NCAA

2023 DIVISION I OUTDOOR
TRACK & FIELD
CHAMPIONSHIPS

PARTICIPANT
2022-23 MANUAL
Preliminary Rounds

NCAA TRACK & FIELD

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Dear student-athletes, coaches, and fans:

I am honored to welcome you to the University of North Florida and the City of Jacksonville. It is our privilege to host the 2023 NCAA Division I Outdoor Track & Field East First Round. The 2023 Championship will be the seventh time we have hosted in the past 11 years, and we do not take that responsibility lightly. We take great pride in putting on a championship event that provides an excellent student-athlete experience and memories for a lifetime.

Since hosting the East First Round in 2021, we have made several upgrades to Visit Jax Track at Hodges Stadium and we trust the investments will only further enhance the championship experience for both student-athletes and fans alike. We are excited to welcome so many athletes and fans to our beautiful campus.

If you have any questions, please contact the Championship Coordinator and Chair of the NCAA Track & Field Committee, Ervin Lewis, at e.lewis@unf.edu.

Enjoy the wonderful Florida weather and I hope you make great memories during your visit to UNF!

Best wishes,

Nick Morrow

Director of Athletics

University of North Florida



Visit Jax Track at Hodges Stadium

SPORTS HOME: Men's/Women's Track & Field

Capacity: 9,400 | Built: 2004 | Resurfaced: 2021 |

The Duval County Tourist Development Council (TDC) committed $950,000 for the resurfacing of the competition and practice tracks at the facility, along with installation of fiber at Hodges Stadium for improved broadcasting capabilities. The practice track located adjacent to Hodges Stadium has also been recently resurfaced. In recognition of the TDC's contribution, the track will now be recognized as the Visit Jax Track at Hodges Stadium.

With the resurfacing of the Visit Jax Track completed, Hodges Stadium continues as a first-choice venue for hosting a variety of national and international track competitions. North Florida Athletics has the potential of hosting up to eleven high level track and field events between March and July of this year.

Hodges Stadium, which has hosted the NCAA East Prelim six times prior to this year (2012, 2014, 2015, 2016 2019 and 2021), has served as host for the ASUN Conference Outdoor Track Championships since 2009. In addition, the stadium has served as the host site to Florida's high school state track & field championships multiple times along with the USATF Masters Championships and USATF Junior Olympics in the past decade.

In addition to a new practice track with an artificial field we also installed a new Gill Discus and Hammer Cage and a new Nevco Videoboard. This upgrade will not only be beneficial for Osprey Athletics and general student life experiences but also solidify UNF as the destination location for major track events on the East Coast.

CHAMPIONSHIP ADMINISTRATION & CONTACT INFORMATION

Ervin Lewis	Meet Director	e.lewis@unf.ed (904) 252 – 9511, cell
Jeff Pigg	Head Men's and Women's Track and Field Coach	Jeff.pigg@unf.edu (904) 228 - 3238, cell
Fred Burnett	Head Athletic Trainer	fred.burnett@unf.edu (904) 562-0437
Dr. Devin Stephenson	Meet Physician	james.stephenson@ascension.org (207)232-4671
Mae Fields-Folks	Host Officials Coordinator	fulksmae123452msn.com (803) 518-2645
Brock Borgeson	Media and Communications Coordinator	brock.borgeson@unf.edu (630) 440-2595
Kaitlin Parsons	Marketing & Promotions Coordinator	k.parsons@unf.edu (904) 607-5324
Adam Polansky	Ticketing coordinator	a.polansky@unf.edu (407) 690-8447

Championship Websites

https://unfospreys.com/sports/2023/3/2/MTRK_0822114833.aspx

http://www.ncaa.com/trackandfield

DIVISION I MEN'S AND WOMEN'S TRACK & FIELD SITE REPRESENTATIVES

East First Round (University of North Florida)	
Abbie Day Cell: 850-321-2810 Email: abbienday@gmail.com	Amy Horst Head Cross Country/Track and Field Coach Loyola University, Maryland Office: 410-617-2991 Email: alhorst@loyola.edu

West First Round (University of California, Sacramento)	
Stan Kerr Cell: 509-723-3277 stankerr241@gmail.com	Bill Walton Cell: 540-478–3329 Email: waltonwd@jmu.edu

Finals Site (University of Texas, Austin)
Jason Drake Head Coach Cross Country/Track and Field University of California, Freson Office: 206-240-3343 Email: jdrake@csufresno.edu

Secretary Rules Editor	Data Specialist	National Officials Assignor
Mark Kostek Cell: 515-208-8300 Email: kostekmt@gmail.com	Sean Laughlin Cell: 415-786-2550 Email: sean@recordtiming.com	Milan Donley Cell: 785-331-9911 Email: mdonley@ku.edu

NCAA TRACK & FIELD CHAMPIONSHIP STAFF
Jeff Mlynski Associate Director of Championships and Alliances Office: 317-917-6503 Cell: 317-874-7154 Email: jmlynski@ncaa.org

NCAA TRACK & FIELD

CHAMPIONSHIP WEEK SCHEDULE OF EVENTS

(All times listed are EASTERN unless otherwise noted.)

Friday, May 19

1 p.m. (Eastern)	**MANDATORY** virtual coaches technical meeting – Virtual link will be provided to all head coaches after selections.

Sunday, May 21

2 p.m. (Eastern)	Medical scratch deadline. Any scratches must be reported by email to Sean Laughlin and Jeff Mlynski (sean@recordtiming.com and jmlynski@ncaa.org). No additional participants will be added to the First Round competition after 8 p.m. Eastern time.

Monday, May 22

See Schedule	Practice available (see specific practice details on page 8).

Tuesday, May 23

1 – 5 p.m.	Packet pick-up. ***John A. Delaney Student Union*** ***1 UNF Drive*** ***Jacksonville, FL 32224***
See schedule	Practice available (see specific practice details on page 8).

Wednesday, May 24

See schedule	Practice available (see specific practice details on page 9).
9 a.m. to 3 p.m.	Late packet pick-up – Hodges Stadium Main Entrance
10 a.m.	Championship competition begins.

Thursday, May 25

See Schedule	Practice available (see specific practice details on page 9).
9 a.m. to 3 p.m.	Late packet pick-up – Hodges Stadium Main Entrance
10 a.m.	Championship competition begins.

Friday, May 26

See Schedule	Practice available (see specific practice details on page 9).
9 a.m. to 3 p.m.	Late packet pick-up – Hodges Stadium Main Entrance
1 p.m.	Championship competition begins.

Saturday, May 27

See Schedule	Practice available (see specific practice details on page 9).
9 a.m. to 3 p.m.	Late packet pick-up – Hodges Stadium Entrance
1 p.m.	Championship competition begins.

***Children under the age of 18 (unless they are competing student-athletes) and infants will only be allowed in team camp areas, not warm-up/active competition and practice areas for safety. Additionally, practice and warm-up venues are off limits to any post-collegians. These facilities are strictly available only for competing student-athletes.**

NCAA TRACK & FIELD

PRACTICE SCHEDULE

Monday, May 22

8 a.m. - 7 p.m.	Warm-up track available
8 a.m. – Noon	Hammer (NCAA Cage, Northeast side of Hodges Stadium) and Javelin (Hodges Stadium North D Zone) Note: A secondary javelin practice runway is available on the northwest side of lot 18.
Noon – 7 p.m.	Shot Put, Long Jump and Triple Jump
Noon – 7 p.m.	Main track available for practice with blocks, hurdles, & steeple pit full
12:30 – 7 p.m.	Pole Vault (1 men's pit, 1 women's pit) and High Jump (South D-zone)
1 – 5 p.m.	Discus (NCAA Cage, Northeast side of Hodges Stadium)
7 p.m.	Track Facility Closes

Tuesday, May 23

8 a.m. - 6 p.m.	Warm-up track available
8 a.m. – Noon	Hammer (NCAA Cage, Northeast side of Hodges Stadium) and Javelin (Hodges Stadium North D Zone) Note: A secondary javelin practice runway is available on the northwest side of lot 18.
Noon - 6 p.m.	Shot Put, Long Jump and Triple Jump
Noon – 6 p.m.	Main track available for practice with blocks, hurdles, & steeple pit full
12:30 – 6 p.m.	Pole Vault (1 men's pit, 1 women's pit) and High Jump (South D-zone)
1 - 5 p.m.	Discus (NCAA Cage, Northeast side of Hodges Stadium)
6 p.m.	Track Facility Closes

Wednesday, May 24

Discus and Javelin	7 - 8 a.m.
Track available	7 - 9 a.m.
Shot Put, Long Jump and Triple Jump	7 - 9 a.m.
High Jump, Pole Vault, and Hammer	8 - 9 a.m.

Thursday, May 25

Discus and Javelin	7 - 8 a.m.
Track available	7 - 9 a.m.
Shot Put, Long Jump and Triple Jump	7 - 9 a.m.
High Jump, Pole Vault, and Hammer	8 - 9 a.m.

Friday, May 26

Hammer and Javelin	7 - 9 a.m.
Track available	7 - 11 a.m.
Shot Put, Long Jump and Triple Jump	7 - 11 a.m.
High Jump, Pole Vault, and Discus	9 - 11 a.m.

Saturday, May 27

Hammer and Javelin	7 - 9 a.m.
Track available	7 - 11 a.m.
Shot Put, Long Jump and Triple Jump	7 - 11 a.m.
High Jump, Pole Vault, and Discus	9 - 11 a.m.

***Children under the age of 18 (unless they are competing student-athletes) and infants will only be allowed in team camp areas, not warm-up/active competition and practice areas for safety. Additionally, practice and warm-up venues are off limits to any post-collegians. These facilities are strictly available only for competing student-athletes.**

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.

NCAA TRACK & FIELD

COMPETITION SCHEDULE OF EVENTS



WEDNESDAY, MAY 24

TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
6:00 PM	110 Hurdles	Men	First Round
6:30 PM	1500 Meters	Men	First Round
7:00 PM	100 Meters	Men	First Round
7:25 PM	400 Meters	Men	First Round
7:50 PM	800 Meters	Men	First Round
8:20 PM	400 Hurdles	Men	First Round
8:45 PM	200 Meters	Men	First Round
9:10 PM	10,000 Meters	Men	Semifinal

FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
10:00 AM	*Hammer	Men	First Round
1:30 PM	Javelin	Men	First Round
6:00 PM	Shot Put	Men	First Round
6:00 PM	Long Jump	Men	First Round
6:30 PM	Pole Vault	Men	First Round

THURSDAY, MAY 25

TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
6:00 PM	100 Hurdles	Women	First Round
6:30 PM	1500 Meters	Women	First Round
7:00 PM	100 Meters	Women	First Round
7:25 PM	400 Meters	Women	First Round
7:50 PM	800 Meters	Women	First Round
8:20 PM	400 Hurdles	Women	First Round
8:45 PM	200 Meters	Women	First Round
9:10 PM	10,000 Meters	Women	Semifinal

FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
10:00 AM	*Hammer	Women	First Round
1:30 PM	Javelin	Women	First Round
6:00 PM	Shot Put	Women	First Round
6:00 PM	Long Jump	Women	First Round
6:30 PM	Pole Vault	Women	First Round

FRIDAY, MAY 26

TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
5:00 PM	4x100 Relay	Men	Quarterfinals
5:15 PM	1500 Meters	Men	Quarterfinals
5:40 PM	3000 Steeplechase	Men	Semifinals
6:15 PM	110 Hurdles	Men	Quarterfinals
6:35 PM	100 Meters	Men	Quarterfinals
6:50 PM	400 Meters	Men	Quarterfinals
7:05 PM	800 Meters	Men	Quarterfinals
7:25 PM	400 Hurdles	Men	Quarterfinals
7:50 PM	200 Meters	Men	Quarterfinals
8:10 PM	5000 Meters	Men	Semifinals
8:45 PM	4x400 Relay	Men	Quarterfinals

FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
1:00 PM	*Discus	Men	First Round
2:30 PM	High Jump	Men	First Round
6:00 PM	Triple Jump	Men	First Round

SATURDAY, MAY 27

TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
5:00 PM	4x100 Relay	Women	Quarterfinals
5:15 PM	1500 Meters	Women	Quarterfinals
5:40 PM	3000 Steeplechase	Women	Semifinals
6:15 PM	100 Hurdles	Women	Quarterfinals
6:35 PM	100 Meters	Women	Quarterfinals
6:50 PM	400 Meters	Women	Quarterfinals
7:05 PM	800 Meters	Women	Quarterfinals
7:25 PM	400 Hurdles	Women	Quarterfinals
7:50 PM	200 Meters	Women	Quarterfinals
8:10 PM	5000 Meters	Women	Semifinals
8:45 PM	4x400 Relay	Women	Quarterfinals

FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
1:00 PM	*Discus	Women	First Round
2:30 PM	High Jump	Women	First Round
6:00 PM	Triple Jump	Women	First Round

**Hammer and discus for both men and women will be conducted outside the main competition oval.*
All times listed are Eastern Time
Schedule is subject to change (revised 2/24/2023)

AWARDS

There will be no official awards for individuals, teams or relays at the first rounds.

UNIFORMS AND LOGOS

Reference: Bylaw 12.5.4 in the NCAA Manual

All uniforms and logos must comply with the 2023-24 NCAA Men's and Women's Track and Field and Cross Country Rule Book.

VIDEO/WIRELESS COMMUNICATION

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

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 Competition Oversight Committee.

ACADEMICS

If academic support is required for any student-athletes, please contact Tara Sunquist, by phone, 904-402-6914, or by email, Tara.Sunquist@unf.edu.

BIB / HIP NUMBERS

Athletes must wear the competitor bibs on the front and back of their jersey/singlet. Athletes competing in the long jump, triple jump, high jump and pole vault may wear one bib on either the front or back. Bibs may not be altered in any manner. Bib numbers will be required at check-in and for all subsequent events. Hip numbers will be issued at check-in and must be worn on both hips.

CHECK-IN

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.

Summary of Student-Athlete Flow:

1) Student-athletes must check-in at the clerking area located in between the practice and competition track near the long/triple jump runways.
2) Student-athletes will be escorted from the clerking area to the track. Athletes can pick up their personal items where they left them in the clerking area.
3) Student-athletes will be escorted to the post-event recovery area accordingly after each event. Athletes can pick up their personal items where they left them in the clerking area.
4) After completion of the event, student-athletes may be asked to conduct an interview within the media Mixed Zone.

Check-In (Clerking Areas)

All student-athletes must check-in for their events in the clerking area located in between the practice and competition track near the long/triple jump runways. Uniform, equipment/spike/shoe check, instructions, and escorting will take place accordingly.

All student-athletes must check in with the clerk per the following running event and field event schedule (see below).

Check-In (Running Events):
Student-athletes must report and check-in as is noted below on an event by event and heat by heat basis.

- 100 Meters, 100/110 Hurdles, 200 Meters, 400 Meters, and 400 Hurdles
  In the **preliminary round** of each event, competitors in the first heat will check-in with the clerk no later than 15 minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than 10 minutes prior to the published scheduled start time of the event. Competitors in the third heat will check-in with the clerk no later than 5 minutes prior to the published scheduled start time of the event. Competitors in the fourth heat will check-in with the clerk no later than the published scheduled start time of the event. Competitors in the fifth heat will check-in with the clerk no later than 5 minutes after the published scheduled start time of the event. Competitors in the sixth heat will check-in with the clerk no later than 10 minutes after the published scheduled start time of the event.

  In the **quarter-final round** of each event, competitors in the first heat will check-in with the clerk no later than 15 minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than 10 minutes prior to the published scheduled start time of the event. Competitors in the third heat will check-in with the clerk no later than 5 minutes prior to the published scheduled start time of the event.

- 800 Meters
  In the **preliminary round**, competitors in the first heat will check-in with the clerk no later than 15 minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than 10 minutes prior to the published scheduled start time of the event. Competitors in the third heat will check-in with the clerk no later than 5 minutes prior to the published scheduled start time of the event. Competitors in the fourth heat will check-in with the clerk no later than the published scheduled start time of the event. Competitors in the fifth heat will check-in with the clerk no later than 5 minutes after the published scheduled start time of the event. Competitors in the sixth heat will check-in with the clerk no later than 10 minutes after the published scheduled start time of the event.

  In the **quarter-final round**, competitors in the first heat will check-in with the clerk no later than 15 minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than 10 minutes prior to the published scheduled start time of the event. Competitors in the third heat will check-in with the clerk no later than 5 minutes prior to the published scheduled start time of the event.

- 1500 Meters

  In the **preliminary round**, competitors in the first heat will check-in with the clerk no later than 15 minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than 10 minutes prior to the published scheduled start time of the event. Competitors in the third heat will check-in with the clerk no later than 5 minutes prior to the published scheduled start time of the event. Competitors in the fourth heat will check-in with the clerk no later than the published scheduled start time of the event.

  In the **quarter-final round**, competitors in the first heat will check-in with the clerk no later than 15 minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than 10 minutes prior to the published scheduled start time of the event.

- 3000 Steeplechase

  Competitors in the first heat will check-in with the clerk no later than 15 minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than 5 minutes prior to the published scheduled start time of the event. Competitors in the third heat will check-in with the clerk no later than 5 minutes after the published scheduled start time of the event.

- 5000 Meters

  Competitors in the first heat will check-in with the clerk no later than 15 minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than the published scheduled start time of the event.

- 10,000 Meters

  Competitors will check-in with the clerk no later than 15 minutes prior to the published scheduled start time of the event.

- 4x100 Relay and 4x400 Relay

  Teams in the first heat will check-in with the clerk no later than 15 minutes prior to the published scheduled start time of the event. Teams in the second heat will check-in with the clerk no later than 10 minutes prior to the published scheduled start time of the event. Teams in the third heat will check-in with the clerk no later than 5 minutes prior to the published scheduled start time of the event.

  Any final changes or replacements to relays may occur up until five (5) minutes before the published start time of the event. Any changes must be done by the institution's coach at the Clerk's tent. No changes will be allowed later than five (5) minutes before the published start time of the relay event.

Check-In (Field Events):
Student-athletes must check-in and report to clerking per the following schedule.

- Discus, Hammer, Javelin — **Flight 1**: Check-in no later than 45 minutes prior to the start of the event, at which time they will be escorted to their assigned competition site;
  Flight 2: Check-in no later than 30 minutes after the published start time of the event, at which time they will be escorted to their assigned competition site;
  Flight 3: Check-in no later than 1 hour and 40 minutes after the published start time of the event, at which time they will be escorted to their assigned competition site.
- Shot Put — **Flights 1 & 2**: Check-in no later than 45 minutes prior to the published start time of the event, at which time they will be escorted to their assigned competition area;
  Flights 3 & 4: Check-in no later than 20 minutes after the published start time of the event, at which time they will be escorted to their assigned competition area.
- Long Jump, Triple Jump — **Flights 1 & 2**: Check-in no later than 45 minutes prior to the published start time of the event, at which time they will be escorted to their assigned competition area;
  Flights 3 & 4: Check-in no later than 40 minutes after the published start time of the event, at which time they will be escorted to their assigned competition area.
- High Jump — Check-in no later than 1 hour and 15 minutes prior to the published start time of the event, at which time they will be escorted to their assigned competition area.
- Pole Vault — Check-in no later than 1 hour and 30 minutes prior to the published start time of the event, at which time they will be escorted to their assigned competition area.

COACHES MEETING

There will be a virtual coaches meeting on Friday, May 19 at 1 p.m. ET. A virtual link will be provided to all qualifying head coaches after selections. All aspects of the competition and administrative procedures will be discussed. It is **MANDATORY** that each institution's head coach, or a representative of the institution, be present during the meeting. A minimum fine of $200 per gender/per team will be assessed for those participating institutions not in attendance.

COACHING BOXES

Coaches Boxes (where applicable for field events) are accessible with Coaches credentials. Coaches boxes will be designated outside of the competition area. Only one coach from each institution

(provided they have a student-athlete competing in that event), will be admitted to the coaching box area.

CREDENTIALS

Credentials will be provided for all coaches, student-athletes, media, committee representatives, officials, and other personnel as stipulated in NCAA Bylaw 11. Credentials for each institution will be distributed at packet pick-up for coaches, athletic trainers, university personnel, and student-athletes.

Credentials for media will be available at will call, which is located at the Ticket box office in Hodges Stadium. Passes may be picked up at any time during the meet. See additional information on how to request media credentials, under the media section of this manual.

Competitors must have credentials in order to access ticketed and credentialed areas. At the conclusion of each event, unless it is a final, competitors will be directed to leave the track. No competitor shall be on the track unless involved in an event or an approved warm-up period for an upcoming event.

Credentials should be worn accordingly at all times.

DRUG TESTING

Drug testing facilities will be located in Hodges Stadium should drug testing be conducted at this event.

Student-athletes who compete in this championship may be subjected to a drug test in accordance with bylaws 18.4.1.5 and 31.2.3, and may be determined to be ineligible as a result thereof. If drug testing occurs at this session of the 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.

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

ELECTRONIC COMMUNICATION

Websites

Host site: [NCAA Outdoor Track and Field East First Round - 2023 - University of North Florida Athletics (unfospreys.com)]
NCAA Track and Field Championships: [DI Outdoor Track & Field Tickets | NCAATickets.com]

Twitter

To get meet management updates (e.g. weather delays) via Twitter please follow **@OspreyXCTF**

FIELD EVENT WARM-UP PROCEDURES

Field Event Competitors will be permitted onto the competition site based on their flight. There is no general warm-up for any throwing and horizontal jumping event. Student-athletes, by flight, will be escorted to the event site prior to each flight, in order to be part of the 30-minute flight specific warm-up period (for the Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin), which will begin when the officials at the event have received the escorted competitors and have the event site ready. Each flight of the High Jump will be allowed a 1-hour warm-up period. Each flight of the Pole Vault will be allowed a 1 hour and 15-minute warm-up period. Please read the Technical manual for regulations regarding determination of flights and advancement as well as specifics regarding each event.

IMPLEMENT INSPECTION

Implement inspection will take place in the parking area on the north end of Hodges Stadium. Student-athletes and coaches are encouraged to turn in implements the day prior to competition. **NO IMPLEMENTS WILL BE ACCEPTED LATER THAN 3 HOURS PRIOR TO THE WARM-UP PERIOD FOR THE EVENT.** Once an implement is submitted for certification, it will remain impounded until the completion of the competition. 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 implement inspection area 30 minutes after the conclusion of the final flight of the event.

Competitors who require implements for practice after inspection should bring secondary implements.

Implements Inspection days and hours are as follows:

Tues:	May 23rd - 12 p.m. to 5 p.m.
Weds:	May 24th - 8 a.m. to 5 p.m.
Thurs:	May 25th - 8 a.m. to 5 p.m.
Fri:	May 26th - 8 a.m. to 5 p.m.
Sat.	May 27th - 8 a.m. to 5 p.m.

MEDIA RELATIONS

Credentials – Photo, SID, Media

- Requests for credentials should be submitted to Brock Borgeson at brock.borgeson@unf.edu. Be sure to specify the type of credential needed.
- Credentials are granted to authorized working press, Host/NCAA approved officials and event management personnel only.
- Media organization identification and the name of the media member covering the event for that outlet are required for every credential.
- Passes are not transferable. Media members that need to alter their original request should do so by contacting Brock Borgeson at brock.borgeson@unf.edu.
- Media will call is located at the ticket box office in Hodges Stadium. Passes may be picked up at any time during the meet or at the UNF Athletic Media Relations office in UNF Arena prior to the event.
- Media Parking: Lot 5 is available for media parking during the event, with credentials.

Media/Mixed Zone Area

The South Locker Room in Hodges Stadium will serve as the Media Interview Area and can be accessed by passing from the Southwest Gate through the mixed zone at the South end of the stadium. We will also have a mixed media zone tent on the south end of the stadium.

MEDICAL INFORMATION

Ambulance

An ambulance will be on site during the practice rounds and on all competition days.

Athletic Training / Medical Information

The host medical area will be located in lot 18 near the team tent area and the finish line.

Athletic training facilities will be available for the competing institutions before, during, and after all practices and events. Access to these facilities at other times will be by arrangement with the host school athletic training staff.

If a certified athletic trainer cannot travel with your team, then a letter stating any treatments that should be performed on their student-athlete(s) should be provided and signed by the certified athletic trainer.

A host team physician will be available to you for the duration of the championship.

If a medical scratch occurs prior to arriving on site, then the scratch must be verified by the institution's team doctor. If the scratch occurs after arriving on site, the scratch must be verified by host medical personnel by completing an evaluation and proper paperwork.

Once competition begins, a student-athlete who fails to compete or finish in any event at the first rounds or national championship sites, and is entered in additional events, must receive medical verification from the host medical staff stating that they were unable to finish or start the event. Additionally, they must then get medically cleared before they can be eligible to return to competition in any other event. The proper medical paperwork must be completed and will be available in the medical area at each site. (Rule 12-18 b&c)

Please contact the host athletic training staff if any services are necessary.

Each day, ice and other first aid items will be available. In the event a modality is needed, prior requests should be made with the host sports medicine staff.

Championship Medical Contacts

Fred Burnett 904-562-0437 fred.burnett@unf.edu	Claire Darnell 636-232-7414 claire.darnell@unf.edu

Concussion Management / Hospitals and Emergency Services

Ascension St. Vincent's Southside 4201 Belfort Road Jacksonville, FL 32216 904-296-3700	Ascension St. Vincent's Urgent Care 6699 Gate Pkwy U, Jacksonville, FL 32256 904-450-8135

PACKET PICK-UP

Tuesday, May 23
1 – 5 p.m.
John A. Delaney Student Union, Building 52W on the 3rd Floor.

All relay cards must be completed and submitted at this time.

PARKING

Team vans, cars and spectator parking will be available in Lot 18, which is just to the north of the stadium. Please note that all TEAM buses must park in LOT 55 after unloading, There will be no charge for spectator nor team parking.

Officials, media, and NCAA Staff parking will be available in Lot 5, which is located south of the stadium near the tennis courts.

Disability parking will also be located in Lot 18

PARTICIPANT ENTRANCES/DROP-OFF

Refer to Appendix A.

POLE SHIPPING / STORAGE

Pole Vault Storage will be at Hodges Stadium. Poles can be delivered beginning May 15th to the below address.

Pole Vault Shipping Address:

Hodges Stadium, Bldg. 46
1 UNF Drive
Jacksonville, FL 32224-2672

PRACTICE FIELDS / AREAS AND WEIGHT ROOM ACCESS

Jacksonville University will host visiting teams that would like to practice during this championship. Teams will be allowed to practice May 24th thru 27th from 8 am to 5 pm. Please contact Ryan Duff at rduff@ju.edu if you have any questions.

Note: Pole vault practices nor weight room facilities are available at Jacksonville University.

STUDENT WELLNESS COMPLEX FACILITY USAGE (Weight Room)

UNF Recreation and Wellness welcomes the NCAA East Region First Round Track Championship athletes to the UNF Student Wellness Complex, a state-of-the-art fitness facility. To make your visit and stay on campus successful, please review the following guidelines with your athletes prior to them accessing the Student Wellness Complex.

1. Each student-athlete and coach will be required to sign in and complete a waiver upon entrance to the facility.

2. Please have each athlete present their track credential when they check in at Member Services every time they come in.

3. Access times to the SWC open to NCAA Athletes are 8 a.m. to 6 p.m. daily except on Saturday. Saturday the SWC will open at 9a.m.

4. Athlete visits are limited to one hour and 30 minutes per session.

5. The SWC has limited access to 100 student-athletes at any one time on a first come, first served basis.

All users:

1. Store bags/backpacks in the cubbies on the 2nd floor. We are not responsible for any lost or stolen items.

2. No spikes on the 3rd level running track. Pay special attention when running around the northeast corner of the track because it is a blind corner.

3. Any overhead lifts should be performed either within a power rack or on the Olympic platforms.

4. Olympic lifts which may require dropping the bar must use only our designated Olympic bars, and bumper plates and performed only on the 2 platforms.

5. Re-rack all weights, bars, and equipment used.

6. Avoid excessive yelling and/or chanting while utilizing the facility.

7. Follow all posted facility rules and regulations. Please review all rules with athletes ahead of time at https://www.unf.edu/recwell/policies.html . Any individual and/or organization not fully complying with the SWC policies and guidelines or cooperating with the staff may be asked to vacate the premises and may have their privileges revoked.

Direct all fitness center usage questions and reservations to Kayliana Quiver k.quiver@unf.edu or 904-620-2808.

***Children under the age of 18 (unless they are competing student-athletes) and infants will only be allowed in team camp areas, not warm-up/active competition and practice areas for safety. Additionally, practice and warm-up venues are off limits to any post-collegians. These facilities are strictly available only for competing student-athletes.**

MERCHANDISE AND CONCESSIONS

Merchandise tables will be posted inside the entrance and will be open during competition hours from May 24th through May 27th. Concessions will be available when gates open.

MOTHER'S ROOM

A private Mother's Room will be made available, by request, for use at the competition venue. To secure such a room, please contact Fred Burnett (fred.burnett@unf.edu) at least 24 hours prior to arrival.

PROTESTS

See the 2023-2024 NCAA Track and Field Rules Book. The protest table will be located near the Video Board on the south end of the stadium. There is a $100 protest fee (cash or check made out to host institution) due at the time of the protest. The $100 will be reimbursed should the ruling be overturned. Please note all protests must be filed within 15 minutes of the posting of final results. The referees' decision will be final. The referees' decision will be posted at the protest area as soon as the information is available from the referees.

RELAY EVENTS – CHAMPIONSHIPS POLICY/PROCEDURES

Each relay card shall 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 during the championships 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 Outdoor Technical Manual.

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

RESULTS / HEAT SHEETS

Heat sheets and results will be available online at ncaa.com. Results will also be available on the UNF Athletic website (www.UNFOspreys.com).

Copies of the original start/heat sheets will be available for coaches at packet pick-up.

RULES

The NCAA Division I Men's and Women's Outdoor Track and Field Championships First Rounds will be conducted according to 2023-2024 NCAA Track and Field Rules.

SPIKES/SHOES

A maximum of 7mm spike length may be used for all events with the exception of the high jump and javelin. Participants in the high jump and javelin may use spikes up to 9mm in length. **Christmas tree and needles are prohibited.**

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

Additionally, per World Athletics/USATF requirements, in order for marks to be recognized by both World Athletics and USATF (e.g., ranking points, event qualification, and records) in laned track events, any two steps on the inside lane line while running on the bend at any point during a competition, including across multiple rounds of the same event in a meet, will result in WA/USATF mark disqualification. In track events not run completely in lanes, any two steps over the line at any point during a competition will result in WA/USATF mark disqualification.

Note: These two items do NOT supersede NCAA rules for conduct of NCAA championship competition and would only disqualify athletes' marks for consideration for WA/USATF purposes.

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

BLOCKS AND BATONS

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 100m, 200m, 400m, 100 hurdles, 110 hurdles, 400 hurdles, 4x100m relay and 4x400m relay. 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.

The only starting blocks that may be used are those as provided on site by the host meet management and Gill Athletics.

Additionally, batons will be provided by Gill Athletics and will be the only batons allowed for use during the relay events.

TENTS / TEAM AREAS

Tents and team camps are not allowed inside Hodges Stadium. Due to the lack of shade on the warm-up field / team camp area (see appendix), it is **strongly suggested** that teams have tents. Tents are available for pre-order from our vendor, All About Events. A link to their site to order can be found at: https://www.allabouteventsjax.com/. A copy of the order form was emailed out to all coaches and is also available in Appendix D of this manual. **The deadline to order is May 15th.**

***Children under the age of 18 (unless they are competing student-athletes) and infants will only be allowed in team camp areas, not warm-up/active competition and practice areas for safety. Additionally, practice and warm-up venues are off limits to any post-collegians. These facilities are strictly available only for competing student-athletes.**

TICKETS AND TEAM PASS LIST INFORMATION

Tickets can be purchased in advance online. On meet day, tickets will be available for purchase at Hodges Stadium ticket windows beginning one hour prior to the first event of the day through the start of the last event of the day.

Forms of Payment: For advance and day of event walk-up sales, the following methods of payment are accepted: cash and all major credit cards.

Pass List: All player-guest pass list tickets for the track and field first rounds 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 or smart phone number will be needed.

Competing institutions must submit any pass list requests to Adam Polansky at a.polansky@unf.edu no later than **Monday, May 22 at 12 P.M. EASTERN TIME. Submitted information must 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 competition. Information submitted late or incomplete will not be accepted.

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 Wednesday, how many single day tickets are needed for Thursday, how many single day tickets are needed for Friday, how many single day tickets are needed for Saturday, and/or how many 4-day all-session tickets are needed. If specific days are not indicated, the guest will be assigned an all-session ticket. All tickets will be

General Admission. Teams submitting a pass list will be invoiced by the host following the event and will be billed for all requested tickets to the championships whether they were used or not.

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

First Round Championship Ticket Pricing
(Seating is general admission)

All Session (4 Days)	Price
Adult	**$40.00**
Youth (17 and under) and Senior Citizen	**$35.00**
College Student**	**$35.00**
Children 2 and under	**FREE**
Single Day Pricing	**Price**
Adult	**$15.00**
Youth (17 and under) and Senior Citizen	**$15.00**
College Student**	**$15.00**
Children 2 and under	**FREE**
Notes:	
** Must present valid college ID	
Items restricted in venue:	
Smoking/Tobacco use Outside Food or Drink Pets unless clearly marked service animals	

Gates will open to spectators at

- *9:00 AM on Wednesday, May 24*
- *9:00 AM on Thursday, May 25*
- *12:00 PM on Friday, May 26*
- *12:00 PM on Saturday, May 27*

TIE-BREAKING AND ADVANCEMENT PROCEDURES

Note that at each First Round Site, in each event contested, **no more** than twelve (12) competitors or twelve (12) relay teams shall advance from a First Round Site of the Championships to the Final Championships Competition site. **The stated maximums are absolute and will not be extended**.

Refer to the NCAA Division I Men's and Women's Outdoor Track and Field Technical Manual for full details.

INCLEMENT WEATHER PROCEDURES

In the event of inclement weather or a disaster of any kind, as it is determined by NCAA Championship Officials, Host Meet Management Officials and/or University Police Department personnel, the following plan has been established should it be necessary to evacuate the venue:

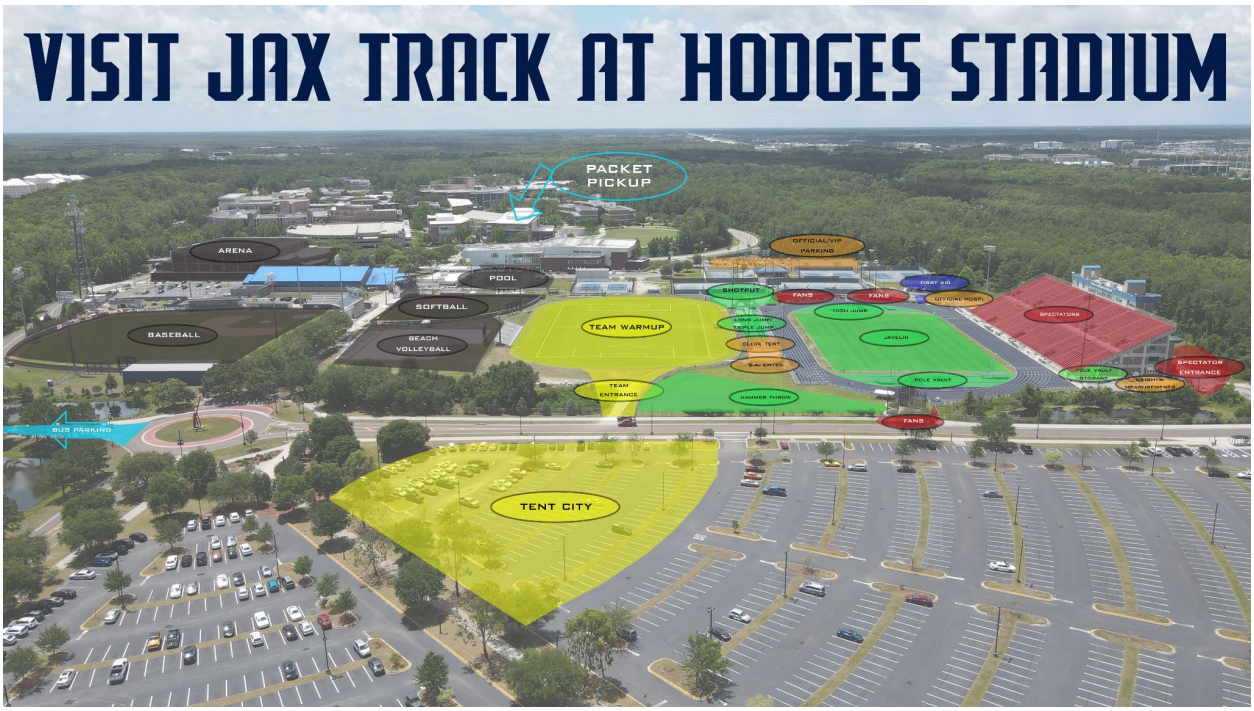
All student-athletes/coaches/trainers from the competing institutions will be evacuated to UNF Arena or asked to return to their vehicles.

All meet and championship officials will be directed to Hodges Stadium Locker Rooms. All fans/patrons will be asked to return to their vehicles.

Following NCAA protocol, we will be using an online lightning detection and weather monitoring system. Once lightning enters the 30-mile radius of competition, we will begin preparations to protect the student-athletes and spectators. Once lightning enters within an eight-mile radius of our site, competition must stop and student-athletes and spectators will be moved to safe areas. We will not begin any activity until 30 minutes have passed since the last lightning strike inside the warning ring.

Meet management will update all participants and spectators by loudspeaker, internet, and twitter updates.

Appendix A - Facility Diagram



Appendix B - Track Markings for Visit Jax Track at UNF

Hurdles

100M Hurdles (W) North -> South Yellow Ticks, South -> North Yellow Triangles

110M Hurdles (M) North -> South Blue Ticks, South -> North Blue Triangles

300M Hurdles Red Ticks

400M Hurdles Green Ticks

Relays

4X100 Meter Start at White, Relay Yellow Exchange Zone, Break at Turn 1

4X200 Meter Start at White/Red/White, Relay Red Exchange Zone, Break at Turn 4

4X400 Meter Start at White/Blue/White, Relay Blue Exchange Zone, Break at Turn 3

Sprints/Runs

60/80 Meter Start at Tics inside Lane 1 and Outside Lane 9

200 Meter Dash Start at White, Solid Black if Reversed

400 Meter Dash Start at White

800 Meter Dash Start at White/Green/White

1500 Meter Start at White

Appendix C - Directions to Venue

From the Jacksonville International Airport

- Head south on Dixie Clipper Drive toward Thomas Imeson Ave
- Slight right to turn right on Intl. Airport Blvd
- Continue on Intl. Airport Blvd to I-295
- Turn left onto I-295 Eastern Beltway toward Blount Island/Jax Beaches
- Take the Town Center Pkwy exit 52 toward University of North Florida Dr
- Turn left at Town Center Pkwy
- Continue onto University of North Florida Drive
- Left at North/South Road toward Lot 18 and Hodges Stadium

From the North via I-95

- Take Exit 362A to merge onto I-295 Eastern Beltway toward Blount Island/Jax Beaches
- Take the Town Center Pkwy exit 52 toward University of North Florida Dr.
- Turn left at Town Center Pkwy
- Continue onto University of North Florida Drive
- Left at North/South Road toward Lot 18 and Hodges Stadium

From the West via I-75, I-10, I-77

- Take I-10 to I-95 S toward Jax Beaches/Daytona Beach
- Take exit 344 for Fl-202 E (Butler Blvd)
- Turn left at Fl-202 E (Butler Blvd)
- Take the exit onto I-295 North toward Airport
- In 1 mile, Take the Town Center Pkwy exit 52 toward University of North Florida Drive
- Keep right at the fork, follow signs for University of North Florida and merge onto Town
- Center Pkwy
- Continue onto University of North Florida Drive
- Left at North/South Road toward Lot 18 and Hodges Stadium

From the South via I-95, I-4

- From I-95, take exit 337 onto I-295 Eastern Beltway.
- Go approximately 10 miles to Town Center Pkwy, exit 52 toward University of North Florida Drive
- Keep right at the fork, follow signs for University of North Florida and merge onto Town Center Pkwy
- Continue onto University of North Florida Drive

Left at North/South Road toward Lot 18 and Hodges Stadium

Appendix D - Tent Rental Form

Tent Order Form

NCAA EAST REGIONALS

May 22-28, 2023

Please choose what tent size and additional items you would need.

Send complete order form to: william@allabouteventsjax.com

Tents:**

- **10’x10’ : $830.00**
- **15’x15’ : $1025.00**
- **20’x20’ : $1500.00**

Larger sizes available upon request.

Delivery & set up.
All tents will have sidewall on 3 sides.

Additional Items:

	Price (per item)	Qty. Needed
Tables	$21.00	
Chairs	$5.00	

Misting Fan with Generator:

	Price	Qty.
○	**$575.00** (includes power for fan only)	