

**NCAA DIVISION II
MEN'S AND WOMEN'S
TRACK AND FIELD**



**OUTDOOR CHAMPIONSHIPS
TECHNICAL MANUAL**

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INTRODUCTION

This manual outlines the technical procedures for competition for the 2026 NCAA Division II Men's and Women's Outdoor 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 2026 NCAA Division II Men's and Women's Outdoor 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 2025-26 NCAA Division II 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 Division II Track & Field Championship Manager Donisha Carter at the NCAA national office. Once the Championships begin, questions related to procedures not covered in this manual should be referred to Meet Management for the NCAA Division II Men's and Women's Outdoor Track and Field Championships.

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QUALIFYING FOR THE NCAA DIVISION II MEN'S AND WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONSHIPS

1. Qualifying for the Championships.

Qualification to the Championships is based on the descending order list for the current outdoor season, prepared solely from the mandatory submission of meet results during the current outdoor season and adhering to the current Championships Qualifying Regulations published in the current 2026 Pre-Championships Manual. For each individual event, other than the Decathlon and Heptathlon contested at the Championships, the top twenty-two (22) declared student-athletes will be accepted into the Championships. For both the Decathlon (men) and Heptathlon (women), the top sixteen (16) declared student-athletes in each will be accepted into the championships. For each relay event contested at the Championships, the top sixteen (16) 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 outdoor 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 (Decathlon/Heptathlon), 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 13-6-2.). 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 14-2, "Failure to Participate" and Rule 14-1 "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 2026 NCAA Division II Men's and Women's Outdoor Track & Field Pre-Championships Manual.

ADMINISTRATION OF THE CHAMPIONSHIPS

1. General Administration.

The administration of the Championships is the responsibility of the NCAA Division II Men's and Women's Track and Field Committee, the NCAA championships staff, and the event management staff at the championship facility and/or 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 12-3.
- b. **Meet Management.** Meet Management will consist of the NCAA Division II Track & Field Committee.

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 12-2)

- c. **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 12-19.
- d. **Referee(s).** The NCAA Track and Field National Officials Assignor will appoint four referees for the Championships. Referees have the authority prescribed in Rule 12-4.

A minimum of two (2) referees are required to address and agree on a final decision, per Rule 13-7-3.b.1 1.c) 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 II Men's and Women's Track and Field Committee. The NCAA Division II Men's and Women's Track and Field 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 II Men's and Women's Track and Field and Committee and published on the NCAA.org website.
- b. The Championships will be conducted as a three-day event.
- c. The events contested in the Championships are the 100 Meters, 200 Meters, 400 Meters, 800 Meters, 1500 Meters, 5000 Meters, 10,000 Meters, 100 Hurdles (women), 110 Hurdles (men), 400 Hurdles, 4x100 Relay, 4x400 Relay, Discus, Hammer, High Jump, Javelin, Long Jump, Pole Vault, Triple Jump, Shot Put, Decathlon (men), and Heptathlon (women).

3. Check-in Procedures.

Running Events:

Competitors must be checked-in with the clerk at the athlete check-in station no later than 20 minutes before the published scheduled start time of their event. Competitors who have properly checked-in will be able to warm up in the warm-up area but must report back to the athlete check-in station no later than 15 minutes before the

published scheduled start time of their event. Competitors will be escorted by a clerk to the track 5-7 minutes before the published scheduled start time of their event. Hurlers will be allowed limited practice on the track surface just before the start of their races.

Field Events:

Long Jump, Triple Jump: Competitors from both flights must be checked-in with the clerk at the athlete check-in station no later than 45 minutes before the published scheduled start time of their event. Competitors must report back to the athlete check-in station no later than 45 minutes before the published scheduled start time of their event. Competitors in flight 1 will be escorted to the event 45 minutes before the published scheduled start time of their event. Second flight will report back to the clerks 15 minutes after the published start time.

High Jump: Competitors must be checked-in with the clerk at the athlete check in station no later than 60 minutes before the published scheduled start time of their event. Competitors must report back to the athlete check-in station no later than 60 minutes before the published scheduled start time of their event. Competitors will be escorted to the event 55 minutes before the published scheduled start time.

Shot Put, Discus Throw, Hammer Throw, Javelin Throw: Competitors from both flights must be checked-in with the clerk at the athlete check-in station no later than 45 minutes before the published scheduled start time of their event. Competitors must report back to the athlete check-in station no later than 45 minutes before the published scheduled start time of their event. Competitors in flight 1 will be escorted to the event 45 minutes before the published scheduled start time. Second flight will report back to the clerks 15 minutes after the published start time.

Pole Vault: Competitors must be checked-in with the clerk at the athlete check in station no later than 90 minutes before the published scheduled start time of their event. Competitors must report back to the athlete check-in station no later than 90 minutes before the published scheduled start time of their event. Competitors will be escorted to the event 85 minutes before the published scheduled start time. If competitors do not wish to be in the competition area that long, they may ask to wait until 30 minutes before the start to be escorted out.

Combined Events:

Competitors must be checked-in with the clerk at the athlete check in station no later than 30 minutes before the published scheduled start time of their event. Competitors will be able to warm up on the track. The clerk will instruct the student-athletes at what time they should report to their first event of the day.

Field Event Warm-up Procedures.

There will be 20 minutes of flight-specific warmup for the preliminary round for the throws and horizontal field events. There is no general warm-up period. The final round will start a maximum of 10 minutes after finalists are determined during which time competitors shall be allowed to use the venue for supervised warm-up.

There will be approximately a 75-minute warm-up period for the Pole Vault.

There will be approximately a 45-minute warm-up period for High Jump.

Pits, runways, and circles for all field events close approximately 5 minutes prior to the start of the event for instructions and introductions.

4. Lane Assignments

The meet management, as authorized by Rule 15-11, designates the preferred lane list as:

200m, 400m, 400H, 800m, 4x100 Relay, 4x400 Relay Oval: 5, 6, 4, 7, 3, 8, 2, 1

100m, 100H, 110H Straightaway: 5, 4, 6, 3, 7, 2, 8, 1

5. Heats, Flights, Qualifying Procedures, and Stagers.

The provisions and procedures prescribed in Rules 15-10, 15-11, 13-4 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.

a. **100 Meters, 100 Meter Hurdles, 110 Meter Hurdles, 200 Meters, 400 Meters, and 400 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 seven (7) competitors and one (1) heat of eight (8) competitors.

The **semi-final round heats** will be formed by seeding competitors based on their declared qualifying performance mark according to Rule 15-10-1.c. and Rule 15-10-2.a.1).

Eight (8), the top two (2) from each **semi-final round 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.

Lane assignments in the **semi-final round** will be assigned by preferred lane according to Rule 15-12.

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

Lane assignments for the **final round** will be assigned by preferred lane, based on semi-final round place and time performance marks according to Rule 15-12.

b. **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 seven (7) competitors and one heat of eight (8) competitors.

The **semi-final round heats** will be formed by seeding competitors based on their declared qualifying performance mark according to Rule 15-10-1.c. and Rule 15-10-2.a.1).

Eight (8), the top two (2) from each **semi-final round 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.

Lane assignments in the **semi-final round** assigned by preferred lane according to Rule 15-12.

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

Lane assignments in the **final round** will be assigned by preferred lane, based on semi-final round place and time performance marks according to Rule 15-12.

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

c. **1500 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 eleven (11) competitors.

The **semi-final round heats** will be formed by seeding competitors based on their declared qualifying performance mark according to Rule 15-10-1.d. and Rule 15-10-2.a.1).

Twelve (12), the top four (4) from each **semi-final round 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.

Starting positions in the **semi-final round** will be drawn by lot according to Rule 15-12.

- (3) The **final round** will consist of one (1) section of twelve (12) competitors.

Starting positions in the **final round** will be according to Rule 15-12.

- (4) A waterfall start will be used in both rounds.

d. 3000 Steeplechase

- (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 eleven (11) competitors.

The **semi-final round heats** will be formed by seeding competitors based on their declared qualifying performance mark according to Rule 15-10-1.d. and Rule 15-10-2.a.1).

Twelve (12), the top four (4) from each **semi-final round 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.

Starting positions in the **semi-final round** will be drawn by lot according to Rule 15-12.

- (3) The **final round** will consist of one (1) section of twelve (12) competitors.

Starting positions in the **final round** will be assigned according to Rule 15-12.

- (4) A single waterfall start will be used in both rounds.

e. 5000 Meters and 10,000 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 twenty-two (22) competitors.

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

Alley assignments and starting positions will be assigned according to Rule 15-12.

Seven (7) competitors will be assigned to the outside alley. The fifteen (15) remaining competitors will be assigned to the inside alley start according to Rule 15-1-7.

f. 4x100 relay

- (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) teams.

The **semi-final round heats** will be formed by seeding teams based on their declared qualifying performance mark according to Rule 15-10-1.c. and Rule 15-10-2.a.1).

Eight (8), the top two (2) from each **semi-final round 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 by preferred lane according to Rule 15-12.

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

Lane assignments in the **final round** will be assigned by preferred lane, based on semi-final round place and time performance marks according to Rule 15-12.

g. 4x400 Relay

- (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) teams.

The **semi-final round heats** will be formed by seeding teams based on their declared qualifying performance mark according to Rule 15-10-1.c. and Rule 15-10-2.a.1).

Eight (8), the top two (2) from each **semi-final round 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 by preferred lane according to Rule 15-12.

- (4) The **final round** will consist of one (1) section of eight (8) relay teams.

Lane assignments in the **final round** will be assigned by preferred lane, based on semi-final round place and time performance marks according to Rule 15-12.

- (3) A lane start with a three-turn stagger will be used.

h. 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 two (2) flights eleven (11) competitors in each event, on a single competition facility.

Flight determination is based on qualifying list performance order. Best performances including ties from the qualifying list will be in the second flight, with a greater number of competitors in the second flight if necessary. The competition order in the semi-final round within each flight

will be drawn by lot according to Rule 13-4-2.

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

The competitors with the nine (9) best marks from the semi-final round, after tie-breaking using Rule 13-5-6, will qualify from the semi-final round to the final round and compete in reverse order of performance from the semi-final round.

i. High Jump

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

The **final round** will consist of one (1) section of twenty-two (22) competitors on a single competition facility.

The competition order will be based on qualifying list performance order best performance jumping last.

Note: Meet Management retains its authority to adjust starting heights, and increment progressions due to unforeseen circumstances at the Championships.

j. Pole Vault

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

The **final round** will consist of one (1) section of twenty-two (22) competitors on a single competition facility.

The competition order will be based on qualifying list performance order best performance jumping last.

Note: Meet Management retains its authority to adjust starting heights, and increment progressions due to unforeseen circumstances at the Championships.

k. Discus, Hammer, Javelin and Shot Put

(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 two (2) sections of eleven (11) competitors in each event, on a single competition facility.

The competition order in the semi-final round within each flight will be drawn by lot according to Rule 13-4-2.

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

The competitors with the nine (9) best marks from the semi-final round, after tie-breaking using Rule 13-5-6, will qualify from the semi-final round to the **final round** and compete in reverse order of performance from the semi-final round.

L. Combined Events Details – Decathlon and Heptathlon

100 Meters

The Decathlon 100 Meters will consist of two sections as equal in number as possible.

Sections will be assigned on the basis of qualifiers' verified seasonal best performance in any 100 Meters. The competitors with the fastest performances, while maintaining an approximate equal number per section, will be assigned to the second section and the remaining competitors assigned to the remaining section. The lane assignments within each section will be drawn by lot.

200 Meters

The Heptathlon 200 Meters will consist of two sections as equal in number as possible.

Sections will be assigned on the basis of qualifiers' verified seasonal best performance in any 200 Meters. The competitors with the fastest performances, while maintaining an approximate equal number per section, will be assigned to the second section and the remaining competitors assigned to the remaining section. The lane assignments within each section will be drawn by lot.

400 Meters

The Decathlon 400 Meters will consist of two sections as equal in number as possible.

Sections will be assigned on the basis of qualifiers' verified seasonal best performance in any 400 Meters. The competitors with the fastest performances, while maintaining an approximate equal number per section, will be assigned to the second section and the remaining competitors assigned to the remaining section. The lane assignments within each section will be drawn by lot.

100/110 Meter Hurdles

The Combined Events Heptathlon 100 Meter Hurdles and Decathlon 110 Meter Hurdles each will consist of four sections using alternate lanes. The determination of odd or even lanes will be made by the Games Committee. A set of hurdles also will be placed inside of lane one or outside of the last lane unless facility constraints cannot accommodate this procedure.

Sections in the Combined Event 100/110 Meter Hurdles will be assigned on the basis of qualifiers' verified seasonal best performance in any 100/110 Meter Hurdles. The fastest competitors shall be seeded into the last section. Each section, starting with the fastest (which competes last) will be filled before assigning a competitor to a slower section. No section shall have fewer than two competitors. The lane assignments within each section will be drawn by lot.

800 Meters/1500 Meters

The Heptathlon 800 Meters and Decathlon 1500 Meters will each be contested in one section from a waterfall start. Starting positions shall be drawn by lot by the Referee after the penultimate event.

800 Meter will use a double waterfall.

1500 Meters will use a single waterfall.

Long Jump

The Combined Events Long Jump each will consist of one flight conducted on a single competition venue.

The competition order will be drawn by lot.

Discus

The Combined Events Discus each will consist of one flight conducted on a single competition venue.

The competition order will be drawn by lot.

Javelin

The Combined Events Javelin each will consist of one flight conducted on a single competition venue.

The competition order will be drawn by lot.

Shot Put

The Combined Events Shot put each will consist of two flights approximately equal in number, conducted simultaneously on similar, but separate competition venues.

The competition order will be drawn by lot.

High Jump

The Combined Events High Jump each will consist of two flights approximately equal in number, conducted simultaneously on similar, but separate competition venues.

Flight assignments in each of the High Jump events will be confirmed by a polling of competitors by the referee before the first event of the Combined Event and based on the requested entry height made by the competitor during the polling. Each flight will have at least six competitors. Competition order in each flight will be drawn by lot. The 'five-alive' procedure will not be used.

The opening height for the 'low pit', will be set by the referee after the polling and then used to determine the heights and progression for each flight.

Pole Vault

The Combined events Pole Vault will consist of one flight conducted on a single competition venue.

Competition order will be drawn by lot. The 'five-alive' procedure will not be used.

The opening height will be set by the referee after polling the competitors regarding their requested entry height and then used to determine the progression for the event.

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, fifteen (15) are declared in the Men's 60 Meters with a mark of 6.66 or better. Ten (10) additional are declared with a best descending order list mark of 6.67. Will all ten (10) be accepted into the Championships?

RULING: No. Only twenty-two (22), total, will be accepted into the Championships. That means only seven (7) of the tying ten (10) 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 ten (10). Assume the second (2nd) best meet performance mark submissions are 6.68, 6.69, 6.70, 6.69, 6.68, 6.71, 6.70 and 6.72. The two (2) individuals with the second (2nd) best of 6.68 are accepted, as well as the two individuals with a second (2nd) best of 6.69 are accepted, and the tie-breaking procedure continues, but only involves the two (2) individuals with submissions of 6.70. If one (1) of those had a third (3rd) 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.

CASE STUDY 2: Relay Situations.

SITUATION: Of the four (4) student-athletes listed on the Championships declaration form for the 4x400 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.

CASE STUDY 4: Ties -Vertical Jumps

SITUATION 1: In the open pole vault or high jump competition, two athletes clear the same final height. If the tie concerns first place, are the two athletes required to participate in a jump-off?

RULING: No, they do not have to participate in a jump-off if both eligible athletes withdraw from the competition before it begins. Those competitors shall then tie for first place. The following rules will take place for ties in the vertical jump.

Rule 13-5.7 Ties—Vertical Jumps

1) If it concerns first place, the competitors tying shall have one more jump at each height, starting at the next height in the original progression above the tying height and, if a decision is not reached, the bar shall be raised if the tying competitors were successful, or lowered if not, 2 centimeters in the High Jump and 5 centimeters in the Pole Vault.

2) Competitors tying must jump once on each occasion when resolving the tie.

3) A competitor withdrawing from a jump-off shall concede any opportunity for a higher placing in the event, but shall not be barred from competition in any subsequent events, nor shall it negate a competitor's performance in that event up to the point of withdrawal.

4) If all competitors eligible for a jump-off withdraw from the competition before it begins, those competitors shall tie for first place, and any team points shall be added together and divided equally between the tying competitors.

5) If it concerns any other place, the competitors shall be awarded the same place in the competition, and any team points shall be added together and divided equally between the tying competitors.

CLERKING SCHEDULE

Thursday, May 21

EVENT	Final Check-in Time	Final Report Time	Event Start
M Combined Events	<i>10:00a</i>		10:30
W Combined Events	<i>10:30a</i>		11:00
M Hammer Flight 1	<i>11:45a</i>	<i>11:45a</i>	12:30
M Hammer Flight 2	<i>11:45a</i>	<i>12:45p</i>	
M Long Jump Flight 1	<i>1:45p</i>	<i>1:45p</i>	2:30
M Long Jump Flight 2	<i>1:45p</i>	<i>2:45p</i>	
W Pole Vault	<i>1:30p</i>	<i>1:30p</i>	3:00
W Hammer Flight 1	<i>2:45p</i>	<i>2:45p</i>	3:30
W Hammer Flight 2	<i>2:45p</i>	<i>3:45p</i>	
M 4x100m Relay	<i>4:30p</i>	<i>4:30p</i>	4:50
W 4x100m Relay	<i>4:40p</i>	<i>4:40p</i>	5:00
M 1500	<i>4:50p</i>	<i>4:55p</i>	5:10
W 1500	<i>5:05p</i>	<i>5:10p</i>	5:25
W Long Jump Flight 1	<i>4:45p</i>	<i>4:45p</i>	5:30
W Long Jump Flight 2	<i>4:45p</i>	<i>5:45p</i>	
M 400m	<i>5:20p</i>	<i>5:25p</i>	5:40
W 400m	<i>5:35p</i>	<i>5:40p</i>	5:55
M 100m	<i>5:50p</i>	<i>5:55p</i>	6:10
W 100m	<i>6:05p</i>	<i>6:10p</i>	6:25
M 3000m Steeplechase	<i>6:20p</i>	<i>6:25p</i>	6:40
W 3000m Steeplechase	<i>6:50p</i>	<i>6:55p</i>	7:10
M 400m Hurdles	<i>7:20p</i>	<i>7:25p</i>	7:40
W 400m Hurdles	<i>7:35p</i>	<i>7:40p</i>	7:55
M 10,000m	<i>7:50p</i>	<i>7:55p</i>	8:10
W 10,000m	<i>8:30p</i>	<i>8:35p</i>	8:50

Friday, May 22

EVENT	Final Check-in Time	Final Report Time	Event Start
M Combined Events	<i>9:00a</i>		9:30
W Combined Events	<i>10:00a</i>		10:30
M Discus Flight 1	<i>12:45p</i>	<i>12:45p</i>	1:30
M Discus Flight 2	<i>12:45p</i>	<i>1:45p</i>	
M High Jump	<i>2:30p</i>	<i>2:30p</i>	3:30
W Discus Flight 1	<i>3:45p</i>	<i>3:45p</i>	4:30
W Discus Flight 2	<i>3:45p</i>	<i>4:45p</i>	
W Triple Jump Flight 1	<i>4:00p</i>	<i>4:00p</i>	4:45
W Triple Jump Flight 2	<i>4:00p</i>	<i>5:00p</i>	
M 200m	<i>5:10p</i>	<i>5:15p</i>	5:30
W 200m	<i>5:25p</i>	<i>5:30p</i>	5:45
M 800m	<i>5:40p</i>	<i>5:45p</i>	6:00
W 800m	<i>5:55p</i>	<i>6:00p</i>	6:15

M 110m Hurdles	<i>6:15p</i>	<i>6:20p</i>	6:35
W 100m Hurdles	<i>6:30p</i>	<i>6:35p</i>	6:50
M 3000m Steeplechase	<i>6:55p</i>	<i>7:00p</i>	7:15
W 3000m Steeplechase	<i>7:10p</i>	<i>7:15p</i>	7:30
M 4x400m Relay	<i>7:30p</i>	<i>7:30p</i>	7:50
W 4x400m Relay	<i>7:50p</i>	<i>7:50p</i>	8:10

Saturday, May 23

EVENT	Final Check-in Time	Final Report Time	Event Start
M Javelin Flight 1	<i>11:15a</i>	<i>11:15a</i>	12:00
M Javelin Flight 2	<i>11:15a</i>	<i>12:15p</i>	
W Shot Put Flight 1	<i>11:45a</i>	<i>11:45a</i>	12:30
W Shot Put Flight 2	<i>11:45a</i>	<i>12:45p</i>	
M Pole Vault	<i>12:30p</i>	<i>12:30p</i>	2:00
M Triple Jump Flight 1	<i>1:30p</i>	<i>1:30p</i>	2:15
M Triple Jump Flight 2	<i>1:30p</i>	<i>2:30p</i>	
W Javelin Flight 1	<i>2:15p</i>	<i>2:15p</i>	3:00
W Javelin Flight 2	<i>2:15p</i>	<i>3:15p</i>	
W High Jump	<i>2:15p</i>	<i>2:15p</i>	3:15
M 4x100m Relay	<i>3:10p</i>	<i>3:10p</i>	3:30
W 4x100m Relay	<i>3:20p</i>	<i>3:20p</i>	3:40
M Shot Put Flight 1	<i>3:00p</i>	<i>3:00p</i>	3:45
M Shot Put Flight 2	<i>3:00p</i>	<i>4:00p</i>	
M 1500m	<i>3:35p</i>	<i>3:40p</i>	3:55
W 1500m	<i>3:45p</i>	<i>3:50p</i>	4:05
M 110m Hurdles	<i>3:55p</i>	<i>4:00p</i>	4:15
W 100m Hurdles	<i>4:05p</i>	<i>4:10p</i>	4:25
M 400m	<i>4:15p</i>	<i>4:20p</i>	4:35
W 400m	<i>4:25p</i>	<i>4:30p</i>	4:45
M 100m	<i>4:35p</i>	<i>4:40p</i>	4:55
W 100m	<i>4:45p</i>	<i>4:50p</i>	5:05
M 800m	<i>4:55p</i>	<i>5:00p</i>	5:15
W 800m	<i>5:05p</i>	<i>5:10p</i>	5:25
M 400m Hurdles	<i>5:20p</i>	<i>5:25p</i>	5:40
W 400m Hurdles	<i>5:30p</i>	<i>5:35p</i>	5:50
M 200m	<i>5:50p</i>	<i>5:55p</i>	6:10
W 200m	<i>6:00p</i>	<i>6:05p</i>	6:20
M 5,000m	<i>6:10p</i>	<i>6:15p</i>	6:30
W 5,000m	<i>6:35p</i>	<i>6:40p</i>	6:55
M 4x400m Relay	<i>7:00p</i>	<i>7:00p</i>	7:20
W 4x400m Relay	<i>7:10p</i>	<i>7:10p</i>	7:30