



***PARTICIPANT  
2025-26 MANUAL***

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## Introduction/Welcome

Congratulations on your selection to the 2026 NCAA Division III Men's and Women's Indoor Track and Field Championships! This manual includes important information regarding the championships. This manual is a supplement, not a substitute, for the [2026 NCAA Division III Men's and Women's Indoor Track and Field Pre-Championships Manual](#). Additional information is available on the championships website at [NCAA.com](#) and on [NCAA.org](#).

This participant manual will be helpful as a guide to the policies and procedures governing the administration and conduct of the championships event. Further, this official participant manual will provide specific information on hotel arrangements, travel, tickets and a schedule of events at the championship site. This annual championship event occurs March 13-14, in Birmingham, Alabama; The Birmingham CrossPlex and the Southern Athletic Association will serve as the hosts.

We wish you continual success throughout the season, and look forward to putting on a first-class championships event for you and your student-athletes.

The City of Birmingham is proud to have the CrossPlex as a national destination. Housing one of the fastest indoor hydraulic tracks in the world, an Olympic size swimming pool, a nine-volleyball court venue, a 5,000-seat arena and a platform to develop many other sports; there's no wonder why the CrossPlex has become a world-renowned competition venue. The facility houses dedicated warm-up, training, media and management rooms, as well as VIP suite accommodations. With the track and field venue holding 4,000 and the indoor natatorium a seating capacity of 1,600 the CrossPlex is quickly becoming the place to compete at the highest level. The Birmingham CrossPlex has already hosted a variety of events throughout the 14 and a half years of being open. Since opening its doors in November of 2011, the CrossPlex has hosted over 3,000 events that feature NCAA National Championships, NCAA qualifying events, college invitationals, collegiate conference championships, high school state championships, regional club meets in track, swimming, volleyball and many other events. Birmingham Southern College, the City of Birmingham and the Birmingham CrossPlex are proud to be hosting the 2026 NCAA Division III National Championship.

“Hosting the NCAA Indoor Track & Field Championships at the Birmingham CrossPlex represents a strategic win for the City of Birmingham that goes beyond a single sporting event. It reinforces Birmingham's long-term investment in sports tourism as a driver of economic development, positioning the city as a reliable host for nationally significant events that generate recurring visitor spending and tax revenue. This marks our 28<sup>th</sup> and 29<sup>th</sup> NCAA National Championships that we have hosted throughout the years and we look forward to many more,” said Christy Mixon – Director of CrossPlex.”

“The Championships elevate Birmingham's brand on a national stage, associating the city with excellence, professionalism, and world-class facilities. This visibility showcases Birmingham as a modern, competitive destination capable of hosting elite athletic competitions, conventions, and large-scale events. From a community standpoint, the event builds civic pride and provides residents, especially youth athletes, with direct exposure to top-level collegiate competition. This strengthens local sports pipelines, encourages participation in track and field, and supports broader public health and youth development goals.

The success of these Championships helps Birmingham compete for future NCAA events and other national or international competitions, creating a reputation of credibility, economic impact, and long-term growth in the sports and entertainment. The NCAA ITF Championships are not just an event for Birmingham, they are a catalyst for economic impact, national recognition, community engagement, and sustained growth for the Magic City.”

The venue affords great seating on both sides of the track and offers excellent replays and results on the state-of-the-art 60’x25’ LED board. The indoor 200 meter hydraulically banked Mondo track is only one of nine in the United States and one of twenty-two in the world. The state of the art six lane oval track takes just minutes to raise or lower its four banked corners. There are eight-60-meter lanes (for dashes and hurdles) located within the infield area of the track with dual horizontal runways for pole vault, long jump and triple jump. Additionally, dual high jump approaches can be configured along with dual throwing sectors for shot-put and weight throw.

The natatorium has ten-50-meter lanes, ten-25-meter lanes and twenty-25-yard lanes. There are two-1 meter and two-3-meter springboards for diving competitions. The pool is designed to handle water polo and synchronized swimming events. Installed in the pool is a moveable bulkhead to accommodate multiple racing configurations.

The Bill Harris Arena at the Birmingham CrossPlex is a 5,000-seat venue capable of hosting basketball, wrestling, concerts and many other functions. It also houses the team camp and warm-up area for the student-athletes during the NCAA Indoor Track and Field Championships. BSC and the City of Birmingham are committed to providing a great experience for participants and fans at the CrossPlex. Whether it’s from competition, fan experience or southern hospitality, the City of Birmingham is dedicated to making you feel right at home. During your stay, be sure to visit some of the additional amenities and attractions we have to offer. Again, we are extremely excited to serve as a host to the NCAA and look forward to continuing on building on our lasting relationship.

## Championships History

<u>Men's History</u>	<u>Women's History</u>
1993 University of Wisconsin-La Crosse	1993 University of Wisconsin-Oshkosh
1994 University of Wisconsin-La Crosse	1994 University of Wisconsin-Oshkosh
1995 Lincoln University (Pennsylvania)	1995 University of Wisconsin-Oshkosh
1996 Lincoln University (Pennsylvania)	1996 University of Wisconsin-Oshkosh
1997 University of Wisconsin-La Crosse	1997 Christopher Newport University
1998 Lincoln University (Pennsylvania)	1998 Christopher Newport University
1999 Lincoln University (Pennsylvania)	1999 Wheaton College (Massachusetts)
2000 Lincoln University (Pennsylvania)	2000 Wheaton College (Massachusetts)
2001 University of Wisconsin-La Crosse	2001 Wheaton College (Massachusetts)
2002 University of Wisconsin-La Crosse	2002 Wheaton College (Massachusetts)
2003 University of Wisconsin-La Crosse	2003 Wheaton College (Massachusetts)
2004 University of Wisconsin-La Crosse	2004 University of Wisconsin-Oshkosh
2005 University of Wisconsin-La Crosse	2005 University of Wisconsin-Oshkosh
2006 University of Wisconsin-La Crosse	2006 University of Wisconsin-Oshkosh
2007 Lincoln University (Pennsylvania)	2007 Williams College
2008 University of Wisconsin-La Crosse	2008 Illinois Wesleyan University
2009 University of Wisconsin-La Crosse/ University of Wisconsin-Oshkosh (tie)	2009 Wartburg College
2010 North Central College	2010 Wartburg College
2011 North Central College	2011 University of Wisconsin-Oshkosh
2012 North Central College	2012 Wartburg College
2013 University of Wisconsin-La Crosse	2013 University of Wisconsin-Oshkosh
2014 University of Wisconsin-La Crosse	2014 University of Wisconsin-Oshkosh
2015 University of Wisconsin-Eau Claire	2015 University of Wisconsin-La Crosse
2016 University of Wisconsin-Eau Claire	2016 Baldwin Wallace University
2017 North Central College/ University of Wisconsin-La Crosse (tie)	2017 Washington University in St. Louis
2018 University of Mount Union	2018 University of Massachusetts Boston
2019 North Central College	2019 Williams College
2020 Cancelled due to COVID-19	2020 Cancelled due to COVID-19
2021 Cancelled due to COVID-19	2021 Cancelled due to COVID-19
2022 University of Wisconsin-Eau Claire/ Washington University in St. Louis (tie)	2022 Loras College
2023 University of Wisconsin-La Crosse	2023 University of Wisconsin-La Crosse
2024 University of Wisconsin-La Crosse	2024 Loras College
2025 University of Wisconsin-La Crosse	2025 Massachusetts Institute of Technology

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

<u>Region I (East)</u>	<u>Region II (Mideast)</u>
<b>Jason Linders</b> Director of Athletics Gordon College <b>Term expires: August 2026</b>	<b>David Nicholson</b> Head Track and Field/Cross Country Coach Eastern Connecticut State University <b>Term expires: August 2027</b>
<u>Region III (Niagara)</u>	<u>Region IV (Mid-Atlantic)</u>
<b>Jackie Nicholson</b> Director of Athletics Rochester Institute of Technology <b>Term expires: August 2027</b>	<b>Reava Potter</b> Director of Cross Country/Track & Field St. Mary's College of Maryland <b>Term expires: August 2029</b>
<u>Region V (Metro)</u>	<u>Region VI (Great Lakes)</u>
<b>Jon D'Ottavio</b> Assistant XC/TF Coach Moravian University <b>Term expires: August 2029</b>	<b>Kiana Verdugo-Maday</b> Senior Woman Administrator Alma College <b>Term expires: August 2029</b>
<u>Region VII (South)</u>	<u>Region VIII (North)</u>
<b>Andrew Marrocco</b> Head Track and Field/Cross Country Coach Shenandoah University <b>Term Expires: August 2026</b>	<b>Josh Henry, chair</b> Head Men's Cross Country/Track & Field Coach Carthage College <b>Term expires: August 2027</b>
<u>Region IX (Midwest)</u>	<u>Region X (West)</u>
<b>Denise Udelhofen</b> Director of Athletics Loras College <b>Term expires: August 2027</b>	<b>Kennadi Carlisle</b> Asst. AD/Senior Woman Administrator Pacific Lutheran University <b>Term expires: August 2026</b>
<b>Secretary Rules Editor</b> Mark Kostek E: <a href="mailto:kostekmt@gmail.com">kostekmt@gmail.com</a> C: 515-208-8300	

## NCAA Staff

<p><b>Laura Peterson-Mlynski</b>          Director, Championships and Alliances          Cell: 317-544-9425          Email: <a href="mailto:lpeterson@ncaa.org">lpeterson@ncaa.org</a></p>	<p><b>Margaret Gaines</b>          Assistant Coordinator, Championships and Alliances          Email: <a href="mailto:mgaines@ncaa.org">mgaines@ncaa.org</a></p>
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## Host Personnel

Title	Name	Phone Number(s)	Email Address
Facility Director Marketing Director	Christy Mixon	205-215-0561	<a href="mailto:Christy.mixon@birninghamal.gov">Christy.mixon@birninghamal.gov</a>
Deputy Director Facility Maintenance	Murray Lewis Jr.	205-213-5623	<a href="mailto:Murray.lewisjr@birninghamal.gov">Murray.lewisjr@birninghamal.gov</a>
Deputy Director Ticketing Manager	Fred Stewart III	205-492-2885	<a href="mailto:Fred.stewartiii@birninghamal.gov">Fred.stewartiii@birninghamal.gov</a>
Sports Events Manager Meet Director	Joel Simmons	205-515-3912	<a href="mailto:Joel.simmons@birninghamal.gov">Joel.simmons@birninghamal.gov</a>
Sr. Events Manager Co-Ticketing Manager	Taura Cobb	205-569-7854	<a href="mailto:Taura.cobb@birninghamal.gov">Taura.cobb@birninghamal.gov</a>
Media/PR Contact	Matt Dsida		<a href="mailto:dsidamatthew@gmail.com">dsidamatthew@gmail.com</a>
Social Media Coordinator	Damin Anderson	205-223-0894	<a href="mailto:Daminandersonjr@gmail.com">Daminandersonjr@gmail.com</a>
Event Hospitality	Charlicia Heard	205-290-3622	<a href="mailto:Charlicia.heard@birninghamal.gov">Charlicia.heard@birninghamal.gov</a>
Merchandise	Valerie McClain	205-870-7771	<a href="mailto:val@rakshak.com">val@rakshak.com</a>

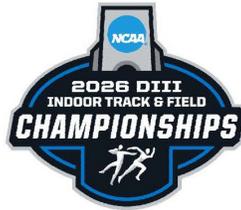
### Championships Website

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.

Birmingham CrossPlex  
[www.birminghamal.gov/crossplex](http://www.birminghamal.gov/crossplex)

NCAA DIII ITF Championships Microsite  
[www.birminghamal.gov/crossplexD3ITF](http://www.birminghamal.gov/crossplexD3ITF)

# Schedule of Events



Friday - Men's Heptathlon			
Start Time	Event	Gender	Description
10:00AM	60 Meters	Men	Heptathlon
~10:40AM	Long Jump	Men	Heptathlon
~12:30PM	Shot Put	Men	Heptathlon
~3:00PM	High Jump (2 pits)	Men	Heptathlon

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

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
11:30 AM	Long Jump	Men	Prelims & Final
3:00 PM	Long Jump	Women	Prelims & Final
3:00 PM	20 lb. Weight Throw	Women	Prelims & Final
3:30 PM	Pole Vault	Men	Final
Running Events			
9:45 AM National Anthem			
10:00 AM	60 Meters	Men	Heptathlon
10:20 AM	60 Meter Hurdles	Women	Pentathlon
1:30 PM	60 Meter Hurdles	Women	Prelims
1:45 PM	60 Meter Hurdles	Men	Prelims
2:00 PM	60 Meters	Women	Prelims
2:15 PM	60 Meters	Men	Prelims
2:35 PM	Mile	Women	Prelims
2:50 PM	Mile	Men	Prelims
3:05 PM	400 Meters	Women	Prelims
3:25 PM	400 Meters	Men	Prelims
3:45 PM	800 Meters	Women	Prelims
4:00 PM	800 Meters	Men	Prelims
4:15 PM	200 Meters	Women	Prelims
4:30 PM	200 Meters	Men	Prelims
4:45 PM	5000 Meters	Women	Final
5:05 PM	5000 Meters	Men	Final
5:30 PM	4 X 400 Relay	Women	Prelims
5:50 PM	4 x 400 Relay	Men	Prelims
6:10 PM	Distance Medley Relay	Women	Final
6:30 PM	Distance Medley Relay	Men	Final

Saturday - Men's Heptathlon			
Start Time	Event	Gender	Description
10:00AM	60 Meter Hurdles	Men	Heptathlon
~10:50AM	Pole Vault (2 pits)	Men	Heptathlon
~2:00PM	1000 Meters	Men	Heptathlon

Saturday			
Field Events			
Start Time	Event	Gender	Description
11:00 AM	Triple Jump	Men	Prelims & Final
11:00 AM	Shot Put	Men	Prelims & Final
12:30 PM	High Jump	Women	Final
2:00 PM	Shot Put	Women	Prelims & Final
2:00 PM	Triple Jump	Women	Prelims & Final
3:45 PM	High Jump	Men	Final
Running Events			
9:45 AM National Anthem			
10:00 AM	60 Meter Hurdles	Men	Heptathlon
10:30 AM	60 Meter Hurdles	Women	Final
10:40 AM	60 Meter Hurdles	Men	Final
10:55 AM	60 Meters	Women	Final
11:10 AM	60 Meters	Men	Final
4:00 PM	Mile	Women	Final
4:10 PM	Mile	Men	Final
4:25 PM	400 Meters	Women	Final
4:35 PM	400 Meters	Men	Final
4:50 PM	800 Meters	Women	Final
5:00 PM	800 Meters	Men	Final
5:15 PM	200 Meters	Women	Final
5:25 PM	200 Meters	Men	Final
5:35 PM	3000 Meters	Women	Final
5:50 PM	3000 Meters	Men	Final
6:20 PM	4x400 Meter Relay	Women	Final
6:30 PM	4x400 Meter Relay	Men	Final

~ = approximate time

## Coaches Meeting

There will be a **mandatory coaches' meeting** at 12 p.m. Eastern time, Monday, March 9, on Microsoft TEAMS.

## Banquet

In lieu of a banquet, qualified student-athletes (not inclusive of relay alternates) will receive a gift during packet pick-up.

## 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	11a to 7 p.m.	8 a.m. to 3 p.m.	8 to 9:30 a.m.
Pole vault	11a to 7 p.m.	8 a.m. to 3 p.m.	8 to 9:30 a.m.
Long jump (Runway B)	11a to 7 p.m.	8 a.m. to 3 p.m.	8 to 9:30 a.m.
Triple jump (Runway A)	11a to 7 p.m.	8 a.m. to 3 p.m.	8 to 9:30 a.m.
Shot put (throws cage)	11a to 1 p.m. 3 to 5 p.m.	8 to 10 a.m.; Noon to 1:30 p.m.	8 to 9:30 a.m.
Weight throw (throws cage)	1 to 3 p.m.; 5 to 7 p.m.	10 a.m. to noon; 1:30 to 3 p.m.	8 to 9:30 a.m.
High jump (HJ apron)	11a to 7 p.m.	8 a.m. to 3 p.m.	8 to 9:30 a.m.

## Warm Ups

Friday, March 13 and Saturday, March 14 – A four lane warm-up track is located just immediately outside of the track on the west side behind the grandstands see facility diagram (Appendix A). The warm-up area has four lanes 60 meters in length, with a 20-meter shut-down area on each end. Hurdles and starting blocks will be provided for warmup activities.

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

Harris Arena will also be available for warm-up through the end of competition. Harris Arena is adjacent to the championship track via an indoor walkway.

## 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 Scholar Athlete Award**

The NCAA Elite Scholar Athlete 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 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 the NCAA at [elitescholarathlete@ncaa.org](mailto:elitescholarathlete@ncaa.org) or 317-917-6222. All documents, including eligibility, deadlines and nomination forms are located at [www.ncaa.org/elitescholarathlete](http://www.ncaa.org/elitescholarathlete).

**The deadline for Division III Men's and Women's Indoor Track and Field is Monday, March 9 at 5 p.m. Eastern time.**

## **Ordering Additional Awards**

Institutions may order additional awards if 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 advancing to the championships will receive a participant award, which the NCAA will provide on site at the championships. If an institution would like to order additional participation awards after the championships, information to do so is in **Appendix J**.

# **Championships Format**

## **Declarations**

All information regarding declarations for the 2026 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 can be accessed using the [live results link](#) (LINKED).

## Results

Unofficial results will be posted on the competition floor next to the protest table. 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 left of the scoreboard).

Competition spikes (1/4" exposed or less, no pin or Christmas tree spikes) must be brought to the clerking table in the clerking room 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 I** 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 use electronic devices, including video cameras, while in the coaching box. One coach per institution will be allowed in this area.

## 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 may 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 shot put implements 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 Bill Harris Arena (BHA Layout Area 5) for student-athletes. 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 12 (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 13 (7 - 9:30 a.m.) and Saturday, March 14 (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**

Please locate the Security Officer at the Security Desk near the credential entrance for lost and found items.

## **Packet Pick up**

Packets are provided for each team and may be picked up Thursday, March 12, from 1 - 2 pm on the second-floor Meeting Room located at the Birmingham CrossPlex, 2340 Crossplex Blvd., Birmingham, Alabama 35208.

Coaches will receive the following in each packet:

Student-athlete credential(s)	Coaches credential(s)
Parking pass(es)	Safety pins
Competitor numbers	Participant medallions
Banquet gift	Participation gift

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](mailto: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 11 and stored at the designated area by section 16. Each institution is responsible for packaging and coordinating shipping arrangements. Please include implement return shipping form in package (see **Appendix H** for form).

Birmingham CrossPlex  
Attention: NCAA Track Joel Simmons  
2340 CrossPlex Blvd.  
Birmingham, Alabama 35208

(Phone number, if required by shipping company, 205-279-8900)

*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 to the left of the southeast entrance to the competition floor in marked area 14 on the Track layout. **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 below.

### TRACK SPIKE REQUIREMENTS



**DAMAGING STEEL SPIKES**



**APPROVED COMPRESSION SPIKES**

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/BODYARMOR for Participants

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

## Competition Site

## Building Hours

The Birmingham Crossplex 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 synthetic (eight-lane straightaway), 200 meter 42" lane width.

Long Jump. *Primary Runway-* 194' LJ approach, 48" wide runway. 3' from LJ board to pit.  
*Secondary Runway-* 175' LJ approach, 48" wide runway. 3' from LJ board to pit.

Triple Jump. *Primary Runway-* 194' TJ approach, 48" wide runway. 42' from TJ board to pit.  
*Secondary Runway-* 175' TJ approach, 48" wide runway. 32' 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 - 161' approach, 48" wide runway. Secondary Runway – 152' approach

Shot Put and Weight Throw. Gill throwing platform.

## 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 Bill Harris Arena through the marked athlete doors. See BHA Layout area 1.

Spectators may enter the facility through the main entrance at the rear of the facility. See Level 1 Facility Layout area 1.

## Participant Parking

Team vehicle parking (mini buses, vans, cars) will be in the parking lot located at the rear of the CrossPlex. See Parking Layout area 1 Team Parking. Student athletes may be dropped off and picked up in front of the competition venue (see Level 1 Facility Layout area 2), but no parking will be allowed there. After dropping off you will be directed by parking staff attendant 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/program.
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 to allow alternate athletes 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](http://www.ncaa.com/media). Click on "Credentials" and select the Credential Application link for Division III Indoor Track and Field Championships.

Matt Dsida, the media contact, will review all requests and approve accordingly. Please contact Matt by email at [dsidamatthew@gmail.com](mailto:dsidamatthew@gmail.com) with any questions. Requests will be accepted until 5 p.m., Wednesday, March 11. Credentials may be picked up at team registration Thursday from 1 to 2 p.m. or at the ticket booth starting when the facility opens on each day of competition, Friday, March 13 and Saturday, March 14.

Please forward this information to any media wishing to cover the event. Media sending photographers should make arrangements 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](http://NCAA.com).

# 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 the Birmingham CrossPlex, 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

### Athletic Training Room and Medical Information

The athletic training room is in the warm-up track of the CrossPlex. Teams bringing their own trainers will be allowed to set up underneath the grandstands on the back stretch side of the track. 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 the morning through the conclusion of competition.

One medical credential per institution may be requested for a certified athletic trainer by emailing Mayfield Armstrong ([mbarmstrongatc@gmail.com](mailto:mbarmstrongatc@gmail.com)). Approved medical credentials will be available for pick-up on Thursday during packet pick up or Friday and Saturday at credential pick up on the first floor of the Birmingham CrossPlex. See level 1 Facility Layout area 2.

If student-athletes are not traveling with an athletic trainer, please have your schools' athletic trainer send a request letter to Mayfield Armstrong ([mbarmstrongatc@gmail.com](mailto:mbarmstrongatc@gmail.com)) describing treatments/tapings. **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. **Plastic Wrap (Flexi-Wrap) will not be provided during the meet.** Please send the team with plastic wrap if they wish to use it. Elastic bandages will be provided in emergency situations.

There will be numerous water stations at the Birmingham CrossPlex and cups will be provided. Water bottles will not be available for use. The athletic training facility in the warm-up track 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](http://www.NCAA.org).

### **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**

- Princeton Baptist Medical Center - 701 Princeton Ave SW, Birmingham, AL 35211
- UAB Hospital - 1802 6th Ave S, Birmingham, AL 35233
- St Vincent's Hospital 810 St Vincents Dr, Birmingham, AL 35205
- Brookwood Hospital 2010 Brookwood Medical Center Dr, Birmingham, AL 35209
- UAB Medical West 995 9th Ave SW, Bessemer, AL 35022
- Grandview Medical Center 3690 Grandview Pkwy, Birmingham, AL 35243

### **PHARMACY INFORMATION**

**CVS Pharmacy (Near Birmingham CrossPlex)**  
2250 Bessemer Road  
Birmingham, Alabama 35208  
205-787-4608

**Walgreens (CrossPlex Village)**  
2337 Crossplex Blvd,  
Birmingham, AL 35208  
205-786-3455

**CVS Pharmacy Downtown**  
1431 11<sup>th</sup> Avenue South  
Birmingham, Alabama 35205  
205-933-8374

**Walgreens Downtown**  
2101 Richard Arrington Jr Blvd S,  
Birmingham, Alabama 35209  
205-939-1417

### **Athletic Training Staff**

Mayfield Armstrong

E: [mbarmstrongatc@gmail.com](mailto:mbarmstrongatc@gmail.com)

C: 205-246-2600

### **ATHLETIC TRAINING FACILITY HOURS**

March 11 (Wednesday) 11 a.m. - 7 p.m.

March 12 (Thursday) 8 a.m. - 3 p.m.

March 13 (Friday) 8 a.m. - 8 p.m. (or after last event has completed)

March 14 (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](http://ncaa.com).

### **Parking**

Spectator parking is in the back of the CrossPlex. Parking attendants will direct traffic. See Parking Lot Layout area 1.

#### **Link to Parking Map:**

<https://www.birminghamal.gov/government/city-departments/birmingham-crossplex/plan-your-visit/parking-birmingham-crossplex>

### **Restrooms**

Spectator restrooms are in the main concourse.

### **Seating Areas**

The championship facility has first come, first served seating available on the east and west sides of track. See Track Layout area 5.

### **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:

**CrossPlex Security Desk**  
2340 CrossPlex Blvd.  
Birmingham, Alabama 35208  
205-297-8318

**Birmingham Police Department (West Precinct)**  
2236 47th St Ensley,  
Birmingham, AL 35208  
205-254-1700

**Birmingham Fire Department (Station 20)**  
4825 Avenue W  
Birmingham, Alabama 35208  
205-254-2052

## Tickets

Tickets will be available for purchase at both entrances of the CrossPlex one hours before the first event Friday and Saturday. See Level 1 Facility Layout area 2 and 3.

<b>Ticket Prices</b>	
<b><u>Ticket Type</u></b>	<b><u>Price</u></b>
All-Session Adult Tickets	\$40
All-Session Senior/Student/Child Tickets	\$30
Single-Session Adult Tickets	\$30
Single-Session Senior/Student/Child Tickets	\$20

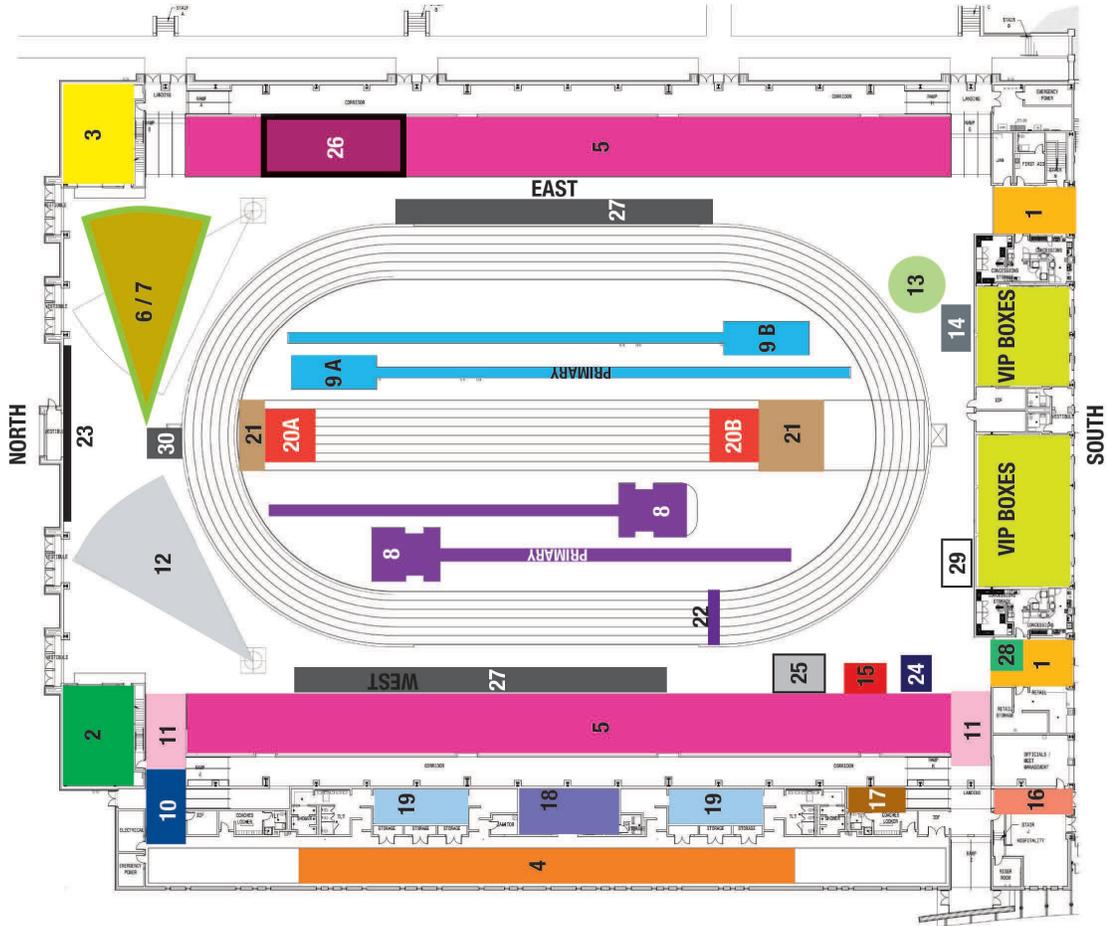
\*Child – 2 years old and under are free.

\*Senior – 65 years old and over

# Appendix A – Track and Field Floor Layout



1. Credentialed Floor Access
2. Clerking Room
3. Implement Check-In
4. Warm Up Track
5. Grand Stands
6. Weight Throw Area
7. Shot Put Ring
8. PV Runway Pit
9. A-Multi's/Open LJ/TJ Runway Entrance to Warm Up Track
10. Student-Athlete Entrance / Exit from track
11. Multi-Throwing Ring-Women's
12. Awards Zone
13. Protest Area
14. Athletic Trainer
15. Student-Athlete Entrance to Spike Control
16. Spike Control
17. Athlete Training Room
18. Locker Rooms
19. A-Men's/Women's High Jump Pits A/B
20. Straightaway Start / Finish
21. Oval Start / Finish
22. LED Board
23. EMS
24. Athlete Recovery
25. Student Athlete Seating (sections 14 & 15)
26. Coaches Box
27. Track & Field AED
28. Media Work Area
- 29.



# Appendix B – Level 1 Concourse

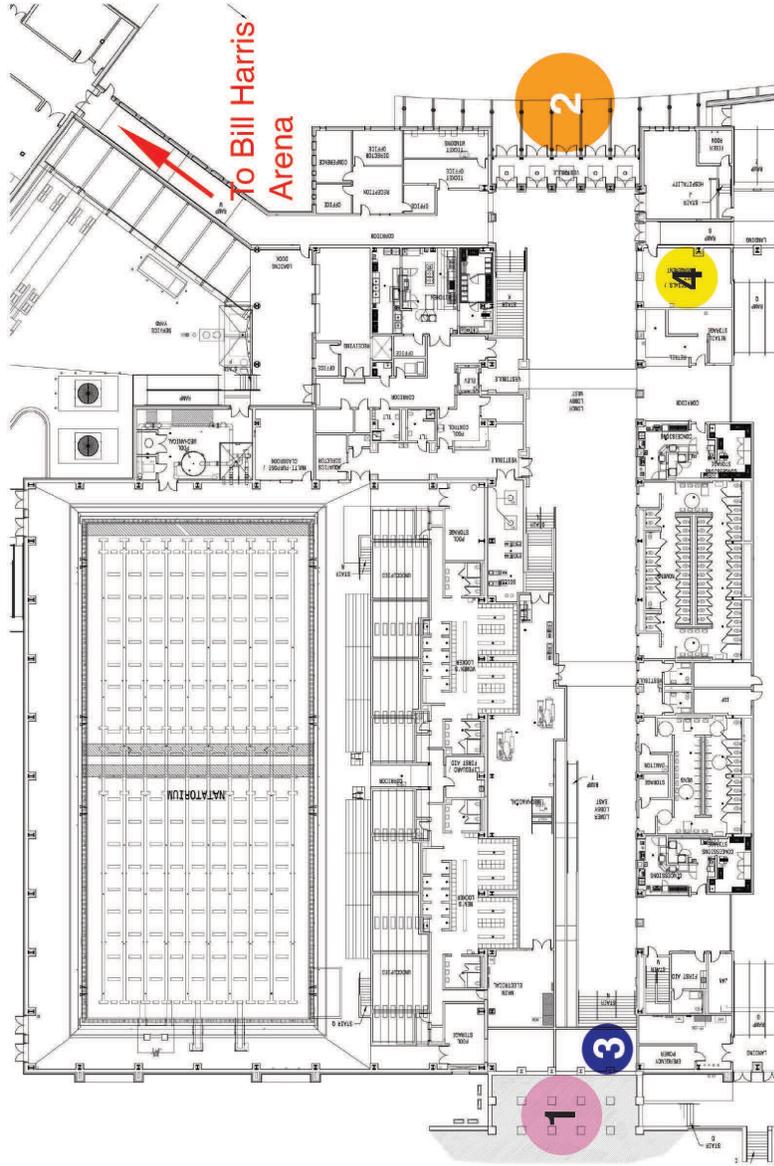


**2026 DIII  
INDOOR TRACK & FIELD  
CHAMPIONSHIPS**

**BIRMINGHAM  
CROSSPLEX**

## Level 1 Facility Layout

- 1. Spectator Entrance
- 2. Main Entrance
- 3. Ticket Sales
- 4. Media Credential Pick-up/Volunteer Check-in

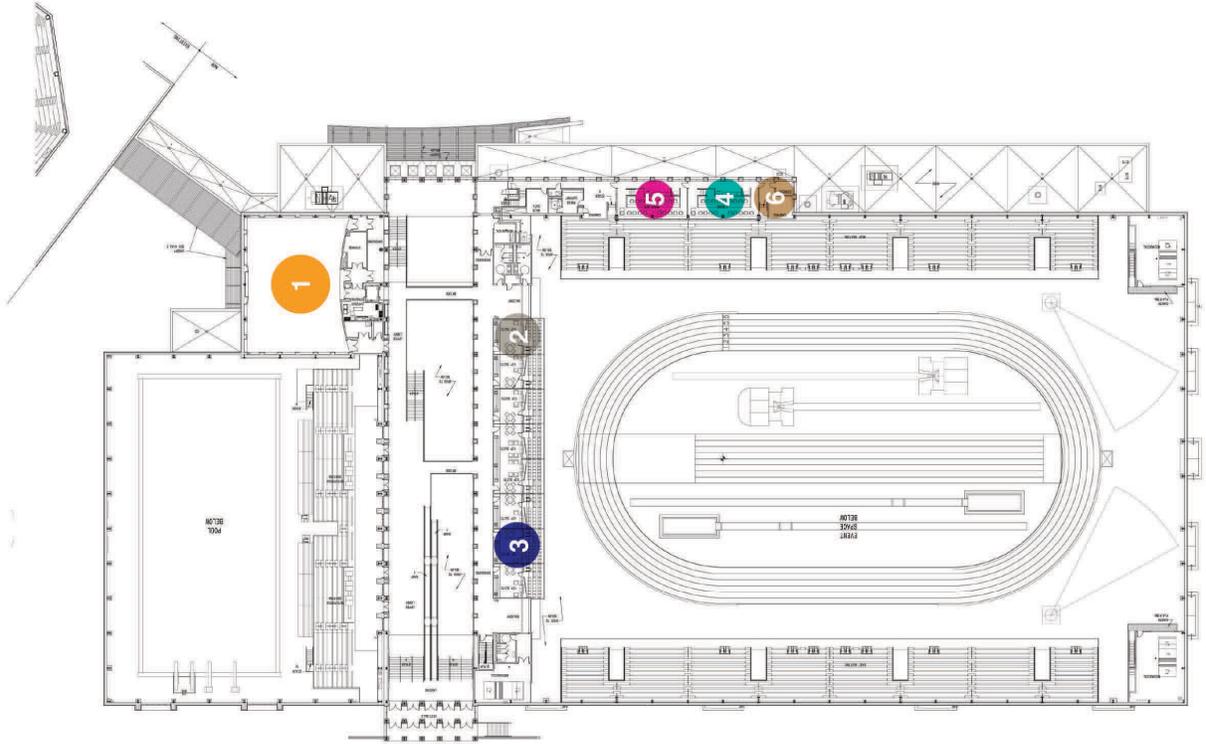


# Appendix C – Level 2 Track and Concourse



## Level 2 Facility Layout

- 1. Packet Pick-up
- 2. NCAA Committee Suite
- 3. Coaches Hospitality Suite
- 4. Timing
- 5. Press
- 6. Streaming



# Appendix D – Team Camp and Warm Up



## Bill Harris Arena Layout

- 1. Team entrance
- 2. Team Camps/School Trainers
- 3. Volunteer Hospitality
- 4. Hallway to Competition Venue
- 5. Athlete Hospitality
- 6. Team Locker Rooms (men & women)
- 7. Practice Lane (Mondo lanes)
- 8. Event Trainers

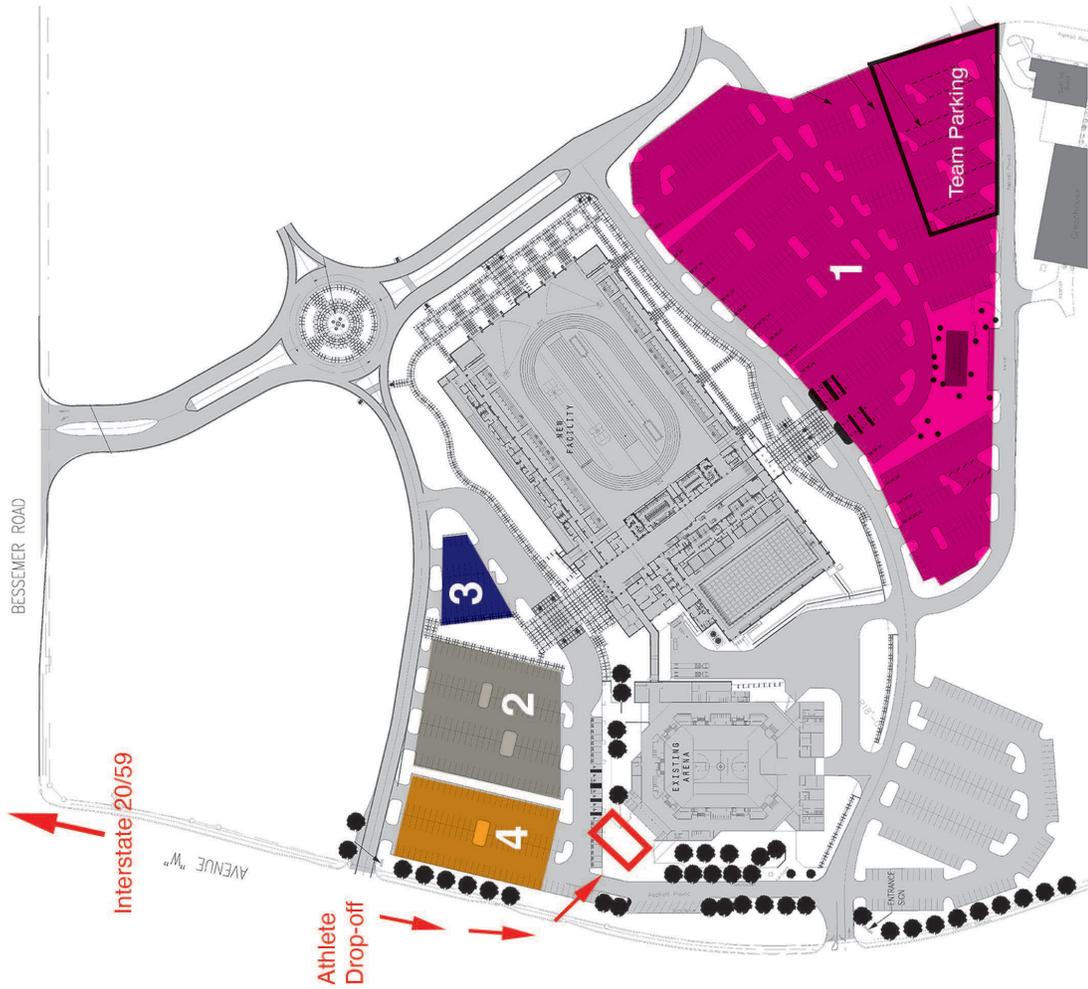


# Appendix E – Parking Layout



## Parking Layout

1. Spectators/Team Parking
2. Officials/Timing/ESPN/DVSports Parking
3. NCAA/VIP Parking
4. Media/Volunteers/Photographers Parking



## Appendix F – Packet Pick-Up Information

Packet pick up will be held Thursday, March 12, from 1– 2:30 p.m., on the second level of the CrossPlex concourse (2340 CrossPlex Blvd., Birmingham, Alabama 35208).

Packet pick-up stations are as follows:

1. Team packets;
2. Credentials;
3. Field event stickers;
4. Relay cards;
5. Banquet gift(s);
6. Participant medallions;
7. Waterbottle;
8. Gill gift;
9. Completed packet check-list return.

If you are unable to make it to packet pickup within the designated time due to travel or other reasons, contact Laura Peterson ([lpeterson@ncaa.org](mailto:lpeterson@ncaa.org); 317-544-9425) to make alternative arrangements.

# Appendix G – Directions

## Directions to Birmingham CrossPlex

### From North:

Follow I-65 South and take Exit 261B onto I-20/59

- Take Exit 120 off I-20/59
- Turn left onto Ensley Avenue and drive back over the interstate
- Follow Ensley Avenue approximately 1 mile into Five Points West Intersection
- Proceed through intersection onto Avenue W to enter CrossPlex

### From South:

- Follow I-65 North through downtown Birmingham and take Exit 261B to I-20/59
- Take Exit 120 off I-20/59
- Turn left onto Ensley Avenue and drive back over the interstate
- Follow Ensley Avenue approximately 1 mile into Five Points West Intersection
- Proceed through intersection onto Avenue W to enter CrossPlex

### From East:

- From I-20 or I-59 merge onto I-20/59 West and follow signs to downtown Birmingham
- Follow I-20/59 West to Exit 120
- Take Exit 120 off I-20/59
- Turn left onto Ensley Avenue and drive back over the interstate
- Follow Ensley Avenue approximately 1 mile into Five Points West Intersection
- Proceed through intersection onto Avenue W to enter CrossPlex

### From West:

- Follow I-20/59 East to Exit 120
- Take Exit 120 off I-20/59
- Turn right onto Ensley Avenue
- Follow Ensley Avenue approximately 1 mile into Five Points West Intersection
- Proceed through intersection onto Avenue W to enter CrossPlex

## Appendix H – Implement Shipping Directions

All implements must be shipped directly to the following address:

Birmingham CrossPlex  
Attention: NCAA TRACK Joel Simmons  
2340 CrossPlex Blvd.  
Birmingham, Alabama 35208

Phone number, if required by shipping company, 205-279-8900

*Please do not call to verify that your shipment has arrived, use the shipping company's online tracking information. It is your responsibility to arrange to ship 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 Joel Simmons, [joel.simmons@birminghamal.gov](mailto:joel.simmons@birminghamal.gov).

**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 I – Clerking Schedule

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

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

# Appendix J – Student-Athlete Participant Awards

## CONGRATULATIONS ON YOUR TEAM'S SUCCESS!

To celebrate your accomplishment, the NCAA is gifting Student-Athlete Mementos on-site at the Championship!



\*The number of Student-Athlete Mementos you receive will match the NCAA-prescribed travel party size.

### HOW TO PURCHASE ADDITIONAL STUDENT-ATHLETE MEMENTOS

To purchase additional mementos beyond your travel party allotment, follow the steps below.

1. Navigate to <https://ncaa-champ-mementos.myshopify.com/> OR scan the QR code on this page.
2. Enter the password: **DIIGIFT25\_26**
3. Select your Championship Logo.
4. Choose the quantity of additional gifts you'd like and add them to your cart.
5. At checkout, provide your contact information and the shipping address for delivery.
6. Enter your payment information (all gifts must be paid for at checkout).
7. Submit your order.



Orders for additional Student-Athlete Mementos will be processed and shipped within two weeks.

### QUESTIONS?

Reach out to Morgan England at [morgan@yiworks.com](mailto:morgan@yiworks.com)