding will take place in the implement inspection area located behind the throwing area. Implement inspection will be open:

Thursday, March 13: 11 a.m. - 6 p.m.
Friday, March 14: 8 a.m. - end of competition
Saturday, March 15: 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.

Implements 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.

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. If tickets are still available, they will be available to purchase at the Virginia Beach Sports Center one (1) hour prior to the first event of each day of competition. Ticket prices are listed below:

All-Session Homestretch GA	\$60.00
All-Session Backstretch GA	\$40.00
Single-Day Homestretch GA	\$35.00
Single-Day Backstretch GA	\$25.00

*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 the 2025 and 2026 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, 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, competitors 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 on the courtside of the facility. **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 training room located at the middle of the back stretch on the competition floor 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

Treatment Requests:

If you will be requesting additional supplies or services, please contact Brannon Zochert, (248)-762-1397, btzochert@nsu.edu by **Tuesday, March 11**. 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 Brannon Zochert (btzochert@nsu.edu).

First Aid:

The first-aid station is located at the middle of the back stretch on the competition floor. Our athletic training staff will transport injured student-athletes to this area 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

In case of emergency after hours, please call 911.

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 ticket (\$60).

Drug Testing:

Student-athletes who compete in this championship may be subject to a drug test in accordance with NCAA bylaws and may be determined to be ineligible as a result thereof. If drug testing occurs at these championships, couriers will make contact with the student-athletes immediately following the 10-minute cooling off period. The student-athletes who are to be tested will be escorted to the drug-testing area within one hour after the conclusion of the competition. Student-athletes selected for drug-testing should first attend any post meet interviews (if designated by the sports information director) before reporting to the drug-testing area.

Please also be aware of the following as it relates to drug testing for record ratification purposes:

1. **If NCAA drug testing occurs** during this championship round, Drug Free Sport (DFS) will be onsite and has the authority to conduct testing for tests required outside of the standard championship protocol (e.g., national record, world junior record, etc.) for United States athletes ONLY.
2. **If NCAA 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.), or your athlete is an international athlete, it will be the responsibility of the student-athlete's school to contact the appropriate drug testing agency (e.g., USADA, DFS, etc.) as authorized by the appropriate national/governing body to set up and confirm the necessary test during the event. Schools that anticipate a possible record requiring drug testing for ratification, are encouraged to be proactive in contacting an authorized testing agency in advance to inform them of a possible need for testing.
3. Additionally, any cost associated with such a test will be the responsibility of the tested student-athlete's school.

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 on Thursday, March 13 at 3 p.m. local time at The Virginia Beach Sports Center at 1045 19th Street, Virginia Beach, VA 23451. The press conference will take place in the mixed-use room located on the basketball court side of the facility, at the east end (opposite spike check and clerking) on the athlete warm-up surface.

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 13, from noon - 4 p.m. at packet pick-up. Thereafter, media credentials may be picked up at Will Call/Box Office 1 at the following times:

March 14: 8:30 a.m. – End of Competition

March 15: 8:30 a.m. – End of Competition

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 is located between the track and concession stands as athletes exit the track and enter the awards area. 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:

All parking is FREE and first-come first-serve. There will be other events on campus so please be mindful of any lot closures, signage, and parking attendant directions.

Photographers:

All photographers must wear proper photo credentials for general shooting. Photographers may work out of the media workspace located on the second-floor mezzanine level next to the elevators and along the back stretch. Photo boxes have been identified and are located in strategic locations around the venue.

Media Workspace/Press Box:

The media workspace will be located on the 2nd floor of the facility. There will be a designated media work area in the mezzanine space as well as designated media seating overlooking the back stretch and throws area. A media credential will be required to enter these areas.

Results, heat sheets, quotes and notes will be in the media workspace. Complete results will be available at [NCAA Indoor Track and Field Championships](http://NCAAIndoorTrackandFieldChampionships).

SID Materials:

SIDs are instructed to send all digital press materials (media guides and notes) to:
Alex Lehmbeck, (434)-305-2571, aclehmbeck@nsu.edu.

TEAM PARKING / DIRECTIONS / HOTELS

Team Parking:

All campus parking is FREE and first-come first-serve. There will be other events on campus so please be mindful of any lot closures, signage, and parking attendant directions. Student athletes will be dropped off on Jefferson Avenue and enter the building through the large roll up door. All team vehicles should access Jefferson Avenue from 19th Street. After dropping off student athletes, here are the directions for the parking of team vehicles:

- Continue straight on Jefferson Avenue

- Take a right onto 17th Street/Virginia Beach Blvd
- Continue straight until you reach the second parking lot entrance, turn right into lot
- Vans and other small vehicles may park anywhere.
- All buses please head straight and turn left into SC Lot 2, there will be large signage identifying bus parking.
- **No parking passes are needed.**

Directions to Competition Facility:

From the North or West:

- Take I-95 South to I-64 East across the Hampton Roads Bridge Tunnel to I-264 East. As you approach the end of I-264 you will see the Virginia Beach Sports Center on the right-hand side. At the first light, turn right onto Parks Avenue and then the next right onto 19th Street. The main entrance will be on your left, with parking on both sides of 19th Street.

From the North (ex. NY, NJ, MD):

- Take Route 13 via the Chesapeake Bay Bridge tunnel. Once past the tunnel, take Route 60 (Shore Drive) to Atlantic Avenue. Follow Atlantic Avenue south through the resort and turn right onto 19th Street. Continue on 19th Street for 8 blocks and the main entrance to the Virginia Beach Sports Center will be visible on your right, with parking on both sides of 19th Street.

From the South:

- Convenient routes include I-85, I-95, US 13 and US 17. Each route intersects with US 58. Follow US 58 East to I-64 West and then to I-264 East. As you approach the end of I-264 you will see the Virginia Beach Sports Center on the right-hand side. At the first light, turn right onto Parks Avenue and then the next right onto 19th Street. The main entrance will be on your right, with parking on both sides of 19th Street.

Already in Hampton Roads?

- Take I-264 East toward the Virginia Beach Oceanfront. At the end of the interstate, make a right at the first light onto Parks Avenue. Take the next right onto 19th street. The main entrance will be on your right. Our parking lots also are accessible from the 1000 block of Virginia Beach Blvd.

Staying at the Oceanfront?

- North End; take Atlantic Avenue or Pacific Avenue to 22nd Street. Continue straight on 22nd until Parks Ave. Take a left onto Parks Ave and then a right on 19th Street. Turn left onto Jefferson Ave.
- South End; take Atlantic Avenue or Pacific Avenue to 17th Street/VB Blvd. Continue straight on 17th Street/VB Blvd until Cypress Ave. Take a right onto Cypress Ave and then a left on 19th Street. Then turn left onto Jefferson Ave.

Directions to Norfolk State Outdoor Practice Track Facility:

Campus Address: 700 Park Avenue, Norfolk, VA 23504

From I-64 Eastbound

- Take I-64 East through Hampton Roads Bridge Tunnel to I-264 West. Take Exit 12 then Turn RIGHT on Ballentine Blvd, LEFT on Middle Towne Crescent, and LEFT at Gate 8.
 - Or Exit 11B: Turn RIGHT on Park Ave and RIGHT at Gate 1.

From I-64 Westbound

- Follow I-64 West to I-264 West. Take Exit 12 then Turn RIGHT on Ballentine Blvd, LEFT on Middle Towne Crescent, and LEFT at Gate 8.
 - Or Exit 11B: Turn RIGHT on Park Ave and RIGHT at Gate 1.

From I-95 North/Southbound

- Take I-95 to I-295 East, then I-64 East through Hampton Roads Bridge Tunnel to I-264 West. Take Exit 12 then Turn RIGHT on Ballentine Blvd, LEFT on Middle Towne Crescent, and LEFT at Gate 8.

From Route 58 Eastbound

- Take US-58 E to I-264 E. Take Exit 10 then Turn RIGHT on Brambleton Ave, LEFT on Park Ave, and RIGHT at Gate 1.
- Or Exit 12: LEFT on Ballentine Blvd, LEFT on Middle Towne Crescent, and LEFT at Gate 8.

From Route 17 Northbound

Follow US-17 N to I-464 N, which becomes I-264 E.

- Take Exit 10 then Turn RIGHT on Brambleton Ave, LEFT on Park Ave, and RIGHT at Gate 1.

Directions to Weight Room:

*See above for directions to Norfolk State track and weight room.

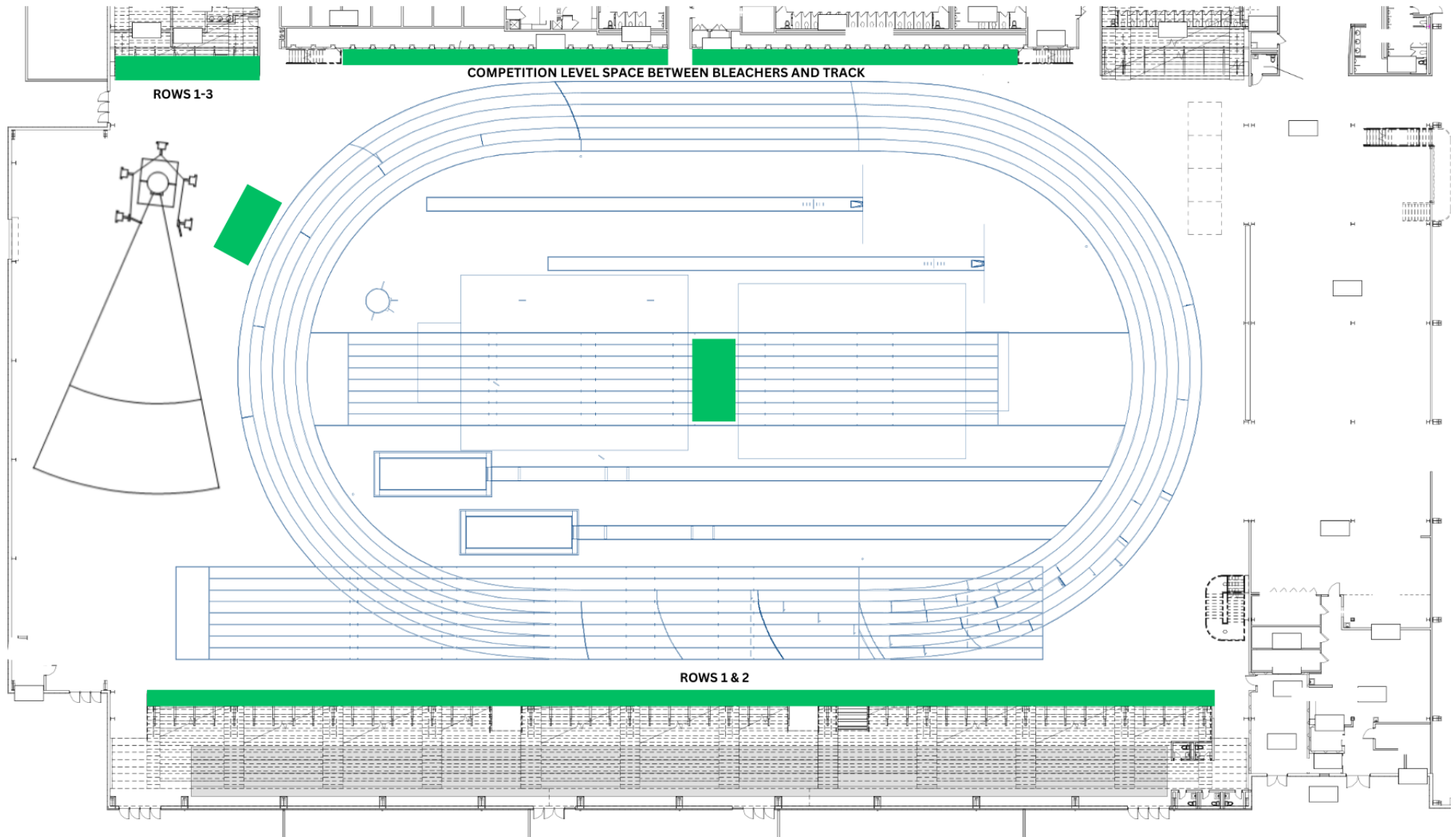
Hotels:

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>

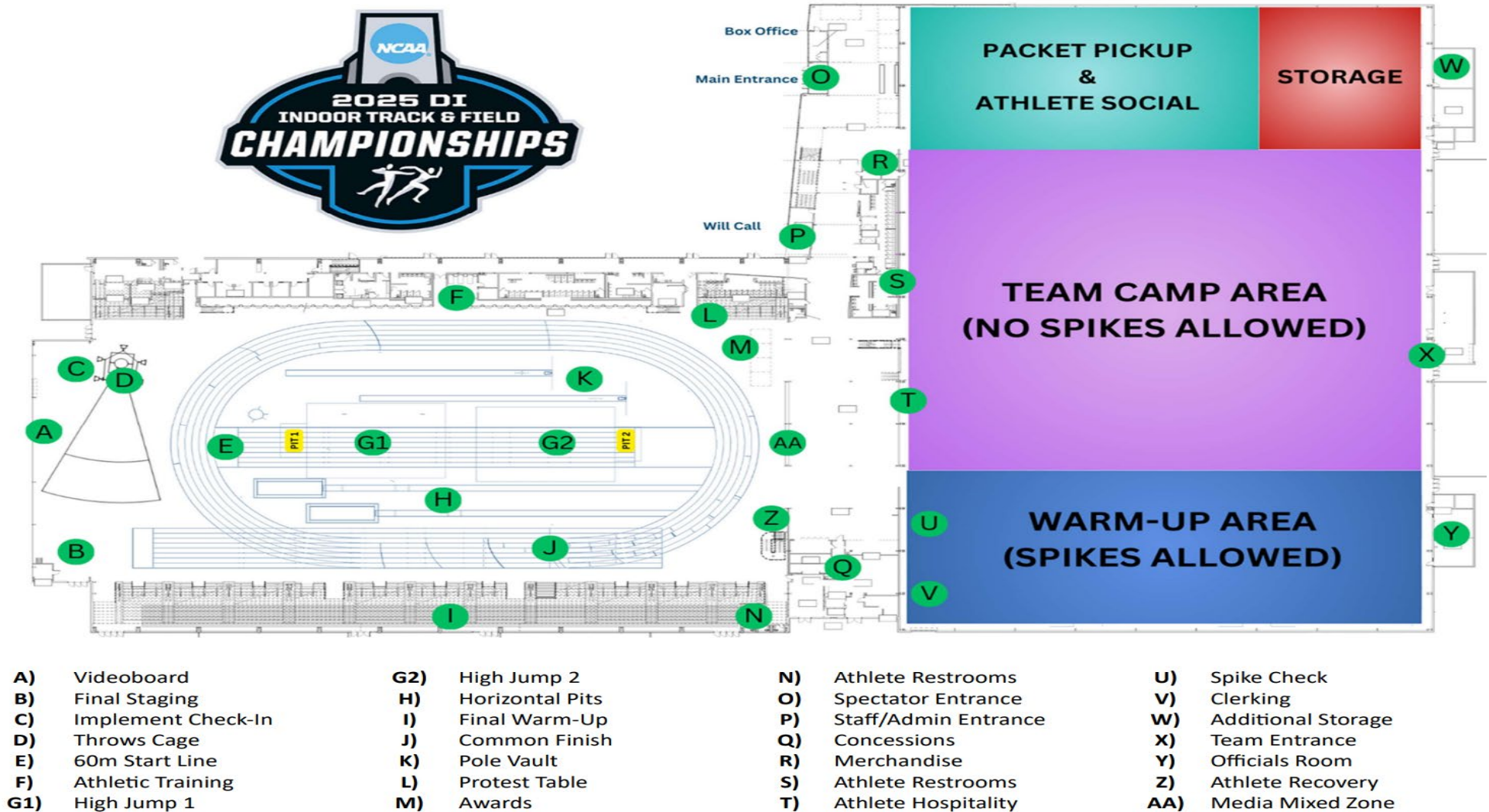
Team Drop-off and Bus Parking



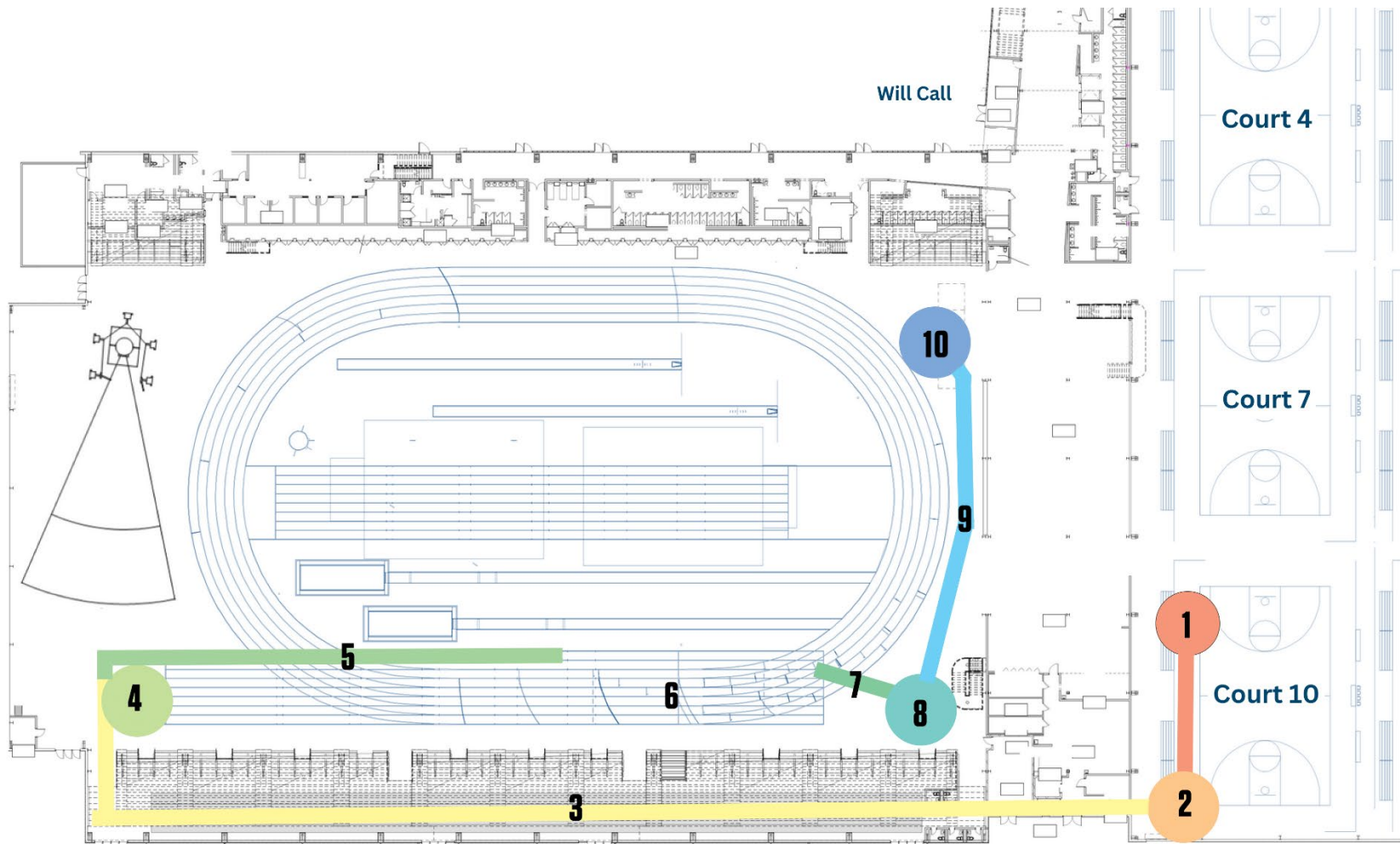
Coaching Box Locations



Venue Map



Pre-event and Post-event Athlete Flow



1: SPIKE CHECK; 2: CLERKING; 3: FINAL WARM-UPS, ESCORTING TO STAGING; 4: FINAL STAGING ; 5: ESCORTING TO COMPETITION; 6: COMPETITION; 7: EXIT TO BASKET RETRIEVAL; 8: BASKET RETREIVAL, RECOVERY; 9: MIXED MEDIA; 10: AWARDS/EXIT