

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



***TRACK  
& FIELD***

## 2025 INDOOR CHAMPIONSHIPS TECHNICAL MANUAL

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## INTRODUCTION

This manual outlines the technical procedures for competition for the 2025 NCAA Division I Men's and Women's Indoor Track and Field Championships and provides case studies of situations that may arise during the course of the Championships. This manual contains three sections:

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

This manual should be used in conjunction with the 2025 NCAA Division I Men's and Women's Indoor Track and Field Pre-Championships Manual, the 2025/2026 NCAA Track and Field/Cross Country Men's and Women's Rules Book, and NCAA Bylaw 31 of the 2024-25 NCAA Division I Manual, which pertain to the administration of NCAA Championships. These publications will provide information about the policies governing NCAA Championships.

Although this manual and the other publications attempt to cover all phases of the Championships, if questions arise prior to the start of the Championships, contact NCAA Championship manager Jeff Mlynski at the NCAA national office. Once the Championships begin, questions related to procedures not covered in this manual should be referred to the NCAA Division I Men's and Women's Indoor Track and Field Championships Meet Management.

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## **QUALIFYING FOR THE NCAA DIVISION I MEN'S AND WOMEN'S INDOOR TRACK & FIELD CHAMPIONSHIPS**

### **1. Qualifying for the Championships.**

Qualification to the Championships is based on the descending order list for the current indoor season, prepared solely from the mandatory submission of meet results during the current indoor season and adhering to the current Championships Qualifying Regulations published in the current 2025 Pre-Championships Manual. For each individual event contested at the Championships, the top sixteen (16) declared student-athletes will be accepted into the Championships. For each relay event contested at the Championships, the top twelve (12) declared relay teams will be accepted into the Championships. The stated maximums are absolute and will not be extended as a result of ties.

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

In the combined events (Heptathlon/Pentathlon), prior to deciding the last qualifying position by the toss of a coin, once all previously described tie-breaking methods have been exhausted, ties will be resolved by examining, of those tied, the competitor(s) who, in the greater number of events, has received more points than the other competitor(s). If a tie still exists, the competitor(s) with the highest number of points in any one event will win the tie. If still tied, the competitor(s) who have the highest number of points in a second event will win the tie. If a tie still remains, a third event will be examined and so forth until there is no basis for point comparison (Rule 5-6-2.). As a last resort, the tie for the last qualifying position will be decided by the toss of a coin.

After acceptance into the Championships in any and all events, compliance with Rule 6-2, "Failure to Participate" and Rule 6-1 "Competitor Responsibilities" is required.

Information regarding declaration procedures, important dates, deadlines and fines, as well as NCAA Championships policies on transportation, eligibility, and misconduct is available in the 2025 NCAA Division I Men's and Women's Indoor Track & Field Pre-Championships Manual.

## ADMINISTRATION OF THE CHAMPIONSHIPS

### 1. General Administration

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

- a. Meet Director The meet director will be appointed by the director of athletics of the host institution and perform the duties prescribed in Rule 4-2 and 4-3.
- b. Competition Manager(s). The NCAA Track & Field Officials Assignor will appoint three competition managers to the Championships that will include a competition manager for the jumping events, a competition manager for the throwing events, and a competition manager for the track events. Competition managers will oversee review of the competition site, competition management, event execution, and have responsibility to make decisions or determinations according to this Technical Manual necessary to protect the integrity of the competition at the site of the Indoor Championships.
- c. Meet Management. Meet Management will consist of the NCAA Division I Indoor Track & Field Championships Subcommittee Chair, the NCAA Championships Manager, the administrator members of the NCAA Division I Track & Field and Cross Country Committee and the three Competition Managers of the Championships.

Meet Management will serve as the site review committee and have the responsibility to make any decisions or determinations necessary to protect the integrity of the Championships. (Rule 4-2)

- d. Meet Medical Doctor. The official meet medical doctor will be appointed by the meet director and will be on site during all aspects of the competition to perform the duties prescribed in Rule 4-18 and Rule 4-19.
- e. Referee(s). The NCAA Track and Field National Officials Assignor will appoint four referees for the Championships. Referees have the authority prescribed in Rule 4-4-1 and Rule 4-4-2.

A minimum of two (2) referees are required to address and agree on a final decision, per Rule 4-4-3. and the final decision will rest with the referees.

There will be no jury of appeals.

### 2. Competition Format for the Championships.

- a. The order of events will be determined by the NCAA Division I Men's and Women's Track and Field and Cross Country Committee. The NCAA Division I Men's and Women's Track and Field and Cross Country Committee retains its authority to set the competition procedures granted in the rules for unusual conditions, facility constraints, and other concerns such as broadcast coverage. The actual time schedule for the Championships will be established by the NCAA Division I Men's and Women's Track and Field and Cross Country Committee and published on the NCAA.org website.
- b. The Championships will be conducted as a two-day event, with the men's and women's events conducted in separate sessions on each day.

- c. The events contested in the Championships are the 60 Meters, 200 Meters, 400 Meters, 800 Meters, Mile, 3000 Meters, 5000 Meters, 60 Hurdles, 4x400 Relay, Distance Medley Relay, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw, Heptathlon (men), and Pentathlon (women).

### 3. Lane Assignments.

- a. Unless otherwise indicated, all lanes and/or starting positions in the semi-final round of competition in all events at the Championships will be as prescribed by Rule 7-11-1. and Rule 7-11-2.
- b. In all finals, lanes and/or starting positions will be assigned as prescribed by Rule 7-11-3.a.1), Rule 7-11-3.a.2) and Rule 7-11-3.a.3).

In the 60 Meters and 60 Hurdles, the preferred lane order will be: 4, 5, 3, 6, 2, 7, 1, 8.

In the 200 Meters, 400 Meters, and 4x400 Relay, the preferred lane order will be: 5, 6, 4, 3.

### 4. Heats, Flights, Qualifying Procedures, and Stagers.

The provisions and procedures prescribed in Rule 5-4, Rule 7-9-1., Rule 7-9-2., Rule 7-9-3., Rule 7-9-4. and Rule 7-9-5., regarding the formation, grouping, competition order, cancellation, or redrawing of heats or flights will apply in each round unless alternate provisions are allowed and specified in this section. Changes to heats or flights, predetermined by declaration, will be made only with Meet Management authorization. **NOTE: all event mark ties, for all places, will be broken for seeding purposes.**

#### a. 60 Meters and 60 Hurdles

- (1) Two (2) rounds will be contested, a semi-final round and a final round.

- (2) The **semi-final round** will consist of two (2) heats of eight (8) competitors.

The semi-final round heats will be formed by seeding competitors based on their declared qualifying performance mark as prescribed by Rule 7-9-2.a.

Eight (8), the top two (2) from each **semi-final heat** plus the next best four (4) times from the semi-final round, after tie-breaking, will qualify from the semi-final round to the final round.

Lane assignments in the **semi-final round** will be assigned as prescribed by Rule 7-11-2.a.2)a).

- (3) The **final round** will consist of one (1) section of eight (8) competitors.

Lane assignments for the **final round** will be made as prescribed by Rule 7-11-3.a.1).

- (4) Standardized heat check-in times will be applied in the 60 Meters and 60 Hurdles, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Championships Site Participant Manual.

In the **semi-final round**, 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.

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.

**b. 200 Meters**

- (1) Two (2) rounds will be contested, a semi-final round and a final round.

Lanes three (3) through six (6) will be used in all rounds.

- (2) The **semi-final round** will consist of four (4) heats of four (4) competitors.

The **semi-final round heats** will be formed by seeding competitors based on their declared qualifying performance mark, as prescribed by Rule 7-9-2.b.1)b).

The eight (8) best times, after tie-breaking, will qualify from the **semi-final round** to the final round.

Lane assignments in the **semi-final round** will be assigned as prescribed by Rule 7-11-1a.1) and Rule 7-11-2.a.2)b).

- (3) The timed section **final round** will consist of two (2) sections of four (4) competitors, seeded per Rule 7-9-3.c. on the basis of semi-final round qualifying times.

Section one (1) will consist of the third (3<sup>rd</sup>), fourth (4<sup>th</sup>), sixth (6<sup>th</sup>), and eighth (8<sup>th</sup>) fastest qualifiers. Section two (2) will consist of the first (1<sup>st</sup>), second (2<sup>nd</sup>), fifth (5<sup>th</sup>), and seventh (7<sup>th</sup>) fastest qualifiers.

Lane assignments in the **final round** will be made as prescribed by Rule 7-11-3.a.2)a).

- (4) Standardized heat check-in times will be applied in the 200 Meters, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Championships Site Participant Manual.

In the **semi-final round**, 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. Competitors in the **third heat** must check-in with the clerk no later than five (5) minutes prior to the published scheduled start time of the event. Competitors in the **fourth heat** must check-in with the clerk no later than the published scheduled start time of the event.

In the **final round**, competitors in the **first section** 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 section** must check-in with the clerk no later than ten (10) minutes prior to the published scheduled start time of the event.

**c. 400 Meters**

- (1) Two (2) rounds will be contested, a semi-final round and a final round.

Lanes three (3) through six (6) will be used in all rounds.



- (2) The **semi-final round** will consist of four (4) heats of four (4) competitors.

The **semi-final round heats** will be formed by seeding competitors based on their declared qualifying performance mark, as prescribed by Rule 7-9-2.b.1)b).

The eight (8) best times, after tie-breaking, will qualify from the **semi-final round** to the final round.

Lane assignments in the **semi-final round** will be assigned as prescribed by Rule 7-11-1.a.1) and Rule 7-11-2.a.2)b).

- (3) The timed section **final round** will consist of two (2) sections of four (4) competitors, seeded per Rule 7-9-3.c. on the basis of semi-final round qualifying times.

Section one (1) will consist of the third (3<sup>rd</sup>), fourth (4<sup>th</sup>), sixth (6<sup>th</sup>) and eighth (8<sup>th</sup>) fastest qualifiers. Section two (2) will consist of the first (1<sup>st</sup>), second (2<sup>nd</sup>), fifth (5<sup>th</sup>) and seventh (7<sup>th</sup>) fastest qualifiers.

Lane assignments in the **final round** will be made as prescribed by Rule 7-11-3.a.2)a).

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

- (5) Standardized heat check-in times will be applied in the 400 Meters, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Championships Site Participant Manual.

In the **semi-final round**, 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. Competitors in the **third heat** must check-in with the clerk no later than five (5) minutes prior to the published scheduled start time of the event. Competitors in the **fourth heat** must check-in with the clerk no later than the published scheduled start time of the event.

In the **final round**, competitors in the **first section** 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 section** must check-in with the clerk no later than ten (10) minutes prior to the published scheduled start time of the event.

#### **d. 800 Meters.**

- (1) Two (2) rounds will be contested, a semi-final round and a final round.

- (2) The **semi-final round** will consist of two (2) heats of eight (8) competitors.

The **semi-final round heats** will be formed by seeding competitors based on their declared qualifying performance mark as prescribed by Rule 7-9-2.a.

Eight (8), the top three (3) from each **semi-final heat** plus the next best two (2) times from the semi-final round, after tie-breaking, will qualify from the semi-final round to the final round.

Starting positions and alley assignments in the **semi-final round** will be drawn by lot as prescribed

by Rule 7-11-2.a.1)a).

Three (3) competitors will be assigned to the staggered waterfall start and the remaining five (5) competitors assigned to the main waterfall start Rule 7-1-7c.

- (3) The **final round** will consist of one (1) section of eight (8) competitors.

The top three (3) qualifiers from the semi-final round as determined by Rule 7-11-3.a.1) will be assigned to the staggered waterfall start and starting positions will be drawn by lot as prescribed by Rule 7-11-3.a.3). The five (5) remaining competitors will be assigned to the main waterfall start and starting positions will be drawn by lot as prescribed by Rule 7-11-3.a.3).

- (4) A two (2) alley, waterfall start with a two-turn stagger will be used in both rounds.

- (5) Standardized heat check-in times will be applied in the 800 Meters, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Championships Site Participant Manual. In the **semi-final round**, 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.

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.

**e. Mile**

- (1) Two (2) rounds will be contested, a semi-final round and a final round.

- (2) The **semi-final round** will consist of two (2) heats of eight (8) competitors.

The **semi-final round heats** will be formed by seeding competitors based on their declared qualifying performance mark as prescribed by Rule 7-9-2.a.

Ten (10), the top four (4) from each **semi-final heat** plus the next best two (2) times from the semi-final round, after tie-breaking, will qualify from the semi-final round to the final round.

Starting positions and alley assignments in the **semi-final round** will be drawn by lot as prescribed by Rule 7-11-2.a.1)a).

Three (3) competitors will be assigned to the staggered waterfall start and the remaining five (5) competitors assigned to the main waterfall start as prescribed by Rule 7-1-7.c.

- (3) The **final round** will consist of one (1) section of ten (10) competitors.

The top three (3) qualifiers from the semi-final round as determined by Rule 7-11-3.a.1) will be assigned to the staggered waterfall start, and the starting positions will be drawn by lot assigned as prescribed by Rule 7-11-3.a.3). The seven (7) remaining competitors will be assigned to the main waterfall start, and the starting positions will be drawn by lot as prescribed by Rule 7-11-3.a.3).

- (4) A two (2) alley, waterfall start with a two-turn stagger will be used in both rounds.

- (5) Standardized heat check-in times will be applied in the Mile, as detailed below. The site-specific

check-in schedule, based on the event schedule, will be included in the Championships Site Participant Manual.

In the **semi-final round**, 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.

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.

**f. 3000 Meters and 5000 Meters**

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

(2) The **final round** will consist of one (1) section of sixteen (16) competitors.

Starting positions and alley assignments will be drawn by lot as prescribed by Rule 7-11-4.

Five (5) competitors will be assigned to the staggered waterfall start. The eleven (11) remaining competitors will be assigned to the main waterfall start as prescribed by Rule 7-1-7.c.

(3) A two (2) alley, waterfall start with a two-turn stagger will be used.

(4) Standardized check-in times will be applied in the 3000 Meters and 5000 Meters, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Championships Site Participant Manual.

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.

**g. 4x400 Relay**

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

Lanes three (3) through six (6) will be used in all sections.

(2) The **final round** will consist of three (3) sections of four (4) teams.

Sections will be assigned based on teams declared descending order list qualifying performance marks as prescribed by Rule 7-10-2.b. The teams with the four (4) fastest declared qualifying performance marks will be assigned to the third (3<sup>rd</sup>) section, the next four (4) fastest teams with declared qualifying performance marks assigned to the second (2<sup>nd</sup>) section, and the remaining teams assigned to the first (1<sup>st</sup>) section.

Lanes within each section will be assigned using preferred lanes based on declared descending order list qualifying performance marks as prescribed by Rule 7-11-4. The team with the fastest declared qualifying performance mark within a section will be assigned to lane five (5), the team with the second (2<sup>nd</sup>) fastest declared qualifying performance mark within a section will be assigned to lane six (6), the team with the third (3<sup>rd</sup>) fastest declared qualifying performance mark within a section will be assigned to lane four (4), and the team with the fourth (4<sup>th</sup>) fastest declared qualifying performance mark within a section will be assigned to lane three (3).

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

- (3) A lane start with a two-turn stagger will be used.
- (4) Standardized section check-in times will be applied in the 4x400 Relay, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Championships Site Participant Manual.

In the **final round**, relay teams in the **first section** must check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event. Relay teams 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 teams 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.

#### **h. Distance Medley Relay**

- (1) One (1) round will be contested, a final round.
- (2) The **final round** will consist of one (1) section of twelve (12) teams.

Starting positions and alley assignments will be drawn by lot as prescribed by Rule 7-11-4.

Four (4) teams will be assigned to the staggered waterfall start. The eight (8) remaining teams will be assigned to the main waterfall start as prescribed by Rule 7-1-7.c.

- (3) A two (2) alley, waterfall start with a two-turn stagger will be used.
- (4) Standardized section check-in time will be applied in the Distance Medley Relay, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Championships Site Participant Manual.

In the **final round**, relay teams must check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event.

#### **i. Long Jump and Triple Jump**

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

The **semi-final round** will consist of one (1) section of sixteen (16) competitors in each event, on a single competition facility.

The competition order in the **semi-final round** will be drawn by lot as prescribed by Rule 5-4-2.

Each competitor will be allowed three (3) attempts in the semi-final round.

The competitors with the nine (9) best marks, after tie-breaking using Rule 5-5-6., will qualify from the semi-final round to the **final round** and compete in reverse order of performance from the semi-final round.

- (2) There will be a thirty (30) minute **semi-final round** warm-up period prior to the published scheduled start of each event.

The **final round** will start a maximum of ten (10) minutes after the completion of the last attempt in the semi-final round.

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

#### **j. High Jump**

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

The **final round** will consist of one (1) section of sixteen (16) competitors on a single competition facility.

The competition order will be drawn by lot as prescribed by Rule 5-4-3.

- (2) There will be a forty-five (45) minute warm-up period prior to the published scheduled start of the High Jump.
- (3) Competitors in the High Jump must check in with the clerk no later than fifty-five (55) minutes prior to the published scheduled start time of the event. Competitors will be escorted by a clerk to the competition area fifty-five (55) minutes prior to the published scheduled start time of the event.
- (4) The opening height for each gender will be: five (5) centimeters below the lowest declared performance mark of a competitor accepted into the Championships.

The increment progression for each gender will be: at least two (2) increases of five (5) centimeters, followed by increases of either five (5) centimeters or three (3) centimeters as determined by Meet Management.

Note: Meet Management retains its authority to adjust starting heights, and increment progressions due to unforeseen circumstances at the Championships. In addition, the committee may consider other major championship qualification standards when establishing starting heights and progressions but will ultimately be determined by what is in the best interest of the NCAA Championships.

#### **k. Pole Vault**

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

The **final round** will consist of one (1) section of sixteen (16) competitors on a single competition

facility.

The competition order will be drawn by lot as prescribed by Rule 5-4-3.

- (2) There will be a sixty (60) minute warm-up period prior to the published scheduled start of the Pole Vault.
- (3) Competitors in the Pole Vault must check in with the clerk no later than one (1) hour and ten (10) minutes prior to the published scheduled start time of the event. Competitors will be escorted by a clerk to the competition area one (1) hour and ten (10) minutes prior to the published scheduled start time of the event.
- (4) The opening height for each gender will be: fifteen (15) centimeters below the lowest declared performance mark of a competitor accepted into the Championships.

The increment progressions for each gender at the Championships will be: the first two increases will be fifteen (15) centimeters, and a possible third increase of fifteen (15) centimeters, if determined by Meet Management, followed by two increases of ten (10) centimeters, and possibly a third increase of ten (10) centimeters as determined by Meet Management, followed by increases of five (5) centimeters.

Note: Meet Management retains its authority to adjust starting heights, and increment progressions due to unforeseen circumstances at the Championships. In addition, the committee may consider other major championship qualification standards when establishing starting heights and progressions but will ultimately be determined by what is in the best interest of the NCAA Championships.

## **I. Shot Put and Weight Throw**

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

The **semi-final round** will consist of one (1) section of sixteen (16) competitors in each event, on a single competition facility.

The competition order in the **semi-final round** will be drawn by lot as prescribed by Rule 5-4-2.

Each competitor will be allowed three (3) attempts in the semi-final round.

The competitors with the nine (9) best marks, after tie-breaking using Rule 5-5-6., will qualify from the semi-final round to the **final round** and compete in reverse order of performance from the semi-final round.

- (2) There will be a thirty (30) minute **semi-final round** warm-up period prior to the published scheduled start of each event.

The **final round** will start a maximum of ten (10) minutes after the completion of the last attempt in the semi-final round.

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

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

The Heptathlon and Pentathlon order of events and time between events will be as stated per Rule 5-1-5.a. and Rule 5-1.5.c.

Heptathlon and Pentathlon competitors must check in with the clerk no later than forty-five (45) minutes prior to the published scheduled start of their respective Heptathlon or Pentathlon first event of the day.

Competitors in the Heptathlon and Pentathlon will be allowed a thirty (30) minute warm-up on the track prior to the start of their respective first event of the day.

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

#### **60 Meters**

- (1) The **Heptathlon 60 Meters** will consist of two (2) sections of eight (8) competitors.

Sections will be assigned on the basis of qualifiers' seasonal best performance mark in a Heptathlon 60 Meters, as verified by TFRRS. The competitors with the eight (8) fastest performance marks will be assigned to a section and the remaining eight (8) competitors assigned to the remaining section.

- (2) Lane assignments in each section will be made as prescribed by Rule 7-11-4.

- (3) Section order will be drawn by lot.

#### **60 Hurdles**

- (1) The **Heptathlon 60 Hurdles** will consist of four (4) sections of four (4) competitors, using alternate lanes. The determination of odd or even lanes will be made by Meet Management and published prior to the start of packet pickup. A set of hurdles also will be placed inside of lane one (1) or outside of lane eight (8) unless facility constraints cannot accommodate this procedure.

- (2) Sections in the **Heptathlon 60 Hurdles** will be assigned on the basis of qualifiers' seasonal best performance mark in a Heptathlon 60 Hurdles, as verified by TFRRS. The competitors with the four (4) fastest performance marks will be assigned to a section, the competitors with the next four (4) fastest performance marks will be assigned to a section, the competitors with the next four (4) fastest performance marks will be assigned to a section, and the remaining four (4) competitors will be assigned to the remaining section.

- (3) Lane assignments in each section will be made as prescribed by Rule 7-11-4.

- (4) Section order will be drawn by lot.

- (5) The **Pentathlon 60 Hurdles** will consist of four (4) sections of four (4) competitors, using alternate

lanes. The determination of odd or even lanes will be made by Meet Management and published prior to the start of packet pickup. A set of hurdles also will be placed inside of lane one (1) or outside of lane eight (8) unless facility constraints cannot accommodate this procedure.

- (6) Sections in the **Pentathlon 60 Hurdles** will be assigned on the basis of qualifiers' seasonal best performance mark in a Pentathlon 60 Hurdles, as verified by TFRRS. The competitors with the four (4) fastest performance marks will be assigned to a section, the competitors with the next four (4) fastest performance marks will be assigned to a section, the competitors with the next four (4) fastest performance marks will be assigned to a section, and the remaining four (4) competitors will be assigned to the remaining section.
- (7) Lane assignments in each section will be made as prescribed by Rule 7-11-4.
- (8) Section order will be drawn by lot.

### **800 Meters**

- (1) The **Pentathlon 800 Meters** will be contested in one (1) section.
- (2) A two (2) alley, waterfall start with a two-turn stagger will be used based on the number of competitors remaining in the Pentathlon competition after the completion of the Pentathlon Long Jump.
- (3) Starting positions and alley assignments will be as prescribed by Rule 7-11-4. on the basis of qualifiers' seasonal best performance mark in the Pentathlon 800 Meters, as verified by TFRRS.

Two-thirds of the field will be assigned to the main waterfall start, and the remaining one-third of the field will be assigned to the staggered waterfall start as prescribed by (Rule 7-1-7.c.).

### **1000 Meters**

- (1) The **Heptathlon 1000 Meters** will be contested in one (1) section.
- (2) A two (2) alley, waterfall start with a two-turn stagger will be used based on the number of competitors remaining in the Heptathlon competition after the completion of the Heptathlon Pole Vault.
- (3) Starting positions and alley assignments will be as prescribed by Rule 7-11-4. on the basis of qualifiers' seasonal best performance mark in the Heptathlon 1000 Meters, as verified by TFRRS.

Two-thirds of the field will be assigned to the main waterfall start, and the remaining one-third of the field will be assigned to the staggered waterfall start as prescribed by (Rule 7-1-7.c.).

### **Long Jump**

- (1) The **Heptathlon Long Jump** and **Pentathlon Long Jump** each will consist of two (2) sections of eight (8) competitors, conducted simultaneously on similar, but separate competition venues.
- (2) Sections in the **Heptathlon Long Jump** will be assigned on the basis of qualifiers' seasonal best performance mark in a Heptathlon Long Jump, as verified by TFRRS. Competitors with the eight (8) best performance marks will be assigned to a section, and the remaining competitors will be assigned to a section.
- (3) Sections in the **Pentathlon Long Jump** will be assigned on the basis of qualifiers' seasonal best performance mark in a Pentathlon Long Jump, as verified by TFRRS. Competitors with the eight (8) best performance marks will be assigned to a section, and the remaining competitors will be assigned to a section.



- (4) Competition order will be drawn by lot within each section.

### **Shot Put**

- (1) The **Heptathlon Shot Put** and **Pentathlon Shot Put** each will consist of one (1) section of sixteen (16) competitors, conducted on a single competition facility.
- (2) Competition order will be drawn by lot within the section.

### **High Jump**

- (1) The **Heptathlon High Jump** will consist of two (2) sections of eight (8) competitors, conducted simultaneously on similar, but separate competition venues.
- (2) Sections in the **Heptathlon High Jump** will be assigned on the basis of qualifiers' seasonal best performance mark in a Heptathlon High Jump, as verified by TFRRS. Competitors with the eight (8) best performance marks will be assigned to a section, and the remaining competitors will be assigned to a section.

Competition order will be drawn by lot within each section.

**Heptathlon High Jump** increments will pass one (1cm) centimeter above the Championship record. The current Championship record in the Heptathlon High Jump is **2.20m**.

- (3) The **Pentathlon High Jump** will consist of two (2) sections of eight (8) competitors, conducted simultaneously on similar, but separate competition venues.
- (4) Sections in the **Pentathlon High Jump** will be assigned on the basis of qualifiers' seasonal best performance mark in a Pentathlon High Jump, as verified by TFRRS. Competitors with the eight (8) best performance marks will be assigned to a section, and the remaining competitors will be assigned to a section.

Competition order will be drawn by lot within each section.

**Pentathlon High Jump** increments will pass one (1cm) centimeter above the Championship record. The current Championship record in the Pentathlon High Jump is **1.98m**.

### **Pole Vault**

- (1) The **Heptathlon Pole Vault** will consist of one (1) section of sixteen (16) competitors, conducted on a single competition facility.
- (2) Competition order will be drawn by lot within the section.
- (3) Heptathlon Pole Vault increments will pass one (1cm) centimeter above the current Championship record of **5.46m**.

## **5. Coaching Box/Area**

A coaching box/area, outside the area of competition, will be established for each field event. The respective competition manager for the jumping events and the competition manager for throwing events in conjunction with the meet director will determine the location of the respective events coaching box/area. Only one (1) coach per athlete in the respective field event with proper credentials may access a coaching box/area.

## RELAY PERSONNEL AND PERFORMANCE POLICY

1. Only one qualified relay team per institution may be declared. That relay team's declared performance mark will be used for selection and seeding purposes. All other teams on the descending order list from that institution must be scratched.
2. A relay substitute is an institution's student-athlete already accepted into the Championships in either an individual event and/or a relay event (Rule 7-7-2.).
3. A maximum of four (4) relay alternates may be declared separately, but not later than the close of packet pick-up at the Championships. A relay alternate is a student-athlete not already in the Championships in any event.
4. The four (4) members of the relay team who actually competed and earned a qualifying position into the Championships will be the 'declared' relay team for that institution and will be the only individuals for which NCAA Championships travel reimbursement will be provided. NCAA travel reimbursement will not be provided to relay alternates, even if they compete in the Championships.
5. An athlete on a declared relay who is replaced with a relay alternate, or substitute may still compete in any event(s), at any time, in which they had previously been accepted into the Championships.

## CASE STUDIES

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

SITUATION 1: After declaration, thirteen (13) are declared in the Men's 60 Meters with a mark of 6.66 or better. Six (6) additional are declared with a best descending order list mark of 6.67. Will all six (6) be accepted into the Championships?

RULING: No. Only sixteen (16), total, will be accepted into the Championships. That means only three (3) of the tying six (6) will be accepted. The second-best valid qualifying meet performance mark submitted through the mandatory meet result reporting system will be examined for each of the six (6). Assume the second (2<sup>nd</sup>) best meet performance mark submissions are 6.68, 6.69, 6.70, 6.69, 6.68, and 6.72. The two (2) individuals with the second (2<sup>nd</sup>) best of 6.68 are accepted, and the tie-breaking procedure continues, but only involves the two (2) individuals with submissions of 6.69. If one (1) of those had a third (3<sup>rd</sup>) valid qualifying submission, and the other did not, acceptance would be awarded to the competitor who achieved the original tying performance mark later in the season.

SITUATION 2: After declaration, twelve (12) are declared in the Women's High Jump with a mark of 1.84 or better. No one has a submitted best meet performance mark of 1.83. Two (2) are declared with a submitted best meet performance mark of 1.82. Seven (7) additional are declared with a best descending order list mark of 1.81. Will all seven (7) be accepted into the Championships?

RULING: No. Only sixteen (16), total, will be accepted into the Championships. That means, only two (2) of the tying seven (7) will be accepted. The second (2<sup>nd</sup>) best valid qualifying meet performance mark submitted through the mandatory meet result reporting system will be examined for each of the seven (7). Assume that after examining the third (3<sup>rd</sup>) best qualifying meet performance mark submitted, three (3) still remain tied and there are no other available performance marks to compare. This mark is the last used as tie-breaking for comparative purposes. The performance date of their original performance mark that created the tie is then examined to determine who achieved the performance mark later in the season, in order to determine which two (2) are accepted into the Championships. If a tie still exists, it is resolved by examining the date of the second (2<sup>nd</sup>) performance mark and, if needed, the third (3<sup>rd</sup>) performance mark in order to eliminate one (1). If the examination of the date of the third (3<sup>rd</sup>)

performance mark does not result in a break of the tie, the tie for the last qualifying position will be decided by the toss of a coin.

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

SITUATION: Of the four (4) student-athletes listed on the Championships declaration form for the 4x400 Relay or Distance Medley Relay, three (3) have injuries that prevent them from competing in the Championships. Can the institution use other student-athletes who are competing in the Championships to fill the open spots on the relay?

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

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

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

RULING: Yes, but only if the institution can provide a medical note stating rationale for why they cannot compete in a certain individual event but are able to compete in a relay event. (e.g., medical reason does not allow them to jump in the long jump, but they are medically able to run).

*Note, that a scratch prior to the post-declaration medical scratch deadline disqualifies a student-athlete from competing in ALL individual events.*