

PARTICIPANT 2024-25 MANUAL

Championships History

Men's History

1993	University of Wisconsin-La Crosse
1994	University of Wisconsin-La Crosse
1995	Lincoln University (Pennsylvania)
1996	Lincoln University (Pennsylvania)
1997	University of Wisconsin-La Crosse
1998	Lincoln University (Pennsylvania)
1999	Lincoln University (Pennsylvania)
2000	Lincoln University (Pennsylvania)
2001	University of Wisconsin-La Crosse
2002	University of Wisconsin-La Crosse
2003	University of Wisconsin-La Crosse
2004	University of Wisconsin-La Crosse
2005	University of Wisconsin-La Crosse
2006	University of Wisconsin-La Crosse
2007	Lincoln University (Pennsylvania)
2008	University of Wisconsin-La Crosse
2009	University of Wisconsin-La Crosse/ University of Wisconsin-Oshkosh (tie)
2010	North Central College
2011	North Central College
2012	North Central College
2013	University of Wisconsin-La Crosse
2014	University of Wisconsin-La Crosse
2015	University of Wisconsin-Eau Claire
2016	University of Wisconsin-Eau Claire
2017	North Central College/ University of Wisconsin-La Crosse (tie)
2018	University of Mount Union
2019	North Central College
2020	Cancelled due to COVID-19
2021	Cancelled due to COVID-19
2022	University of Wisconsin-Eau Claire/ Washington University in St. Louis (tie)
2023	University of Wisconsin-La Crosse
2024	University of Wisconsin-La Crosse

Women's History

1993	University of Wisconsin-Oshkosh
1994	University of Wisconsin-Oshkosh
1995	University of Wisconsin-Oshkosh
1996	University of Wisconsin-Oshkosh
1997	Christopher Newport University
1998	Christopher Newport University
1999	Wheaton College (Massachusetts)
2000	Wheaton College (Massachusetts)
2001	Wheaton College (Massachusetts)
2002	Wheaton College (Massachusetts)
2003	Wheaton College (Massachusetts)
2004	University of Wisconsin-Oshkosh
2005	University of Wisconsin-Oshkosh
2006	University of Wisconsin-Oshkosh
2007	Williams College
2008	Illinois Wesleyan University
2009	Wartburg College
2010	Wartburg College
2011	University of Wisconsin-Oshkosh
2012	Wartburg College
2013	University of Wisconsin-Oshkosh
2014	University of Wisconsin-Oshkosh
2015	University of Wisconsin-La Crosse
2016	Baldwin Wallace University
2017	Washington University in St. Louis
2018	University of Massachusetts Boston
2019	Williams College
2020	Cancelled due to COVID-19
2021	Cancelled due to COVID-19
2022	Loras College
2023	University of Wisconsin-La Crosse
2024	Loras College

Division III Men's and Women's Track and Field and Cross Country Committee

<u>Region I / East</u>	<u>Region II / Mideast</u>
Jason Linders Director of Athletics Gordon College Email: jason.linders@gordon.edu	David Nicholson Head Cross Country Track and Field Coach Eastern Connecticut State University Email: nicholsond@easternct.edu
<u>Region III / Niagara</u>	<u>Region IV / Mid-Atlantic</u>
Jackie Nicholson Director of Athletics Rochester Institute of Technology Email: jknatl@rit.edu	Jessica Cooper, chair Director of Cross Country/Track and Field Grove City College Email: cooperjl@gcc.edu
<u>Region V / Metro</u>	<u>Region VI / Great Lakes</u>
Jon D'Ottavio Asst. Cross Country/Track and Field Coach Moravian University Email: dottavioj@moravian.edu	Ayanna Tweedy Director of Athletics Rose-Hulman Institute of Technology Email: tweedy@rose-hulman.edu
<u>Region VII / South</u>	<u>Region VIII / North</u>
Andrew Marrocco Head Men's Cross Country Coach Shenandoah University Email: amarrocc@su.edu	Josh Henry Head Men's Cross Country/Track Field Coach Carthage College Email: jhenry2@carthage.edu
<u>Region IX / Midwest</u>	<u>Region X / West</u>
Denise Udelhofen Director of Athletics Loras College Email: denise.udelhofen@loras.edu	Kennadi Bouyer Senior Woman Administrator Pacific Lutheran University Email: kennadi.bouyer@plu.edu
Secretary Rules Editor	Data Services
Mark Kostek Secretary Rules Editor Cell: 515-208-8300 Email: kostekmt@gmail.com	Tylor Knickerbocker Leone Timing P.O. Box 1343 Seymour, Tennessee 37865 Email: tylor@leonetiming.com

NCAA Staff

Laura Peterson-Mlynski Director, Championships and Alliances Cell: 317-544-9425 Email: lpeterson@ncaa.org	Margaret Gaines-Hornberger Assistant Coordinator, Championships and Alliances Email: mgaines@ncaa.org
---	--

Host Personnel

Title	Name	Phone	Email Address
Facility Director	Angelashley Diaz	585-389-2857	adiaz4@naz.edu
Marketing Director	Amber Brewer	585-217-7313	amberb@visitrochester.com
Facility Deputy Dir. Co-Meet Director	James Goss	585-747-9300	jgoss2@naz.edu
Sports Events Mgr. Co-Meet Director	Traci Lian	585-389-2835	tlian9@naz.edu
Ticketing Manager	Debbie Feasel	585-389-2068	dfeasel9@naz.edu
Media/PR Contact	Jeff Rahmlow	585-355-3818	jrahmlo3@naz.edu
Catering	Amber Brewer	585-217-7313	amberb@visitrochester.com
Merchandise	Kelly Dunne	585-389-2190	kdunne0@naz.edu

Championships Website

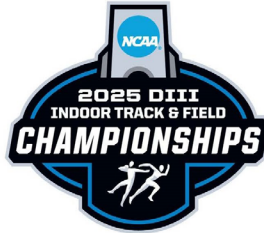
The official championships website is located at <http://www.ncaa.com/championships/trackfield-indoor-men/d3> OR <http://www.ncaa.com/sports/trackfield-indoor-women/d3>. Start lists and results will be available on this website. For information specific to coaches and administrators, please consult the Indoor Track and Field Championship [landing page](#) on NCAA.org.

Golisano Training Center

<https://nazathletics.com/facilities/golisano-training-center/6>

[NCAA DIII ITF Championships Microsite](#)

Schedule of Events



Friday - Men's Heptathlon			
Start Time	Event	Gender	Description
10:00 AM	60 Meters	Men	Heptathlon
~10:40 AM	Long Jump (<i>Outer Pit</i>)	Men	Heptathlon
~1:00 PM	Shot Put (<i>main circle</i>)	Men	Heptathlon
~3:00 PM	High Jump (<i>2 pits</i>)	Men	Heptathlon

Saturday - Men's Heptathlon			
Start Time	Event	Gender	Description
10:00 AM	60 Meter Hurdles	Men	Heptathlon
~11:20 AM	Pole Vault (<i>1 pit</i>)	Men	Heptathlon
~4:45 PM	1000 Meters	Men	Heptathlon

Friday - Women's Pentathlon			
Start Time	Event	Gender	Description
10:20 AM	60 Meter Hurdles	Women	Pentathlon
~11:20 AM	High Jump (<i>2 pits</i>)	Women	Pentathlon
~1:05 PM	Shot Put (<i>secondary</i>)	Women	Pentathlon
~2:35 PM	Long Jump (<i>Outer Pit</i>)	Women	Pentathlon
~4:20 PM	800 Meters	Women	Pentathlon

Saturday			
Field Events			
Start Time	Event	Gender	Description
11:00 AM	Triple Jump (<i>Outer Pit</i>)	Women	Prelims & Final
11:00 AM	Shot Put	Men	Prelims & Final
12:00 PM	High Jump	Men	Final
2:30 PM	Shot Put	Women	Prelims & Final
2:30 PM	Triple Jump (<i>Inner Pit</i>)	Men	Prelims & Final
3:00 PM	High Jump	Women	Final
Running Events			
10:00 AM	60 Meter Hurdles	Men	Heptathlon
2:50 PM	National Anthem		
3:00 PM	60 Meter Hurdles	Men	Final
3:10 PM	60 Meter Hurdles	Women	Final
3:25 PM	60 Meters	Men	Final
3:35 PM	60 Meters	Women	Final
4:00 PM	Mile	Men	Final
4:15 PM	Mile	Women	Final
4:25 PM	400 Meters	Men	Final
4:40 PM	400 Meters	Women	Final
4:50 PM	800 Meters	Men	Final
5:05 PM	800 Meters	Women	Final
5:15 PM	200 Meters	Men	Final
5:30 PM	200 Meters	Women	Final
5:40 PM	3000 Meters	Men	Final
6:00 PM	3000 Meters	Women	Final
6:20 PM	4x400 Meter Relay	Men	Final
6:40 PM	4x400 Meter Relay	Women	Final

Friday			
Field Events			
Start Time	Event	Gender	Description
10:00 AM	35 lb. Weight Throw	Men	Prelims & Final
11:00 AM	Pole Vault	Women	Final
12:00 PM	Long Jump (<i>Inner Pit</i>)	Women	Prelims & Final
3:30 PM	Long Jump (<i>Inner Pit</i>)	Men	Prelims & Final
3:30 PM	20 lb. Weight Throw	Women	Prelims & Final
3:30 PM	Pole Vault	Men	Final
Running Events			
10:00 AM	60 Meters	Men	Heptathlon
10:20 AM	60 Meter Hurdles	Women	Pentathlon
1:20 PM	National Anthem		
1:30 PM	60 Meter Hurdles	Men	Prelims
1:45 PM	60 Meter Hurdles	Women	Prelims
2:00 PM	60 Meters	Men	Prelims
2:15 PM	60 Meters	Women	Prelims
2:35 PM	Mile	Men	Prelims
2:50 PM	Mile	Women	Prelims
3:05 PM	400 Meters	Men	Prelims
3:25 PM	400 Meters	Women	Prelims
3:45 PM	800 Meters	Men	Prelims
4:00 PM	800 Meters	Women	Prelims
4:15 PM	200 Meters	Men	Prelims
4:30 PM	200 Meters	Women	Prelims
4:45 PM	5000 Meters	Men	Final
5:10 PM	5000 Meters	Women	Final
5:35 PM	4 X 400 Relay	Men	Prelims
5:55 PM	4 x 400 Relay	Women	Prelims
6:15 PM	Distance Medley Relay	Men	Final
6:30 PM	Distance Medley Relay	Women	Final

~ = approximate time
All times Eastern

Coaches Meeting

There will be a mandatory coaches' meeting at 12 p.m. Eastern time, Monday, March 10 on Microsoft TEAMS.

Banquet

No banquet will be hosted this year. Student-athletes will receive a gift in lieu of the banquet.

Practice Schedule

The track will be available for practice during the times listed below. Student-athletes practicing on the track must be accompanied by a coach.

	Wednesday Availability	Thursday Availability	Friday Availability
Oval	4p.m. to 8 p.m.	8 a.m. to 1 p.m.	8 to 9:30 a.m.
Straightaway	Noon to 4 p.m.	1 p.m. to 3 p.m.	Not available
Pole vault	Noon to 8 p.m.	8 a.m. to 3 p.m.	8 to 9:30 a.m.
Long jump (Runway -Inner)	Noon to 2 p.m. 4 to 6 p.m.	8 to 10 a.m.; Noon to 1:30 p.m.	8 to 9:30 a.m.
Triple jump (Runway -Inner, Men)	2 to 4 p.m.; 6 to 8 p.m.	10 a.m. to noon; 1:30 to 3 p.m.	8 to 9:30 a.m.
Long jump (Runway -Outer)	Noon to 2 p.m. 4 to 6 p.m.	8 to 10 a.m.; Noon to 1:30 p.m.	8 to 9:30 a.m.
Triple jump (Runway -Outer, Women)	2 to 4 p.m.; 6 to 8 p.m.	10 a.m. to noon; 1:30 to 3 p.m.	8 to 9:30 a.m.
Shot put (throws cage)	Noon to 2 p.m. 4 to 6 p.m.	8 to 10 a.m.; Noon to 1:30 p.m.	8 to 9:30 a.m.
Weight throw (throws cage)	2 to 4 p.m.; 6 to 8 p.m.	10 a.m. to noon; 1:30 to 3 p.m.	8 to 9:30 a.m.
High jump (HJ apron)	Noon to 8 p.m.	8 a.m. to 3 p.m.	8 to 9:30 a.m.

Warm Ups

Friday, March 14 and Saturday, March 15 – Three roll out lanes will be provided in the turf warm-up area see facility diagram (Appendix A). The warm-up area has three lanes 30.50 meters in length in the middle of the turf. Hurdles and starting blocks will be provided for warmup activities.

The three warm-up lanes will be reserved for student-athletes with upcoming events 400M and down requiring starting blocks. The warm up area will be monitored at all times.

Awards

Championships Awards

The top eight finishers in each event at the championships will receive official NCAA awards. First through fourth-place team trophies will be awarded in each of the championships. In addition, each national champion team will receive watches. In case of ties, awards will be shipped after the championships.

Locker Room Program

The national championship teams will receive champion t-shirts and hats as part of the NCAA locker room program. These items will be presented at the team awards ceremony after the final event.

NCAA Elite 90

The NCAA Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the finals site for each of the NCAA's 90 championships. Each institution that has at least one student-athlete qualify for the finals round/site is eligible to nominate a student-athlete to win the award for that championship. All ties are broken by number of credits completed. For more information regarding this program, please contact Mark Bedics at elite90@ncaa.org or 317-917-6222. All documents, including eligibility, deadlines and nomination forms are located at <http://www.ncaa.org/about/resources/events/awards/elite-90-academic-recognition-award-program>.

The deadline for Division III Men's and Women's Indoor Track and Field is Monday, March 10 at 5 p.m. Eastern time.

Ordering Additional Awards

Institutions may order additional awards as long as it was the same type received during the championships. All awards orders will be approved by the NCAA. To place an order, please go to <http://www.mtmrecognition.com/ncaa/>.

Participation Medallions

All competing student-athletes (excluding alternates) will receive participation medallions at the championships during packet pick-up.

Student-Athlete Participant Award

Student-athletes will receive a participation award on site provided to members of the official travel party of institutions that advance to the championship final sites. See **Appendix H** for more information and to order additional awards.

Championships Format

Declarations

All information regarding declarations for the 2025 NCAA Division III Indoor Track and Field Championship is located in the [Pre-Championships Manual](#).

Coaches are encouraged to enter the names of any possible relay alternates in Direct Athletics during the declaration period when declaring their relay team for the championships. This will ensure that bibs will be ready for those athletes at packet pickup should you choose to bring those athletes to the meet. You will still be allowed to add and/or change relay alternates at packet pickup regardless of what you enter online. There are no penalties for entering a student-athlete as an alternate on Direct Athletics, but then not bringing them. When entering student-athletes on Direct Athletics, if you should need to add more names than the declaration form will allow, please enter those names in the preferences for that relay.

Heat Sheets

Heat sheets for Friday will be included in the coaches' welcome packet.

Results

Unofficial results will be posted in the hallway connecting the student-athlete warm-up area and the track. After the protest period, final results will be posted on the same boards if a result is overturned.

Championships Operations

Check-In and Clerking

Check in will take place at the clerk's table in the Clerk Room (located to the turf warm-up field).

Competition spikes (1/4" exposed or less, no pin or Christmas tree spikes) must be brought to the clerking table in the clerking area for inspection during the check-in time. Spikes for field events will be checked at the event. Spikes will also be checked between prelims and finals. **Spikes that have been approved will receive a colored zip tie each day.** See **Appendix G** for the clerking schedule. This will also be enclosed in the meet information packet and posted at the results area. Baskets for warm up clothes will be provided in the staging area.

Coaches Boxes

Coaches' boxes will be designated on the outside of the track for each field event. Field Event stickers will be picked up during packet pick-up. Coaches may check-in at their box 60 minutes prior to the start of the event (90 minutes for pole vault). Coaches may use electronic devices, including video cameras, while in a coaches' box. One coach per institution will be allowed in this area. Only coaches with the correct credentials will be allowed in the coaches' box.

Competitor Bibs

Competition bibs for each participating student-athlete will be included in each team's packet, along with eight safety pins per competitor. These bibs must be worn on the front and the back of the uniform jersey during competition for running competitors. Field event competitors must wear their name bib on either the front or the back of the uniform jersey during competition.

Designated hip numbers will be given to each track event student-athlete at the clerking area. For relays, only the anchor runner will receive numbers. Numbers will be placed on the uniform shorts/briefs (not on the skin) and on the chest.

Drug Testing

NCAA championships committees, following a recommendation from the NCAA drug-testing subcommittee, have discontinued the practice of announcing whether drug testing will be conducted at NCAA championship events.

Although knowing prior to competition whether NCAA drug testing was to occur had value for reasons of convenience, it left open the possibility that student-athletes might be tempted to use banned substances if they knew that NCAA testing was not being conducted at the site of competition.

Therefore, all coaches and student-athletes should presume that NCAA drug testing will occur at this championships event. Please inform your student-athletes that in the event they are notified of their selection for drug testing, the student-athlete must inform an official representative of your institution (e.g., coach, athletic trainer) before proceeding to the drug-testing site. Student-athletes will be reminded by the courier to contact their team representative.

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

Emergency/Evacuation Plans

In case of an emergency, please follow these action plans or follow the directions of the nearest volunteer.

Fire Action Plan.

If a fire begins in the competition area, leave the area and locate the nearest pull-station and sound the alarm or call 9-1-1. Exit the building via the nearest exit and meet in the rear parking lot of the facility.

Tornado and Severe Weather

The meet director and NCAA staff and committee will monitor weather conditions and forecasts during the week and morning of the championships.

In the event of a tornado or severe weather, stay in the nearest building or shelter. Spectators should remain in the building and not evacuate the area, and competitors and staff should proceed to a safe location as necessary by NCAA emergency personnel.

Electronic Communication

The use of any wireless communication device by a competitor during the competition is prohibited. These prohibited electronics include the use of video or audio devices, radio transmitters or receivers, mobile phones, and computers or any similar devices in the competition area.

Equipment (Starting Blocks, Weights, and Batons)

All student-athletes will be required to use the blocks and batons as supplied by Gill and exclusive for this NCAA championship.

Gill throwing weights will be available for competition; however student-athletes may use their own implement as long as it meets the certification process. Once an implement is checked in and inspected it becomes available to all competitors. **Student-athletes may use their own implement(s) if they choose as long as they meet the certification process at the championships.**

The implements that will be provided by Gill for the championships are as follows:

Gill Orbiter 20lb Indoor Throwing Weights
Dominator Tungsten 20lb Indoor Throwing Weights
Gill Orbiter 35lb Indoor Throwing Weights
Dominator Tungsten 35lb Indoor Throwing Weights

Hospitality

Student-Athletes

Beverages and snacks will be provided in the upstairs mezzanine level for student-athletes and coaches. Credentials must be provided upon entry.

Implement Weigh-In

Implements will be weighed and measured at weigh in, located at the implement weigh-in/storage area, located on the northeast side of the competition floor. See **Equipment** for information regarding throwing weights.

Thursday, March 13 (11 a.m.-3 p.m.)

The implement weigh-in/storage area will be open during this time for anyone who wants to turn in their implements before Friday morning.

Friday, March 14 (7-9:30 a.m.) and Saturday, March 15 (7-9:30 a.m.)

All implements must be turned in at least two hours before the start of the first flight of the event. Once an implement passes certification, it will be impounded and delivered to the event site 60 minutes prior to the event start time. Failed implements will remain impounded until the event is over.

Competitors who require implements for practice after weigh-in should bring secondary implements. Illegal implements will be secured until after the meet and may be picked up at the conclusion of competition. A list of non-certified implements will be posted at the weigh-in station.

Lost and Found

Lost and found will be located at the security desk.

Packet Pick up

Packets are provided for each team and may be picked up Thursday, March 13, from 1 – 2:30 pm at the Otto Shults Center, Kidera Gymnasium 4245 East Avenue, Rochester, New York 14618. It is approximately a 400-meter walk from the Golisano Training Center. Parking for the packet pick-up will be available in parking lot “G.”

Coaches will receive the following in each packet:

Student-athlet credential(s)
Parking pass(es)
Competitor numbers

Coaches credential(s)
Safety pins
Participant medallions

No student-athletes will be allowed in the packet pick-up area. If you are unable to pick up your team's packet at this time, late packet pick-up will be available by contacting Laura Peterson (lpeterson@ncaa.org; 317-544-9425 (cell)).

Pole Vault/Pole Storage

Pole vault implements can be shipped to the competition site. Poles may be brought into the facility and stored during practice times, beginning on Wednesday, March 12. Each institution is responsible for packaging and coordinating shipping arrangements. Please include implement return shipping form in package (see **Appendix F** for form).

Nazareth University
Golisano Training Center
Attention: NCAA Track Angel Diaz
4245 East Avenue
Rochester, NY 14618

(Phone number, if required by shipping company, 585-389-2857)

Please do not call to verify that your shipment has arrived; use the shipping company's on-line tracking information. It is your responsibility to arrange for shipping your implements home.

Post-Championship Evaluations

NCAA staff will email a link to a site-evaluation form to coaches after the championships. We ask that coaches forward this link to their student-athletes. The evaluation form is also available via the QR code on the back of each credential.

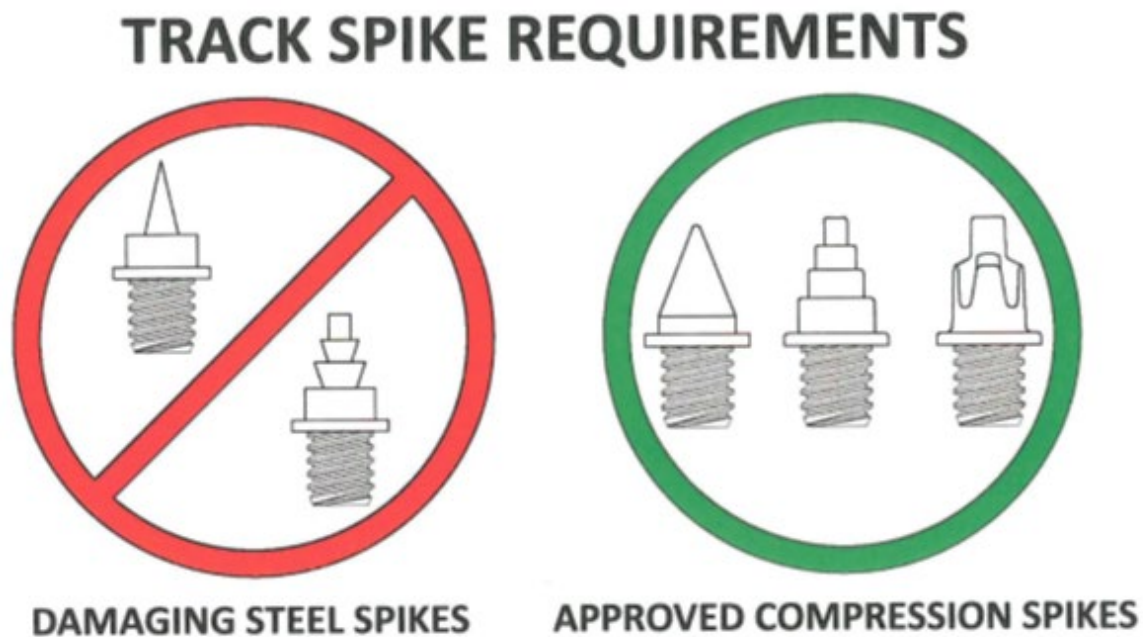
Protest Procedures

A protest/appeals table will be located in the southeast entrance to the competition floor in a marked room. **See Appendix A for the location.** Forms will be available at the table for the head coach to provide information about the alleged incident or problem, citing the NCAA rulebook. A protest must be filed no later than 15 minutes after the official results are posted. The protest will be in writing and submitted to the referee who will render a decision. All institutions involved in the protest will be notified of the protest and the decision. The referee's decision will be written on each copy of the protest. One copy will be returned to the protesting coach and one will be placed in the committee's files. A \$100 deposit is required for all protests, which will be returned if the protest is successful in reversing the decision. The ruling and explanation will be posted along with the results of the race.

If the violation that is being protested was called by the referee, the protest will be referred directly to the jury of appeals for review. As part of the protest process, the decision of the referee may be appealed through the appointed jury of appeals, in writing, not later than 15 minutes after the referee's decision has been announced. Any official evidence available to the referee may be reviewed. If such evidence is not conclusive, the decision of the referee will be upheld. No further appeal is available. The result of an appeal will be posted and the affected coaches notified. A \$100 deposit is required for all appeals, which will be returned if the appeal is granted. The games committee will serve as the jury of appeals for the DIII indoor track and field championships.

Spikes

Only spikes with a maximum length of ¼" exposed are allowed. Spikes must be pyramid or Christmas tree spikes. See diagram on the next page.



Please consult Mondo bulletin #11-001, USATF's Competition Rules Handbook, and/or IAAF's Track & Field Facilities manual for more detailed information regarding spike recommendations.

Water/POWERADE for Participants

Water and POWERADE will be available for student-athletes during practice and competition. Equipment carrying any branding other than POWERADE will not be permitted during NCAA championships and all product should be consumed out of the NCAA-provided POWERADE branded water cups only.

Competition Site

Building Hours

The Golisano Training Center will be open to competing student-athletes two hours prior to the start of competition each day. Doors will open one hour before the start of competition for spectators.

Facility

Track. Six-lane Mondo Super X 720 13mm (eight-lane straightaway), 200 meter 44" lane width.

Long Jump. Inner Runway- 162'7" LJ approach, 48" wide runway. 8' from LJ board to pit.
Outer Runway- 135'5" LJ approach, 48" wide runway. 8' from LJ board to pit.

Triple Jump. Inner (Men) Runway- 162'7" TJ approach, 48" wide runway. 40' and 36' from TJ board to pit.
Outer (Women) Runway- 135'5" TJ approach, 48" wide runway. 32' & 28' from TJ board to pit.

****Please note, the take off boards are manufactured by Gill and will be made of composite material.***

Pole Vault. Primary Runway - 162'3" approach, 48" wide runway.

Shot Put and Weight Throw. Inlaid concrete circle with drop down cage. Contested inside the track.

Participant Entrance

All student-athletes, coaches and institutional personnel must present a credential for access to the facility. Participating student-athletes enter the competition venue via the side entrance to the Golisano Training Center marked "A or C" on the map listed in appendix A.

Spectators may enter the facility through the main entrance of the facility marked "D" on the map listed in appendix A.

Participant Parking

Team vehicle parking (mini buses, vans/SUV's and cars) will be located in the parking lot located behind (Southwest of) the Golisano Training Center ("P, O, N, I and I ext). Student-athletes may be dropped off and picked up in behind the competition venue, but no parking will be allowed there. After dropping off you will be directed by parking staff attendants on where to park.

Lodging

Schools should contact hotels directly with room requests. A list of hotels is available at the following website: <http://www.ncaa.org/championships/division-iii-mens-and-womens-indoor-track-and-field>.

Credentials

Credentials - Participants

Only members of the official travel party receive credentials and are admitted free of charge. The following credentials will be distributed at packet pick-up Thursday:

1. Each institution will receive up to four coaches' credentials per gender, per program qualified.
2. Each student-athlete registered to compete will receive one credential for access to the championships.

3. Each team with qualified relays will receive up to four additional participant credentials per qualified relay to allow alternates access to the venue.
4. Each institution will be allowed one additional pass per gender, per program if a medical trainer or physician is accompanying the team. The medical credential will be administered by the host agency's sports medicine staff.
5. Credentials are non-transferable. Any student-athlete, coach, administrator, media or training personnel found giving or selling their credential to another person is subject to sanctions by the NCAA Division III Men's and Women's Track and Field and Cross Country Committee.

Credentials – Working Media

Members of the media wishing to receive media credentials must apply for them through the NCAA's credentialing website www.ncaa.com/media. Click on "Credentials" and select the Credential Application link for Division III Indoor Track and Field Championships.

Jeff Rahmlow, the media contact, will review all requests and approve accordingly. Please contact Jeff at jrahmlo3@naz.edu with any questions. Requests will be accepted until 5 p.m., Wednesday, March 12. Credentials may be picked-up at packet pick-up Thursday from 1 to 2:30 p.m. or at the ticket booth starting when the facility opens on each day of competition, Friday, March 14 and Saturday, March 15.

Please forward this information to any media wishing to cover the event. Media sending photographers should plan well in advance of the championships date. Photographer access will be tightly controlled and limited to professional photographers who have applied for media credentials. Meet information, including accommodation possibilities, are currently available on the championships website <http://www.ncaa.com/championships/trackfield-indoor-men/d3>. Links to the results will also be available on NCAA.com.

A limited number of photographers will be permitted on the infield at any given time. The host media staff will coordinate photo vests for infield photography access throughout the championship. More detailed information will be provided once on site.

Medical

Medical Disqualification

As the event sponsor, the NCAA has valid authority to ensure that all student-athletes are physically fit to participate in its championships and that a student-athlete's participation will not expose other participants to a significantly enhanced risk of harm. The student-athlete's team physician can determine whether an individual with an injury, an illness or other medical condition (e.g., skin infection, pregnancy) should continue to participate or be disqualified. In the absence of a team physician, the NCAA tournament athletic trainer, as designated by Nazareth University, has the unchallengeable authority to examine the student-athlete and make a decision of continued participation or medical disqualification. If, in the opinion of the tournament physician, continued participation by the injured student-athlete may expose others to a significantly enhanced risk of harm, the tournament physician has the final decision regarding participation by the student-

athlete. The chair of the governing sports committee (or a designated representative) should be responsible for administrative enforcement of the medical judgment, if it involves disqualification.

Athletic Training Room and Medical Information

The athletic training room is in the main corridor of the Golisano Training Center. Teams bringing their own athletic trainers will be allowed to set up on the outside of the turf in the warm-up area. The athletic training room will be open when the track opens on practice days and will close at the end of practice sessions. On competition days, the athletic training room will be open in the morning through the conclusion of competition.

One medical credential per institution may be requested for a certified athletic trainer by emailing Mike Conroy (mconroy1@naz.edu). Please have the head coach of your organization list your name and specify your needed credentials. Approved medical credentials will be available for pick-up on Thursday in Kidera gymnasium in the Otto A. Shults Center during packet pick up, or Friday and Saturday at late credential pick up in the Golisano Training Center.

If student-athletes are not traveling with an athletic trainer, please have your schools' athletic trainer send a request letter to Mike Conroy (mconroy1@naz.edu) describing any treatments or tapings necessary for your athletes to compete. **No electrical modalities, therapeutic ultrasound, or specialty taping will be provided without this letter.**

Each team is required to bring a fully-stocked medical kit with insurance and emergency information. Supplies will be given in emergency situations. All athletic training facilities will be equipped with both hot and cold modalities, electrical stimulation, and therapeutic ultrasound. Manual therapy will only be provided if medical staff deems necessary.

There will be numerous water stations within the Golisano Training Center and cups will be provided. The athletic training facility will open two hours prior to the first event. The athletic training room will remain open until the conclusion of competition.

Concussion Management

The NCAA has adopted legislation that requires all active member institutions to have a concussion-management plan for their student-athletes. Participating institutions shall follow their concussion-management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion-management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician's designee from the student-athlete's institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance.

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

For further details, please refer to www.NCAA.org.
Or Nazareth University's concussion management [Plan](#)

In Case of an Emergency

An EMS will be available throughout the meet. If other care is needed, please refer to the following information:

Hospital

- Strong Memorial Hospital: 601 Elmwood Ave, Rochester, NY 14642
- Highland Hospital: 1000 South Ave, Rochester, NY 14620
- Rochester General Hospital: 1425 Portland Ave, Rochester, NY 14621
- URMC Urgent Care: 3400 Monroe Ave Unit 16, Rochester, NY 1461

PHARMACY INFORMATION

Wegmans

3195 Monroe Ave, Rochester, NY 14618
[\(585\) 586-6680](tel:5855866680)

CVS (Open 24 Hours)

2100 Monroe Ave, Rochester, NY 14618
[\(585\) 461-3995](tel:5854613995)

Athletic Training Staff

Mike Conroy
mconroy1@naz.edu
(585) 389-2838

ATHLETIC TRAINING FACILITY HOURS

March 12 (Wednesday)	Noon - 8 p.m.
March 13 (Thursday)	8 a.m. - 3 p.m.
March 14 (Friday)	8 a.m. - 8 p.m. (or after last event has completed)
March 15 (Saturday)	8 a.m. - 7 p.m. (or after last event has completed)

General Public

Banners and Artificial Noisemakers

No banners may be posted at the tournament other than the NCAA-approved banners. Artificial noise makers, air horns, and electronic amplifiers are not permitted and shall be removed upon discovery.

Championship Merchandise and Programs

Official NCAA merchandise will be sold during practice hours Wednesday and Thursday, and throughout competition Friday and Saturday. **Championships programs are no longer sold in print.** You can access the program at ncaa.com.

Parking

Spectator parking is located in front of the Golisano Training Center (Parking Lots Q, Q ext., and R). Parking attendants will direct traffic to overflow lots (A, D, F, G) if necessary. Nazareth will provide shuttles from the overflow lots.

Link to Parking Map:

<https://maps.naz.edu/>

Restrooms

Spectator restrooms are in the main concourse. Locker room restrooms will only be utilized by participants and coaches and can be accessed from the turf warm-up area.

Seating Areas

The championship facility has first come first serve seating available on the east and west sides of track.

Security

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

Nazareth University Campus Safety

4245 East Avenue
Rochester, NY 14618
585-389-2850

Pittsford Volunteer Fire Department

8 Monroe Avenue
Pittsford, NY 14534
585-586-8967

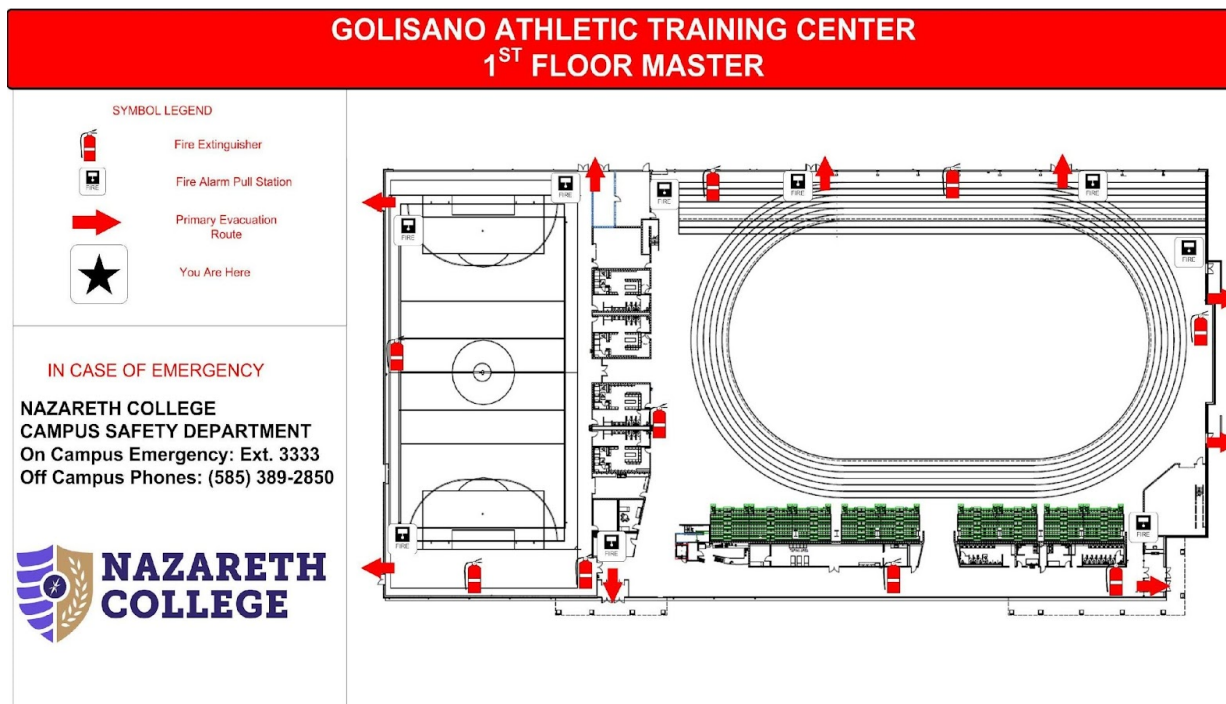
Pittsford Volunteer Ambulance

40 Tobey Road
Pittsford, NY 14534
585-385-2401

Monroe Country Sheriff's Office Zone A

955 Panorama Trail South
Rochester, NY 14625
585-753-4178

Emergency/Evacuation Plans



1. **Evacuation Routes:** These are marked on the map above. There are a total of nine (9) exits out of the GTC. All evacuation routes shall remain clear and available at all times.
2. **Emergency Alarms:**
 - a. **Fire/Fire Alarm** - In the event of a fire emergency, all guests (spectators and participants) shall be directed out of the building through the nearest exit. They should be encouraged to move away from emergency access lanes and at least 50 feet from the building. CS staff will sweep the building to verify a full evacuation and investigate the cause of the alarm. All fire alarm calls will be communicated to 911 for a Fire Department response. Guests shall remain outside of the building until instructed to return. Note: This is a fully sprinkled building. Rally points: Track side- Q-lot, Turf side- Grounds Building. Alternative shelter for inclement weather – GAC.
 - b. **Carbon Monoxide Alarm** – The GTC is equipped with a stand along Carbon Monoxide detection system. An activation of this system creates an audible and visual alarm (via the amber strobes throughout the building). An emergency signal is also sent to Campus Safety. Note that this alarm will only remain active when levels of CO exceed a predetermined/concerning threshold. Carbon Monoxide alarms shall follow the same evacuation procedure as a fire alarm.

Shelter in Place/Threat of Violence

1. This event is an indoor event. In the necessity to implement a shelter in place, the GTC interior will serve as the shelter location. Shelter orders will be issued by Campus Safety.

2. How to shelter:

- a. Close and lock all external doors. The only doors that should be open for the Championship are the East Doors (main entrance) and possibly the South Door. These are to be locked by Campus Safety.
- b. Move people out of the south atrium and into the track area. This will move them away from the windows on the south side of the building.
- c. Make an announcement to the commencement crowd.

Highlighting:

- (1) Area is going into lock-down for protection, Brief overview of the threat.
 - (2) Perimeter doors are secured, No one is allowed in or out of the building.
 - (3) Remain calm, Law enforcement is already on site.
3. Remain in shelter until directed by Campus Safety (in close cooperation with the Monroe County Sheriff's office).

Power Loss – The GTC has a back-up generator (fueled by diesel) that will power most of the building during a power loss. Without extenuating circumstances, no evacuation will be necessary. The emergency generator will power the emergency circuits including heating, fire safety system, door security, and adequate emergency lighting. Although the emergency circuits will be activated, these may not provide all the services needed to continue with the Championship. Events may be delayed but an evacuation is not necessary. Facilities shall be contacted as quickly as possible regarding the power outage. A decision on continuing with the Championship shall be made by games committee.

Bomb Threats – Bomb threats shall be communicated to Campus Safety immediately. The Sheriff's Department shall be contacted. Campus Safety shall follow established procedures to address the bomb threat.

Special Instructions:

1. Medical Emergencies: Campus Safety Officers are the first response to emergencies. Campus Safety will coordinate additional emergency response if necessary. PVA will be on-site for more advanced or life threatening conditions.
2. Disruptive Behavior: Security concerns/suspicious behaviors will be directed to Campus Safety-shelter-in-place or evacuation as needed.
3. Lost or Missing Individual/Children: Will be immediately elevated to a Campus Safety officer who will delegate following General Order 3.15.

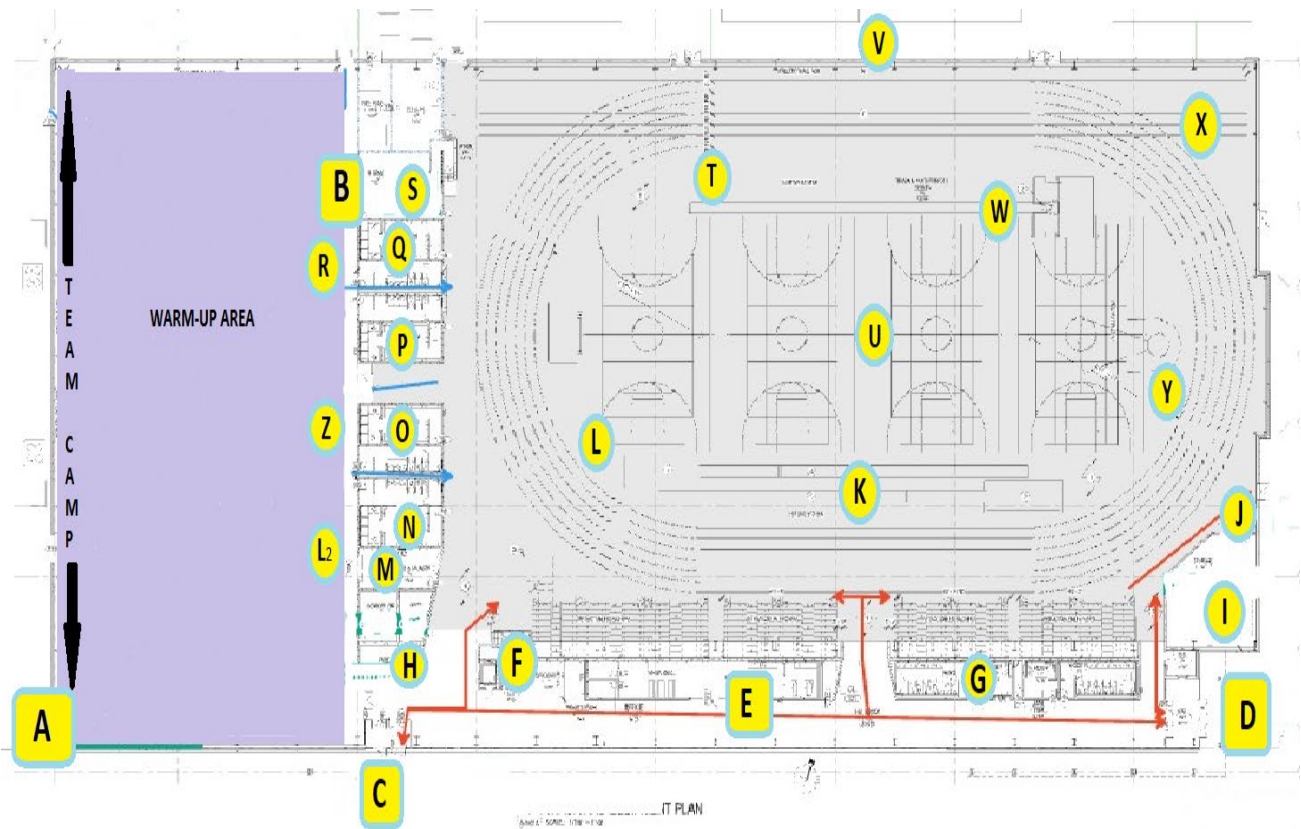
4. Unattended Items: Items for Lost and Found shall be turned into Campus Safety Dispatch. Suspicious unattended items will be reported immediately to Campus Safety.
5. This event is a community wide celebration, as such Officers are to exercise discretion in enforcement of policy that is not critical to life safety.

Tickets

Tickets will be available for purchase at both entrances of the Golisano Training Center one hour before the first event Friday and Saturday.

Ticket Prices	
<u>Ticket Type</u>	<u>Price</u>
All-Session Adult Tickets	\$20
All-Session Senior/Student Tickets	\$16
Single-Session Adult Tickets	\$16
Single-Session Senior/Student Tickets	\$13

Appendix A – Track and Field and Warm-Up Floor Layout



A – Athlete/Coach Entry
 B – Check-In / Clerking
 C - Athlete / Coach Entry
 D – Main Spectator Entrance
 E – Training Room / Medical
 F – Concessions
 G – Restrooms
 H – Media Room
 I – Officials Room

J – Implement Certification
 K – Horizontal Jump Pits
 L - Awards / Podium
 L2- Awards Staging
 M – Merchandise
 N – Men's Locker Room
 O - Women's Locker Room
 P – Men's Locker Room
 Q – Women's Locker Room

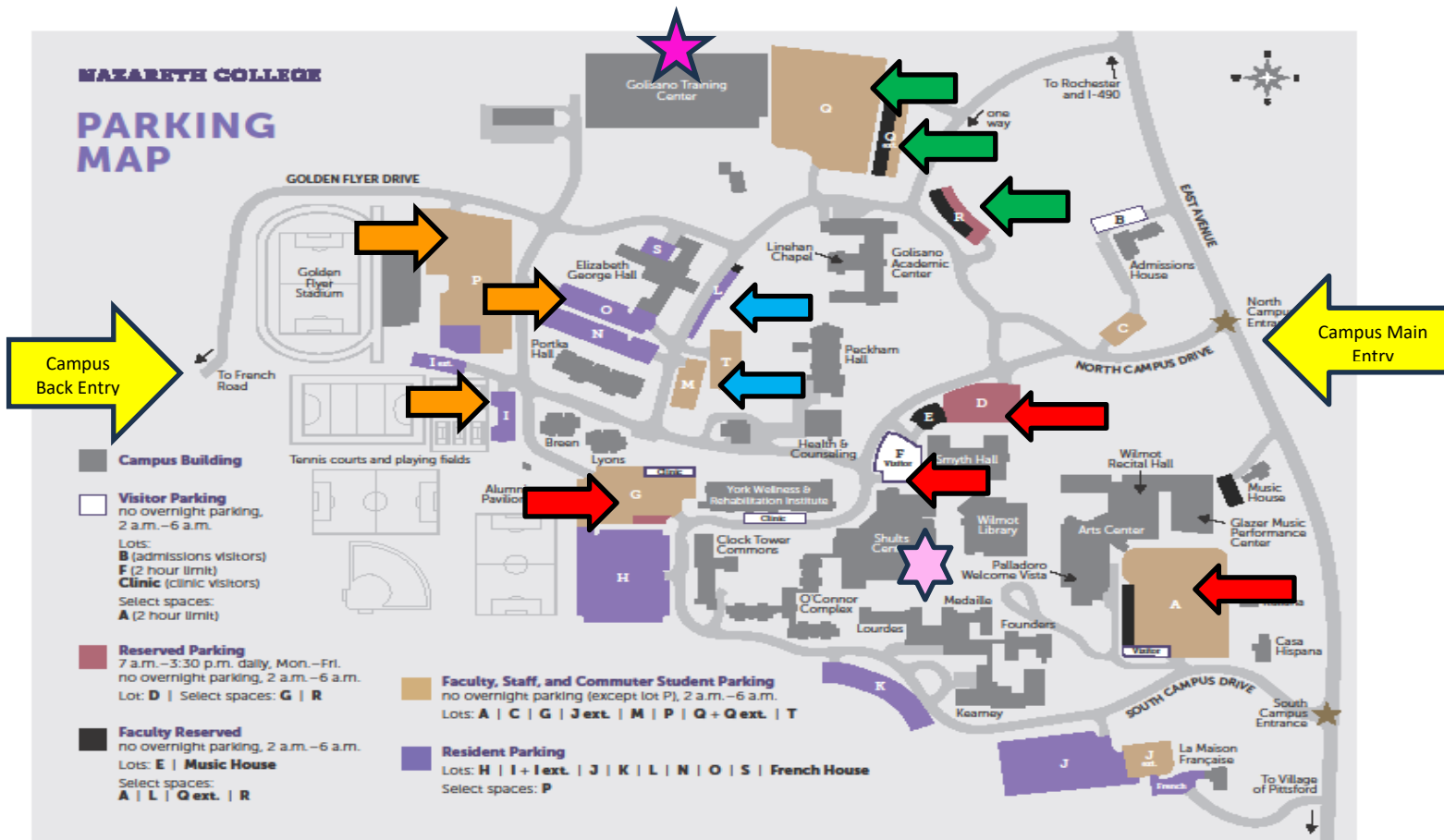
R – Spike Check
 S – Final Staging
 T – Common Finish
 U – High Jump
 V – Videoboard
 W – Pole Vault
 X – 60m Start
 Y – Throws Cage
 Z – Protest Area

Appendix B – Level 2



- | | | | |
|----|-----------------------|----|-----------------------|
| A- | Athlete Hospitality | E- | Timing / Data Hub |
| B- | Volunteer Hospitality | F- | DV Sports |
| C- | Coaches Hospitality | G- | NCAA Committee Room |
| D- | Video / Broadcasting | H- | Officials Hospitality |

Appendix C – Parking Layout

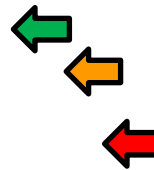


Golisano Training Center★

Otto Shults Center (credentials)★

Parking Lots:

- “Q” Lot, “Q ext. & R” Lots: Spectators
- “I, I ext., N, O & P” Lots: Athletes/coaches
- “L & T” Lots: Officials
- “A, D, F, G” Lots: Spectators overflow/shuttle



Appendix D – Packet Pick-Up Information

Packet pick up will be held Thursday, March 13, from 1– 2:30 p.m., in Kidera Gymnasium, located within the Otto Shults Center on the campus of [Nazareth University](#).

Packet pick-up stations are as follows:

1. Team packets;
2. Gill gift;
3. Medallions;
4. Relay cards AND bib info;
5. Credentials;
6. Student-athlete gift (banquet and Birdie Box);
7. NCAA Committee; and
8. Completed packet check-list return.

Appendix E – Directions

Directions to Nazareth University

From the West

- Take the New York State Thruway to exit 46.
- Take Interstate 390 North to Interstate 590 North to Interstate 490 East.
- Exit #23 at Linden Ave. Veer right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Veer right before you reach St. John Fisher.
- Entrance to Nazareth College will be on your right after Irondequoit CC.

From the East

- Take the New York State Thruway to exit 45.
- Take Interstate 490 West to NY 31F/Fairport Rd. Exit #25. Turn left off exit onto 31F
- At the second light, turn left on NY 96 South (East Avenue).
- Nazareth is about a mile down Route 96 on your right.
- Turn right at the North Campus Entrance (entrance without a traffic light).

From the North

- Take Interstate 590 South.
- From Interstate 590 South, take Interstate 490 East to Exit 25 (Fairport Road).
- Turn left, heading West on 31F/Fairport Road.
- At the second light, turn left on NY 96 South (East Avenue).
- Nazareth is about a mile down Route 96 on your right.
- Turn right at the North Campus Entrance (entrance without a traffic light).

From the South

- Take Interstate 390 North to Interstate 590 North to Interstate 490 East.
- Exit #23 at Linden Ave. Veer right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Veer right before you reach St. John Fisher.
- Entrance to Nazareth will be on your right after Irondequoit Country Club.

From Downtown Rochester

- Take Interstate 490 East to exit 25 (Fairport Road).
- Turn left, heading west on Fairport Road.
- At the second light, turn left onto Route 96/East Avenue.
- Nazareth is about a mile down Route 96/East Avenue on your right.

Appendix F – Implement Shipping Directions

All implements must be shipped directly to the following address:

Nazareth University
Golisano Training Center
Attn: NCAA Track, Angel Diaz
4245 East Avenue
Rochester, NY 14618

Phone number, if required by shipping company, 585-389-2857

Please do not call to verify that your shipment has arrived, use the shipping company's on-line tracking information. It is your responsibility to arrange for shipping your implements home.

Please fill out your contact information and place the bottom half of this sheet on the outside of the shipping box or pole bag. If you have any questions, email Angel Diaz, adiaz4@naz.edu.

Please print clearly or type information below and attach to shipping box or pole bag



Institution _____ Coach's Name _____

Email Address _____ Phone Number _____

Check all that apply for each package (include quantity)

☐ Men's Pole Vault (#) _____ ☐ Women's Pole Vault (#) _____

☐ Men's Shot (#) _____ ☐ Women's Shot (#) _____

Appendix G – Clerking Schedule

Friday Day 1 Events	Initial Check In	Final Check In	Leave Warm-up	Warm-up Begins	Event Start Time	Warm-up Time
Combined Event						
Hepathlon 60 M	8:15 AM	9:15 AM	Coordinator	9:30 AM	10:00 AM	
Pentathlon - 60 M Hurdles	8:35 AM	9:35 AM	Coordinator	9:50 AM	10:20 AM	
Men's 35 lb Weight Throw	8:15 AM	9:15 AM	9:25 AM	9:35 AM	10:00 AM	20 Min FS 5 Min Intro
Women's Pole Vault	8:05 AM	9:05 AM	9:15 AM	9:25 AM	11:00 AM	90 Min - 5 Min Intro
Women's Long Jump	10:15 AM	11:15 AM	11:25 AM	11:35 AM	12:00 PM	20 Min FS 5 Min Intro
Men's Long Jump	1:45 PM	2:45 PM	2:55 PM	3:05 PM	3:30 PM	20 Min FS 5 Min Intro
Women's 20lb Weight Throw	1:45 AM	2:45 AM	2:55 AM	3:05 AM	3:30 AM	20 Min FS 5 Min Intro
Men's Pole Vault	12:35 PM	1:35 PM	1:45 PM	1:55 PM	3:30 PM	90 Min - 5 Min Intro
	Initial Check In	Final Check In	Leaves Warm-up	Event Start Time		
Men 60 M Hurdles	12:15 PM	1:15 PM	1:20 PM	1:30 PM		
Women 60 M Hurdles	12:30 PM	1:30 PM	1:35 PM	1:45 PM		
Men 60 M	12:45 PM	1:45 PM	1:50 PM	2:00 PM		
Women 60 M	1:00 PM	2:00 PM	2:05 PM	2:15 PM		
Men Mile	1:20 PM	2:20 PM	2:25 PM	2:35 PM		
Women Mile	1:35 PM	2:35 PM	2:40 PM	2:50 PM		
Men 400 M	1:50 PM	2:50 PM	2:55 PM	3:05 PM		
Women 400 M	2:10 PM	3:10 PM	3:15 PM	3:25 PM		
Men 800 M	2:30 PM	3:30 PM	3:35 PM	3:45 PM		
Women 800 M	2:45 PM	3:45 PM	3:50 PM	4:00 PM		
Men 200 M	3:00 PM	4:00 PM	4:05 PM	4:15 PM		
Women 200 M	3:15 PM	4:15 PM	4:20 PM	4:30 PM		
Men 5,000 M	3:30 PM	4:30 PM	4:35 PM	4:45 PM		
Women 5,000 M	3:55 PM	4:55 PM	5:00 PM	5:10 PM		
Men 4 x 400 M Relay	4:20 PM	5:20 PM	5:25 PM	5:35 PM		
Women 4 x 400 M Relay	4:40 PM	5:40 PM	5:45 PM	5:55 PM		
Men DMR	5:00 PM	6:00 PM	6:05 PM	6:15 PM		
Women DMR	5:15 PM	6:15 PM	6:20 PM	6:30 PM		

Saturday Day 2 Events	Initial Check In	Final Check In	Leave Warm-up	Warm-up Begins	Event Start Time	Warm-up Time
Combined Event						
Heptathlon 60 M Hurdles	8:15 AM	9:15 AM	Coordinator	9:30 AM	10:00 AM	
Women Triple Jump	9:15 AM	10:15 AM	10:25 AM	10:35 AM	11:00 AM	20 Min FS 5 Min Intro
Men's Shot Put	9:15 AM	10:15 AM	10:25 AM	10:35 AM	11:00 AM	20 Min FS 5 Min Intro
Men High Jump	9:35 AM	10:35 AM	10:45 AM	10:55 AM	12:00 PM	60 Min - 5 Min Intro
Women's Shot Put	12:45 PM	1:45 PM	1:55 PM	2:05 PM	2:30 PM	20 Min FS 5 Min Intro
Men Triple Jump	12:45 PM	1:45 PM	1:55 PM	2:05 PM	2:30 PM	20 Min FS 5 Min Intro
Women High Jump	12:35 PM	1:35 PM	1:45 PM	1:55 PM	3:00 PM	60 Min - 5 Min Intro
	Initial Check In	Final Check In	Leaves Warm-up	Event Start Time		
Men 60 M Hurdles	1:45 PM	2:45 PM	2:50 PM	3:00 PM		
Women 60 M Hurdles	1:55 PM	2:55 PM	3:00 PM	3:10 PM		
Men 60 M	2:10 PM	3:10 PM	3:15 PM	3:25 PM		
Women 60 M	2:20 PM	3:20 PM	3:25 PM	3:35 PM		
Men Mile	2:45 PM	3:45 PM	3:50 PM	4:00 PM		
Women Mile	3:00 PM	4:00 PM	4:05 PM	4:15 PM		
Men 400 M	3:10 PM	4:10 PM	4:15 PM	4:25 PM		
Women 400 M	3:25 PM	4:25 PM	4:30 PM	4:40 PM		
Men 800 M	3:35 PM	4:35 PM	4:40 PM	4:50 PM		
Women 800 M	3:50 PM	4:50 PM	4:55 PM	5:05 PM		
Men 200 M	4:00 PM	5:00 PM	5:05 PM	5:15 PM		
Women 200 M	4:15 PM	5:15 PM	5:20 PM	5:30 PM		
Men 3000 M	4:25 PM	5:25 PM	5:30 PM	5:40 PM		
Women 3000 M	4:45 PM	5:45 PM	5:50 PM	6:00 PM		
Men 4x400 Relay	5:05 PM	6:05 PM	6:10 PM	6:20 PM		
Women 4x400 Relay	5:25 PM	6:25 PM	6:30 PM	6:40 PM		

Appendix H – Student-Athlete Participant Awards

CONGRATULATIONS ON YOUR TEAMS' SUCCESS!

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



HOW TO PURCHASE ADDITIONAL STUDENT-ATHLETE MEMENTOS FOR YOUR TEAM

The NCAA provides BirdieBox with the email address of a designated point person for each sport and school. Please ensure the correct person is communicated to the NCAA, as they will need access to the website for ordering additional mementos. The designated person will be directed to this site to place your school's order:

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

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

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



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

Questions?

Email Katie Czarny: kczarny@BirdieBox.com

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