



*2019 DIVISION III OUTDOOR*  
**TRACK & FIELD**  
**CHAMPIONSHIPS**

*GENEVA, OH • University of Mount Union,  
Greater Cleveland Sports Commission, Hosts*

***PARTICIPANT***  
***2018-19 MANUAL***

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## Introduction

In the event you or your athletes are selected for the 2109 NCAA Division III Men's and Women's Outdoor Track and Field Championships. This participant manual will be helpful as a guide to the policies and procedures governing the administration and conduct of this championship event. You are responsible for also knowing the policies and procedures as outlines in the 2019 NCAA Division III Outdoor Track and Field Pre-Championship Manual, located on [ncaa.org](http://ncaa.org). Further, this official participant manual will provide specific information on hotel arrangements, travel, tickets and a schedule of events at the championships site. This annual event will occur May 23<sup>rd</sup>-25<sup>th</sup> in Geneva, Ohio. The Greater Cleveland Sports Commission, SPIRE Institute, and the University of Mount Union will serve as co-hosts.

## Championship History (since 1990)

### Men's History

2018 University of Mount Union  
2017 University of Wisconsin, La Crosse  
2016 University of Wisconsin, La Crosse  
2015 University of Wisconsin, La Crosse  
2014 University of Mount Union  
2013 University of Wisconsin, La Crosse  
2012 McMurry University (Texas)  
2011 North Central College  
2010 North Central College  
2009 University of Wisconsin, Oshkosh  
2008 McMurry University (Texas)  
2007 University of Wisconsin, La Crosse  
2006 University of Wisconsin, La Crosse  
2005 Lincoln University (Pennsylvania)  
2004 University of Wisconsin, La Crosse  
2003 University of Wisconsin, La Crosse  
2002 University of Wisconsin, La Crosse  
2001 University of Wisconsin, La Crosse  
2000 Lincoln University (Pennsylvania)/  
North Central College  
1999 North Central College  
1998 Lincoln University (Pennsylvania)  
1997 University of Wisconsin, La Crosse  
1996 Lincoln University (Pennsylvania)  
1995 Lincoln University (Pennsylvania)  
1994 North Central College  
1993 University of Wisconsin, La Crosse  
1992 University of Wisconsin, La Crosse  
1991 University of Wisconsin, La Crosse  
1990 Lincoln University (Pennsylvania)

### Women's History

2018 George Fox University/ University of  
Massachusetts Boston  
2017 Washington University in St. Louis  
2016 Illinois Wesleyan University  
2015 University of Wisconsin, La Crosse  
2014 Wartburg College (Iowa)  
2013 Wartburg College (Iowa)  
2012 Wartburg College (Iowa)  
2011 University of Wisconsin, Oshkosh  
2010 Illinois Wesleyan University  
2009 Wartburg College (Iowa)  
2008 Illinois Wesleyan University/  
University of Wisconsin, River Falls  
2007 University of Wisconsin, Oshkosh  
2006 University of Wisconsin, Oshkosh  
2005 Wartburg College (Iowa)  
2004 University of Wisconsin, Oshkosh  
2003 Wheaton College (Massachusetts)  
2002 Wheaton College (Massachusetts)  
2001 Wheaton College (Massachusetts)  
2000 Lincoln University (Pennsylvania)  
1999 Lincoln University (Pennsylvania)  
1998 Christopher Newport University  
1997 University of Wisconsin, Oshkosh  
1996 University of Wisconsin, Oshkosh  
1995 University of Wisconsin, Oshkosh  
1994 Christopher Newport University  
1993 Lincoln University (Pennsylvania)  
1992 Christopher Newport University  
1991 University of Wisconsin, Oshkosh  
1990 University of Wisconsin, Oshkosh

## Division III Men's and Women's Track and Field Committee Members

<u>Atlantic</u>	<u>Central</u>
<p>Mike Howard            Cross Country/Outdoor Track and Field Liaison            Director of Athletics            Plattsburgh State University of New York            Cell: 315-854-2014            Email: mhowa011@plattsburgh.edu</p>	<p>Jessica Devine            Cross Country/Outdoor Track and Field Liaison            Head MW Track and Field Coach            University of Minnesota, Morris            Cell: 608-738-1170            Email: jkdevine@umn.edu</p>
<u>Great Lakes</u>	<u>Midwest</u>
<p>Dara Ford            Cross Country/Indoor Track and Field Liaison            Head MW Cross Country/Track and Field Coach            Otterbein University            Cell: 330-280-3975            Email: dford@otterbein.edu</p>	<p>Donald Nichter            Indoor Track and field Liaison            Head Cross Country/ Track and Field Coach            Dickinson College            Cell: 717-385-5316            Email: nichter@dickinson.edu</p>
<u>Midwest</u>	<u>New England</u>
<p>Derek Stanley            Indoor/Outdoor Track and Field Liaison            Head MW Cross Country/Asst. MW Track and Field Coach            University of Wisconsin, La Crosse            Cell: 317-919-4699            Email: dstanley@uwlax.edu</p>	<p>Marlee Berg            Cross Country/Outdoor Track and Field Liaison            Asst. Track and Field Coach/Asst. to the AD            Westfield State University            Cell: 978-337-8133            Email: mberg@westfield.ma.edu</p>
<u>South/Southeast</u>	<u>West</u>
<p>Natalie Bach-Prather            Indoor/Outdoor Track and Field Liaison            Head MW Cross Country/Track and Field Coach            East Texas Baptist University            Cell: 903-742-9464            Email: nbachprather@etbu.edu</p>	<p>Kevin Reid            Indoor/Outdoor Track and Field Liaison            Head MW Track and Field Coach            University of LaVerne            Cell: 626-523-1586            Email: kreid@laverne.edu</p>
Secretary Rules Editor	Data Services
<p>Mark Kostek            Director of Cross Country/All Events, Programs Admin.            Midland University            Cell: 515-208-8300            Email: kostekmt@gmail.com</p>	<p>Josh Klein            Chief Technology Officer            Delta :Timing Group, Inc.            Cell: 440-840-4342            Email: josh.klein@deltatiming.com</p>

### NCAA Staff

<p>Laura Peterson-Mlynski            Championships and Alliances            Office: 317-917-6477            Cell: 317-544-9425            Email: lpeterson@ncaa.org</p>	<p>Paige Newman            Asst. Coordinator, Championship and Alliances            Office: 317-917-6660            Email: pnewman@ncaa.org</p>
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## Host Personnel

<p>Charlie Powell          Director of Track and Field          Office: 440-466-1002 ext. 115          Cell: 302-530-8443          Email: cpowell@spireinstitute.org</p>	<p>Sue Powell          Asst. Meet Director          Office: 440-466-1002 ext. 122          Cell: 302-540-8869          Email: spowell@spireinstitute.org</p>
<p>Emily Dempster          Meet Manager          Office: 440-466-1002 ext. 134          Cell: 330-760-2656          Email: edempster@spireinstitute.org</p>	<p>Kyle Kiser          Director of Facilities          Office: 440-466-1002 ext. 107          Cell: 440-858-3036          Email: kkiser@spireinstitute.org</p>
<p>Meredith Painter          Director of Marketing          Cell: 216-363-6399          Email: mpainter@clevelandsports.org</p>	<p>Sydney Halperin          Director of IT          Office: 440-466-1002 ext. 136          Cell: 216-224-8991          Email: shalperin@spireinstitute.org</p>
<p>Josh Ptak          Video Board Content          Office: 440-466-1002 ext. 139          Cell: 440-476-1805          Email: jptak@spireinstitute.org</p>	<p>Jeff Orloff          Chief Operating Officer          Office: 440-466-1002 ext. 110          Cell: 216-849-3754          Email: jorloff@spireinstitute.org</p>
<p>Matt Sajna          Event Manager          Office: 216-363-1109          Cell:          Email: msajna@clevelandsports.org</p>	<p>Bob Gray          Director of Athletic Training          Office: 216-518-3615          Cell: 216-217-8726          Email: grayb1@ccf.org</p>
<p>Leonard Reich          Mount Union SID          Office: 330-823-6093          Cell:          Email: reichl@mountunion.edu</p>	<p>Kevin Lucas          Mount Union Head Coach          Office: 330-829-8162          Cell:          Email: lucasd@mountunion.edu</p>

## Championship Website

The official championships website is located at the following website:

<http://www.clevelandsports.org/events/2019/05/23/ncaa-diii-mens-womens-outdoor-track-field-championships> . Start lists and results will be available on this website. For information specific to coaches and administrators, please consult the Outdoor Track and Field Championship landing page on [www.ncaa.org](http://www.ncaa.org) .

## Championship Week Schedule

<b>TUESDAY, MAY 21</b>		
<b>TIME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
9 am - 5 pm	Athletic Training Open	Indoor Track Building
10 am - 4 pm	NCAA Merchandise on Sale	SPIRE Fuel
10 am - 7 pm	Practice (see schedule on page 23)	Outdoor Track
10 am - 7 pm	Practice (see schedule on page 23)	Throws Stadium

<b>WEDNESDAY, MAY 22</b>		
<b>TIME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
8 am - 12 pm	Weight Room Open (Must Requests Access)	SPIRE Performance
9 am - 5 pm	Athletic Training Open	Indoor Track Building
10 pm - 4 pm	NCAA Merchandise on Sale	SPIRE Fuel
10 am - 5 pm	Practice (see schedule on page 23)	Outdoor Track
10 am - 5 pm	Practice (see schedule on page 23)	Throws Stadium
1 pm - 3 pm	Packet Pick-Up	Indoor Track Building
2 pm - 4 pm	Weight Room Open (Must Requests Access)	SPIRE Performance
2 pm - 5 pm	Implement Weigh-In **Any implement may be weighted in and certified, however they will be impounded until competition**	Stadium Northwest Locker Room
3:15 pm - 4 pm	Coaches Administrative Meeting	Indoor Track Building - Banquet Center
4 pm - 6 pm	Weight Room Open (Must Requests Access)	SPIRE Performance
6 pm	Banquet Doors Open	Field and Courts Building
6:30 pm	Banquet	Fields and Courts Building
8 pm	Gill's Coaches Social	TBD
2 pm - 6 pm	Weight Room Open (Must Requests Access)	SPIRE Performance

<b>THURSDAY, MAY 23</b>		
<b>TIME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
7 am - 9:15 am	Practice (see schedule on page 23)	Outdoor Track
8 am - 9:30 am	Practice (see schedule on page 23)	Throws Stadium
8 am - 10 am	Implement Weigh-In **Dec. shot put, Hept. shot put, men's and women's discus, women's javelin**	Stadium Northwest Locker Room
8 am - 12 pm	Weight Room Open (Must Requests Access)	SPIRE Performance
8 am - 7 pm	Fieldhouse open Warm ups	Indoor Track
9 am - 8 pm	Athletic Training Open	Indoor Track and select areas around the Stadium
9:45 am	Day 1 Competition Begins	Outdoor Track and Throws Stadium
10 am - 4 pm	NCAA Merchandise on Sale	SPIRE Fuel
10 am - 5 pm	Athlete Hospitality Rooms Open	Indoor Track Building – Banquet Center
10 am - 5 pm	Coaches' Hospitality	Indoor Track Building – Banquet Center Mezzanine
10 am - 5 pm	Officials' Hospitality	Tent between Track and Throws Stadium
10 am - 5 pm	Media & NCAA Hospitality	Press box #4
12 pm - 2 pm	Implement Weigh-In **Friday Event implements may be weighted in and certified, however they will be impounded until competition**	Stadium Northwest Locker Room
2 pm - 6 pm	Weight Room Open (Must Requests Access)	SPIRE Performance

<b>FRIDAY, MAY 24</b>		
<b>TIME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
7 am - 9:15 am	Practice (see schedule on page 23)	Outdoor Track
8 am - 9:30 am	Practice (see schedule on page 23)	Throws Stadium
8 am - 10 am	Implement Weigh-In **Dec. discus, Dec. javelin, Hept. javelin, men's javelin men's and women's shot put**	Stadium Northwest Locker Room
8 am - 12 pm	Weight Room Open (Must Requests Access)	SPIRE Performance
8 am - 7 pm	Fieldhouse open Warm ups	Indoor Track
9 am - 7 pm	Athletic Training Open	Indoor Track and select areas around the Stadium
10 am	Day 2 Competition Begins	Outdoor Track and Throws Stadium
10 am - 4 pm	NCAA Merchandise on Sale	SPIRE Fuel
10 am - 5 pm	Athlete Hospitality Rooms Open	Indoor Track Building – Banquet Center
10 am - 5 pm	Coaches' Hospitality	Indoor Track Building – Banquet Center Mezzanine
10 am - 5 pm	Officials' Hospitality	Tent between Track and Throws Stadium
10 am - 5 pm	Media & NCAA Hospitality	Press box #4
12 pm - 2 pm	Implement Weigh-In **Saturday Event implements may be weighted in and certified, however they will be impounded until competition**	Stadium Northwest Locker Room
2 pm - 6 pm	Weight Room Open (Must Requests Access)	SPIRE Performance

<b>SATURDAY, MAY 25</b>		
<b>TIME</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
7 am - 10 am	Practice (see schedule on page 24)	Outdoor Track
8 am - 10 am	Implement Weigh-In **Men's and Women's Hammer**	Stadium Northwest Locker Room
8 am - 12 pm	Weight Room Open (Must Requests Access)	SPIRE Performance
8 am - 5 pm	Fieldhouse open Warm ups	Indoor Track
9 am - 5 pm	Athletic Training Open	Indoor Track and select areas around the Stadium
10 am - 3 pm	NCAA Merchandise on Sale	SPIRE Fuel
10 am - 4 pm	Athlete Hospitality Rooms Open	Indoor Track Building – Banquet Center
10 am - 4 pm	Coaches' Hospitality	Indoor Track Building – Banquet Center Mezzanine
10 am - 4 pm	Officials' Hospitality	Tent between Track and Throws Stadium
10 am - 4 pm	Media & NCAA Hospitality	Press box #4
11 am	Day 3 Competition Begins	Outdoor Track and Throws Stadium

For championship schedule of events, please see **Appendix A**.

\*\* Refer to page 23 for specifics on practice schedules as jumps and throws events have designated practice times each day\*

## Checklist

\*\*All times shown in host time, EST\*\*

<b>THURSDAY, MAY 16</b>			
Time	Item	Purpose	Submit to
12 am	Last submission of qualifying marks	Last day a qualifying mark may be made. Marks submitted after deadline will not be eligible for qualifying	Meet director must submit to TFRRS website

<b>FRIDAY, MAY 17</b>			
<i>Final descending-order lists posted by 12 p.m. and declaration forms open at this time.</i>			
Time	Item	Purpose	Submit to
2 pm	Challenge period ends	Challenge qualifying marks listed on TFRRS.	Challenges must be submitted by email to Laura Peterson-Mlynski ( <a href="mailto:lpeterson@ncaa.org">lpeterson@ncaa.org</a> ) and to Jimmy Stuart ( <a href="mailto:jimmy.stuart@deltatiming.com">jimmy.stuart@deltatiming.com</a> )
5 pm	Declaration deadline	All student-athletes must be declared or scratched in every event in which they qualified at this time. <b><u>No action will automatically result in a scratch.</u></b> A declaration is a firm commitment to compete in every declared event, unless a preference statement is filed during declarations to indicate a choice among several declared events.	DirectAthletics website: <a href="http://www.DirectAthletics.com">www.DirectAthletics.com</a>
8 pm	Late declaration deadline	Late declarations will be accepted from 5 to 8 p.m. A fine will be assessed.	DirectAthletics website: <a href="http://www.DirectAthletics.com">www.DirectAthletics.com</a>

<b>SATURDAY, MAY 18</b>			
<i>The final list of meet participants will be available via the NCAA website (ncaa.com) by 9 a.m.</i>			

<b>MONDAY, MAY 20</b>			
Time	Item	Purpose	Submit to
5 pm	Medical Credential Request	Deadline to receive medical credentials (Available at packet pick-up)	Bob Gray Grayb1@ccf.org
5 pm	Medical Scratches	Any scratches must be reported	By phone and emailed to Jimmy Stuart 254-715-1474 or ( <a href="mailto:jimmy.stuart@deltatiming.com">jimmy.stuart@deltatiming.com</a> ) and Laura Peterson-Mlynski ( <a href="mailto:lpeterson@ncaa.org">lpeterson@ncaa.org</a> )
6 pm	Extra banquet tickets	Deadline for purchasing extra banquet tickets	See appendices for banquet information

TUESDAY, MAY 21			
Time	Item	Purpose	Submit to
3 pm	Media Credentials request	Deadline to receive media/photo credentials	Leonard Reich Email: reichl@mountunion.edu
4 pm	NCAA Elite 90 nomination	Deadline for submitting nominations for the Elite 90 Awards	Online (see awards section)
4 pm	Championship meet start lists are posted	Start list for the championship	ncaa.org and Delta Timing

## Championship Format

### Declarations

All information regarding declarations is located in the [Pre-championship manual](#).

### Protest Tent

The protest table will be located at the northwest end of SPIRE stadium, above the weigh-in garage on the mezzanine. Forms will be available at the tent 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 shall be in writing and submitted to the referee who shall render a decision. All institutions involved in the protest will be notified of the protest and the decision. The referee's decision shall be written on each copy of the protest. One copy shall be returned to the protesting coach and one shall be placed in the committee's files. A \$50 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 decision of the referee has been announced. Any official evidence available to the referee may be reviewed. If such evidence is not conclusive, the decision of the referee shall be upheld. No further appeal is available. The result of an appeal shall be posted and the affected coaches notified. A \$50 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 Outdoor Track and Field Championships.

### Results

Results will be posted on the result boards located at the South doors to the Fields and Cristal Courts Building. Adjacent to the finish line stands. Spectators and Coaches may also go online to [www.ncaa.org](http://www.ncaa.org) and <http://www.clevelandsports.org/events/2019/05/23/ncaa-diii-mens-womens-outdoor-track-field-championships> to follow live results.

### Heat Sheets

Thursday's heat sheets will be included in the team packet. Friday and Saturday heat sheets will be available at Coaches Hospitality at the end of each day. Heat sheets will also be available online.

# Championship Operations

## Check-In and Clerking

The athlete clerking area will be in SPIRE's Indoor Track Facility in the high jump area on the north end of the indoor track. All student-athletes are required to check-in at the clerking area and will be escorted to the staging tent located at the North end of the Stadium. Line Clerks will escort the athletes to the starting line or field event area. Event and clerking schedules (Student-Athlete Flow schedule) are provided in your meet packet. Athletes **MUST** follow this procedure.

Student-athletes are required to bring their competition spikes and uniforms to the clerking area for inspection. Spike lengths will be checked. Student-athletes will not be allowed to change into their spikes until they are at the staging tent. All running event athletes will leave their warm-ups in the bins provided at the staging tent. All uniforms will be taken to the Mixed Zone following their race for pick up.

All same-day, combined event competitors must clerk in for their first event of the day in the clerking area. At this time, same-day combined event competitors will be provided the option of clerking/checking in for the individual's remaining events for that day.

## Coaches' Boxes

One coach per institution will receive a color-coded sticker to be placed visibly on their credential for access to the field-event coaches' box in which they have a student-athlete participating. Stickers will be provided in each teams' packet which will be picked up during packet pick up on Wednesday.

## Electronic Devices

Coaches, athletes, competitors and officials shall not use video or audio devices, radio transmitters or receivers, mobile phones, computers, or any similar devices in the competition areas, except as authorized by the games committee. (NCAA Rule #4, Article 20)

Coaches are permitted to record their student-athletes during the competition from the coaches' box. However, coaches are **NOT** allowed to use any other form of electronic device in the coaches' box. In addition, coaches are not allowed to review the video footage with student-athletes during any part of the competition. Coaches are required to wait until the competition has been completed to review video footage with any student-athletes.

## Equipment (Starting Blocks, Weights and Batons)

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

A limited number of throwing implements will also be supplied for use by the host institution for competitors or competitors may use their own if they pass certification and weigh in. The available implements are as follows:

- Shot Put
  - NCAA Perfect Balance Gill Shot, 4k, 108mm
  - NCAA Turned Iron Gill Shot, 4k, 104mm

- NCAA Perfect Balance Gill Shot, 16lb, 128mm
- NCAA Turned Iron Gill Shot, 16lb, 125mm
- Discus
  - NCAA OTE High Moment Gill Discus, 1k
  - NCAA OTE Carbon Discus, 1k
  - NCAA OTE High Moment Gill Discus, 2k
  - NCAA OTE Carbon Discus, 2k
- Hammer
  - NCAA Stainless Steel Gill Hammer, 4k, 95mm
  - NCAA Stainless Steel Gill Hammer, 16lb, 110mm
- Javelin
  - 800G Full Countervail Carbon Gill Javelin
  - 600G Full Countervail Carbon Gill Javelin
- Spikes
  - Spikes can be a maximum length of 9mm. Pyramid spikes is preferred. Pins are not allowed.
- Batons
  - Extras will be kept at the Clerks Table

## Evaluations

The NCAA will send a championships evaluation to coaches via email to provide to their participating student-athletes after the championships. We ask that coaches and student-athletes complete the evaluation, as their input is a valuable resource to the continuing improvement of the championships.

## Hospitality

Note: Credentials are required for all hospitality locations. A tentative meal schedule for coaches is as follows:

- Coaches:
  - Located on the North Mezzanine of the Indoor Track Building

Thursday, May 23	10 am to 5 pm
Friday, May 24	10 am to 5 pm
Saturday, May 25	10 am to 4 pm

- Student Athlete:
  - Located in the batting cages in the north hallway of the Indoor Track Building

Thursday, May 23	10 am to 5 pm
Friday, May 24	10 am to 5 pm
Saturday, May 25	10 am to 4 pm

## Implement Weigh-In

Implements must be presented to the implement inspection area, located in the garage at the Northwest corner of the stadium. Weigh-In times are listed below. Once an implement is submitted for certification, it will be impounded and brought to the event site one hour before the start of the event. Upon conclusion of the event student-athletes may pick up their implements at the implement inspection room

Implements not passing inspection will be secured until after the event and may be picked up after competition is completed. A list of non-certified implements will be posted at the implement inspection room. Student-athletes must provide their own implements for practice and competition. All implements should have an identifiable mark; either a school name, or the student-athlete's name. Meet organizers will provide a limited supply of Gill implements for use by competitors not wishing to use their own implements or whose implements have not passed inspection. Competitors who require implements for practice after inspection should bring secondary implements. Equipment bags will be inspected at the clerk's table.

Student-athletes will not be allowed to have any implements in equipment bags taken to the competition venue. Implements not properly certified are prohibited at event site.

Wednesday, May 22	2 pm to 5 pm	Northwest Garage	Any Implement may be weighed in and certified. However, they will be impounded till competition
Thursday, May 23	8 am to 10 am	Northwest Garage	Decathlon shot put, Heptathlon shot put, Men's and Women's discus, Men's and Women's Javelin
	12 pm to 2 pm	Northwest Garage	Friday Event Implements may be weighed in and certified. However, they will be impounded till competition
Friday, May 24	8 am to 10 am	Northwest Garage	Decathlon discus, Decathlon javelin, Heptathlon javelin, Men and Women's shot put
	12 pm to 2 pm	Northwest Garage	Saturday Event Implements may be weighed in and certified. However, they will be impounded till competition
Saturday, May 25	8 am to 11 am	Northwest Garage	Men's and Women's hammer

## Lost and Found

Lost and found will be in the North Garage located under the North Mezzanine. Lost and found can be accessed through meet personnel.

## Packet Pick-Up

Packet pick-up will be held Wednesday, May 22 from 1 to 3 p.m. in the Indoor Track Facility. There will be a mandatory Coaches' Meeting upstairs in the Banquet Room at 3:15 pm. Student-athletes are NOT allowed in the packet pick-up area.

*Included in Packet Pick-up:*

- *Schedule of Events*
- *Heat Sheets(Thursday is the only day that can be provided to coaches)*
- *Final Instructions (if necessary)*
- *Clerking Schedule*
- *Campus Map*
- *Stadium Layout*
- *Visitor Guides*
- *Student- Athlete Credentials*
- *Coaches' Credentials*
- *Student-Athlete Bibs*
- *Safety Pins*
- *Banquet Tickets*
- *Participant Medallions*
- *Coaches' Box passes*
- *Relay Cards*
- *Student-Athlete and Coaches' Gifts*

Late packet pick-up will be Thursday, Friday and Saturday mornings next to the clerking area located in the Northwest Lobby of the Indoor Track Facility

## Pole Vault Storage and Shipping

**Please note all implements and poles can be shipped to the following address:**

Attn: NCAA Track and Field Championships  
Emily Dempster  
SPIRE Institute  
Indoor Track Facility  
5201 SPIRE Circle  
Geneva, OH 44041

**IMPORTANT - PLEASE READ THE FOLLOWING BEFORE MAILING AN IMPLEMENT:** When mailing your implements or pole, also mail a bill of lading to the same address above (or include it with the package) so that we can mail your implements back to you immediately after the meet. See example in **Appendix C**.

Poles may be brought into the competition arena during practice hours Tuesday and Wednesday to store for competition. All poles should be taken to the pole storage area inside the Indoor Track Building at the south end by the indoor pole vault pits. Pole bags must be clearly marked or labeled. Please do not call to verify that your shipment has arrived. Use the shipping company's online tracking information. Contact Emily Dempster at 440-466-1002 or [edempster@spireinsitute.org](mailto:edempster@spireinsitute.org) if you have any questions.

## Programs

Meet programs are located online at <http://www.ncaa.com/gameprograms>. You can view, save, or print the program directly from the website for free. Additionally, after the championships there will be pages added to the program that include the winning teams' photos and a championships recap

## Spikes

Spikes can be a maximum length of 9mm. Pyramid spikes is preferred. Trees, Claws and Pins are not allowed. Spikes will be checked at the Clerking Table.

## Awards

### Medals and Trophies

Official NCAA awards will be presented to the top eight finishers in each event of the championships. Team trophies will be awarded to first through fourth place in each of the championships. In case of ties, awards will be shipped after the championship by the NCAA office.

A team/individual may order additional awards granted that it is an award they received during competition. A team/individual may not order awards they did not receive. Go to <http://mtmrecognition.com/ncaa/> to order additional awards.

### Medallions

Participation medallions will be provided during packet pick-up to all student-athletes (EXCEPT ALTERNATES) competing at the championships

### Student-Athlete Participant Award

Student-athletes advancing to the championships will receive a participant award, which the NCAA will provide after the conclusion of the championships. The NCAA, in conjunction with Main Gate, Inc., **will send an email directly to the participating institutions head coaches regarding the ordering and delivery process of championship participant awards.** If you do not receive information for ordering the awards within two weeks post event, would like to purchase additional awards, or have questions with the ordering process, please contact Laura Peterson-Mlynski (lpeterson@ncaa.org) at the NCAA.

### NCAA Academic Recognition Program – Elite 90

The Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the final site for each of the 90 NCAA championships. Each institution that has at least one student-athlete qualify for the final round/site is eligible to nominate a student-athlete for the award. 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 nomination submission deadline for DIII Outdoor Track and Field is 5 p.m. Eastern time, Tuesday, May 21st. This award will be presented at the banquet.

## Banquet

The banquet will be held at 6:30 p.m. Wednesday, May 22nd in the Fields and Courts Building. Doors to the banquet will open at 6 p.m. The Fields and Courts Building is located at 5201 SPIRE Circle, Geneva Oh 44041, the front building on the SPIRE Campus. Banquet Tickets will be provided to each qualifying student-athlete and to the coaches based on the same criteria as credential distribution (see below). Extra banquet tickets will be sold on a first-come, first-served basis. The deadline to reserve extra tickets is Monday, May 10<sup>th</sup> at 5 pm. Please see Appendix

Each coach will receive complementary banquet tickets based on the criteria below (per gender).

Number of Student Athletes*	Number of Additional Banquet Tickets
1 - 5	1
6 - 10	2
11 - 15	3
16 or more	4

\* Does not include alternate athletes

The banquet will be buffet-style meal. Menu is include in Appendix F.

## Coaches' Administration Meeting

There will be a coaches' meeting after packet pick-up at 3:15 p.m. Wednesday, May 22 in the Banquet Center located on the second floor of the Indoor Track Facility. This meeting is **MANDATORY** (1 representative per institution). Items covered are protest procedures, officiating, awards ceremony process, and NCAA policies.

## Credentials - Participants

The following credentials will be distributed at packet pick-up:

1. Each student-athlete registered to compete will receive one credential for access to the championships.
2. Each program will receive up to four coach credentials per gender/program.
3. Each team with qualified relays will receive up to two additional participant credentials 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. Medical credentials will be administered by the host agency's sports medicine staff. (See Medical Credentials on page 17).
5. Credentials are non-transferable. Any student-athlete, coach, administrator, media or athletic training personnel found giving or selling his/her 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.
6. Coaches with field event student-athletes will receive a color-coded sticker in the team packet which will denote which coaches' boxes they are allowed access to. Only coaches with the correct credentials and the listed event sticker will be allowed in the coaches' box. One coach per institution will be allowed in the coaches' box.

## 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.

If drug testing were to occur, the following format would be followed:

**# Tested:** Division III - 96

**Test Plan:** Winner and random participant from individual events; winning team and one random from relay after student-athlete's last event of that day.

## Competition Site

### Facility

See also **Appendix E** for facility diagram.

The stadium provides seating for up to 10,000 spectators.

### Track Specific Information

A 400-meter 9 lane track, featuring 42" wide lanes on a Beynon 2000 texture. All races will use FinishLynx Automatic Timing System as primary and back up.

### Field Event Specific Information

- High Jump
  - Located on the north end of the stadium
  - 120 x 140 ft. area
  - Beynon 2000 surface
- Pole Vault
  - Located on the north end of the stadium
  - West and East orientation, 160 ft. runways if two mats are setup
  - Unlimited runway if single mat is set up
- Beynon 2000 surface
- Long Jump
  - Located on the north end of the stadium
  - Equipped with four separate West and East oriented pits
  - Unlimited runway
  - Boards are located 3.5 and 7.5 ft. from pit
- Triple Jump
  - Located on the north end of the stadium

- Equipped with four separate West and East oriented pits
- Unlimited runway
- Women’s Triple Jump
  - Boards: 24 ft. and 36 ft.
- Men’s Triple Jump
  - Boards: 32 ft. and 42 ft.
- Hammer
  - Located at the north end of the Throwing Venue: Northwest of the Track Stadium
  - Surface is brushed concrete
- Discus
  - Located at the south end of the Throwing Venue: Northwest of the Track Stadium
- Surface is brushed concrete
- Shot Put
  - Located at the south end of the Throwing Venue: Northwest of the Track Stadium
  - Surface is brushed concrete
  - Two rings with east and west orientation
- Javelin
  - Located at the south end of the Throwing Venue: Northwest of the Track Stadium
  - Surface is Beynon 2000
  - One runway 125 ft.

### Team Parking and Entrances

Team parking will be available in the north lot for vans and other vehicles. Bus parking is available east parking lot (shown in Appendix E). The east doors will be open for entrance into the indoor track

### Weight Room Hours

SPIRE Performance is available for use during the event. However, Coaches must contact John Wallace to reserve a space in the weight room. **Coaches must accompany their athletes for liability purposes.** Coaches and athletes are not permitted inside the weight room outside of the schedule hours of use. John Wallace may be reached by [jwallace@spireinstitute.org](mailto:jwallace@spireinstitute.org) or 440-466-1002 EXT. 138.

	8 am to 12 pm	2 pm to 4 pm	4 pm to 6 pm
Wednesday, May 22	5-6 racks open	3 racks open	5-6 racks open
Thursday, May 23	5-6 racks open	3 racks open	5-6 racks open
Friday, May 24	5-6 racks open	3 racks open	5-6 racks open
Saturday, May 25	5-6 racks open	<b>Closed</b>	<b>Closed</b>

## Media Services

### Credentials – Working Media

Anyone requesting credentials must apply for them through the NCAA. To do so, go to the website <http://www.ncaa.com/media> and scroll down to the “Credential Application” portion of the appropriate event (NCAA Division III Outdoor Track and Field Championships). The University of Mount Union, and the NCAA will review all requests and approve accordingly.

Contact Leonard Reich at [reichl@mountunion.edu](mailto:reichl@mountunion.edu) with any questions.

Sports information credential requests will be accepted until **5 p.m. Eastern, Tuesday, May 21**. Media credentials may be obtained at the SPIRE Institute Will Call Table, located in the front lobby of Spire's Fields and Cristal Courts Building. Credentials may be obtained from Thursday, May 23 through noon on Saturday, May 25.

Media wishing to cover the event, please forward this information to the appropriate sports writer or editor. Requests must be on company letterhead. Media sending photographers should make arrangements well in advance of the championships date. Photographer access will be tightly controlled and limited only to professional photographers who have applied for media credentials. Meet information is currently available on the championship website: <http://www.ncaa.com/championships/trackfield-outdoor-men/d3>.

Links to the results will also be available at this address after the competition.

NCAA guidelines dictate that each institution competing in the championships is entitled to one credential for its sports information staff. The credentialed person **MUST** be an employee of the requesting institution. Each competing team's sports information director should request credentials through the host sports information director.

## Medical

### Medical Credentials

Athletic trainers or team physicians traveling with their student-athletes should contact Bob Gray (see contact information below) to secure a team medical credential. This request must be made no later than 5 p.m. Eastern, Tuesday, May 23 with Bob Gray (GRAYB1@ccf.org). Upon arrival, the AT or MD must present a photo ID at packet pickup to receive their credential. Per NCAA regulations, this credential will allow access to any of our athletic training facilities and into the competition area only under the following conditions:

1. Your credential is visible.
2. Your student-athlete is injured.

If your team is traveling without an athletic trainer or physician, please provide their necessary supplies and documentation. A letter from an AT or MD detailing treatment parameters will be needed for any modalities other than ice related treatments. Each team is expected to bring a fully stocked medical kit with emergency contact and insurance information. **Additionally, if your student-athlete requires specific treatment before practice or competition or post-competition, please contact the host medical staff well in advance of the championships so they can try and accommodate your needs.**

### Medical Facilities

There are several areas that credentialed student-athletes and credentialed team medical personnel will have access to before, during and following the championships.

1. **Athletic Training Area:** The main athletic training area for this event is located at the Northwest corner of the Stadium in the Northwest Locker room. Additional locations for athletic training are: (1) Northeast of the track next to the jumps apron in the Northeast locker room, and (2) at the North end of the Indoor Track and (3) adjacent to the finish line of the Stadium

Track. The main Medical facility will be supplied with electrical stimulation, ultrasound, combination stim/US, cryo-compression unit, hot packs, ice, along with other general and wound care supplies. Written permission from your institution's athletic trainer will be required in advance for use of modalities.

- a. The athletic training area will open two hours prior to the first event of the day and will remain open until approximately one hour after the final event has been completed.
  - b. If you have any special needs or requests, please notify a host athletic trainer and all efforts will be made to accommodate your request.
  - c. Along with the athletic trainers, a Cleveland Clinic Sports Health physician will also be available during all competition times.
2. **Cold baths/tubs** These will be provided throughout the practice days as well as competition. They will be located in the southwest corner of the track in the grassy area and located under the tent. They will be constantly filled with water and ice as needed.
  3. **Hydration.** There will be numerous hydration stations throughout the track complex. Both water and PowerAde will be available and cups will also be provided.

### Athletic Training Services Hours

\*Closing times may vary depending on the meet and the progression of the day.

Tuesday, May 21st	9:00 am - 5:00 pm
Wednesday, May 22nd	9:00 am - 5:00 pm
Thursday, May 23rd	9:00 am - 8:00 pm
Friday, May 24th	9:00 am - 7:00 pm
Saturday, May 25th	9 am - 6:00 pm

### Hospital Information/Directions

In case of an emergency, EMS and the Cleveland Clinic Athletic Trainers will be available on site. The Cleveland Clinic Sports Medicine will provide any emergency needs throughout the championships. Directions to the hospital have been provided in this manual from the stadium.

### Medical Emergency Contacts:

Bob Gray, MS, ATC  
 Cleveland Clinic Athletic Trainer  
 216-217-8726

Physicians Ambulance Service EMS 216-454-4911

### Emergency Equipment:

Supplies on site include: AED, First Aid Kit  
 Emergency Numbers and Hospital Information:

Physicians Ambulance Service - will be on site for the duration of the NCAA Division III National Championships. If additional service is needed, the following emergency numbers have been provided below. All NEOhio is covered by **9-1-1** service also.

If there are any injuries needing medical attention the following medical center's information is provided:

- Geneva Memorial (440) 415-0258 *University Hospitals* Estimated Time 7 minutes  
Take a right out of complex going north on South Broadway  
Left on West Main Street/US 20 (Main intersection of town)  
Hospital on left
- Tri – Point Medical Center (440) 375-8100 *Lake Health Systems* Estimated Time 15 minutes  
Left out of complex  
I-90 west towards Cleveland  
Ohio Route 44 South towards Chardon  
Right on Auburn Road  
Hospital on right
- Brown Memorial (440) 593-1131 *University Hospitals* Estimated Time 26 minutes  
Left out of complex  
I-90 East towards Erie, Pennsylvania  
Exit on Ohio Route 7  
Left on State Street (US 20)  
Hospital on right
- APMC (440) 997-2262 *Cleveland Clinic* Estimated Time 21 minutes  
Left out of the complex  
I-90 East (left) towards Erie, Pennsylvania  
Route 11 North (exit 228) towards Ashtabula  
Exit US -20  
Left on Route 20 to Lake Avenue  
APMC on right

Depending on the severity of the injury or emergency, the trainer/physician on duty will recommend which facility will best suit your needs. The trainer will contact the Meet Director or Meet Manager and they will call 911 to expedite needed services. Physicians Ambulance Service will remain on property throughout the NCAA Championships.

If the injury is not severe, proper first aid will be applied.

In the case of a fire, please proceed calmly to the nearest Emergency Exits, away from the buildings until emergency responders declare the facility safe.

### **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 physician, as designated by the host school, 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.

Please refer all medical and athletic training-related questions to the medical director listed below.

### Contact Information

Medical Coordinator  
 Bob Gray, MS, ATC  
 Coordinator of Athletic Training Community Affairs  
 Cleveland Clinic Sports Health

### Merchandise

NCAA merchandise will be available for sale inside SPIRE Fuel and Aquatics building, located on the south end of the Track Stadium

Wednesday, May 22nd	10:00 am - 4:00 pm
Thursday, May 23rd	9:00 am - 4:00 pm
Friday, May 24th	10:00 am - 4:00 pm
Saturday, May 25th	10:00 am - 3:00 pm

### Participant Expectations and Guidelines

#### Misconduct

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics. Each games committee shall hold an administrative meeting with the coaches of participating institutions to review and explain the policies related to misconduct.

#### Failure to Adhere to Policies and Procedures

A governing sports committee may assess a financial penalty against an institution for failure of any of its representatives to adhere to the policies and procedures governing the administration of the competition. This includes, but is not limited to, failure to comply with the procedures and deadlines for submitting scores, score sheets, schedules, rosters and entry/march-in forms for qualification and other materials necessary for the efficient administration of the competition.

## Practice Schedule and Facility Hours

### Track lanes will be designated for the following purposes

- Lanes 1-2 for lap running
- Lanes 3-6 for relays and starting blocks
- Lanes 7-9 for hurdles

### Stadium Hours/Practice Schedule

The Outdoor Track and Throws Stadium will be available for 10 am to 7 pm Tuesday, May 21 and from 10 am to 5 pm Wednesday, May 22. Please see the championship Week Schedule of Page 7, and below for available time for field event practice.

Event	Tuesday	Wednesday	Thursday	Friday	Saturday
Pole Vault	10 am - 7 pm	10 am - 5 pm	No Practice	No Practice	No Practice
High Jump	10 am - 7 pm	10 am - 5 pm	No Practice	No Practice	No Practice
Long/Triple	10 am - 7 pm	10 am - 5 pm	No Practice	No Practice	No Practice
Shot Put	10 am - 7 pm	10 am - 5 pm	8 am - 9:30 am	No Practice	No Practice
Javelin	10 am - 12 pm	10 am - 12 pm	No Practice	No Practice	No Practice
Discus	12 pm - 3 pm	12 pm - 3 pm	No Practice	No Practice	No Practice
Hammer	3 pm - 6 pm	3 pm - 6 pm	8 am - 9:30 am	8 am - 9:30 am	No Practice

### Warm-Up/Practice Track (Competition days only)

The Indoor Track Building will be open for warm-ups starting two hours prior to the first competition each day. The warm-up area will close one hour after the last event each day. Facility hours are 8 am to 7 pm.

The indoor track has an eight-lane, 300m track with ten sprint lanes and additional turf surface area located inside the track. Warm-ups are NOT allowed inside the competition venue until the student-athletes are clerked and escorted to their event. Hurdles and blocks will be provided at the indoor practice track for participant use. No throwing implements may be used in the field house. Please see field event schedule below. Under no circumstances may an individual or team use their own starting blocks during competition. Starting blocks will be provided by Gill and SPIRE Institute.

## Seating Areas

Spectator seating will be available in the West and East side grandstand of the SPIRE outdoor stadium. Bleachers will also be available for seating at the jumps/vault area (located on the Northeast Mezzanine) and at the throws facility.

## Tickets

Only members of the official travel party receive credentials and are admitted free of charge. Other coaches/administrators and alternates must purchase their additional credentials during packet pick-up or individuals must purchase their tickets at the ticket booths on the days of competition. Ticket sales will begin each day one hour prior to competition. Cash or credit card will be accepted.

SPIRE Institute and all competition venues will open to spectators 60 minutes prior to the beginning of competition each day.

Tickets are also available for purchase online prior to the meet by visiting [ncaa.org/tickets](http://ncaa.org/tickets). Pre-sale tickets purchased online will be available for pickup at the Will Call table inside the SPIRE Institute Fields and Cristal Courts Building. All spectators will receive a wristband each day for entry. All-session pass purchasers will receive a commemorative ticket and wristbands for all three days when they pick up their pass.

	Single Session Tickets	All Session Ticket ( Thursday - Saturday)
Adult	\$13	\$35
Youth/Senior/Student*	\$10	\$25

\*Seniors: 60+

\*Youth: High school students and under, visiting college students with campus ID

\*Children two and under and active military are free

## Travel and Accommodations

### Transportation

Any participating institution located within 500 miles of the competition site must drive. Please note mileage is calculated using the shortest route through the NCAA's Travel Expense System (TES) <https://web1.ncaa.org/TES/exec/login?js=true>. Click on Mileage Calculator underneath the Login area). All transportation needs will be the responsibility of the participating team.

Any institution over 500 miles is permitted to fly and all airline reservations must be made through Short's Travel Management (866-655-9215). The participating institution shall be completely responsible for making its own travel reservations. Institutions can also enter travel manifest and other travel party information through the travel portal at [www.shortstravel.com/ncaachamps](http://www.shortstravel.com/ncaachamps).

If an institution is eligible to use air transportation to the site of the championship, and there is a major airport located within 150 miles of the championship site, then the participating institution is required to fly into/out of that airport and use ground transportation to and from the site of competition. This also applies if the originating airport is located within 150 miles of the participating institution's campus.

This policy only applies when airfare is less expensive from the more distant airport. In addition, the NCAA travel staff will have discretion to increase the hub rule mileage if necessary and reasonable. When teams competing in individual-team sports are eligible to fly to the competition site, the institutions will be allowed to book travel before the official selection announcement. However, should you pre-book and any of your travelers not qualify for reimbursement, your

institution will be billed for the cost of those tickets after the championship is completed. If an institution is eligible to use air transportation, they may choose to drive to the site of competition due to difficulties in arranging air travel. Should this occur, the institution will be reimbursed the lesser of what airfare would have cost, or the eligible ground transportation. For individual-team sports, eligible ground transportation is mileage per person.

### **Lodging**

In order to secure the best available hotel room rate for the championships, both teams and fans, please contact the SPIRE Hotel Concierge Line: 440-466-1002 ext. 102.

### **Team Dining**

All competing teams will have the opportunity to order lunch and dinner from SPIRE Banquets, on-line. When orders are complete, please identify all traveling party that will be eating team meals. The online order link will be available at [https://www.spireinstitute.org/NCAA\\_D3\\_Outdoor](https://www.spireinstitute.org/NCAA_D3_Outdoor)

Please see *Appendix F*.

## **Uniforms**

### **Bibs**

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

### **Hip numbers**

Hip numbers will be provided for all races. For student-athletes competing in races not finishing in lanes (800m and up), three numbers will be given to each student-athlete. The third number should be on the left chest. For relays, all runners will receive numbers.

### **Uniforms**

When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disciplinary action. Wearing any part of the official team competition uniform illegally (that is, top off or intentionally shortened, shoulder straps lowered) while in the area of competition shall lead to a warning by the nearest official and a report of uncorrected violations shall be made to the games committee, referee and offending competitor's coach.

1. On any single day of competition, all team members must wear uniforms clearly indicating through color, logo and combination of all outer garments worn as a uniform, that they are the same team.
  - a. Teams may change uniform colors from one day to another for multiple-day meets.

- b. Men's and women's programs are considered separate teams, and are not required to have uniforms of identical color.
2. A uniform consists of two school-issued components – shorts or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components. Any outer garment (that is, sweatpants, tights) that is school-issued becomes the official uniform, when worn.
  - a. The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.
  - b. The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for the competitors' numbers to be placed above the waist, front and back.
  - c. Uniform tops must be worn so to not obscure hip numbers.
  - d. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.
  - e. All relay and cross country team members must wear uniforms clearly indicating, through color, logo and combination of all outer garments worn as a uniform that members are from the same team.
  - f. Other visible garments useful in team recognition (that is, T-shirts, arm warmers, tights of any length, leg-warmers, each taken separately) worn by team members must be of an identical solid color. This does not apply to items of apparel above the shoulder or those covering the hands/feet.
3. Competitors shall not use or wear artificial noisemakers.

Note 1: Individual or team uniform, logo, number and shoe rules shall be enforced through inspection by the clerk or the head field event official at initial event check-in. Violators shall be warned, given the chance to correct the violation and reported as provided in the rule.

Note 2: Clothing defined as an 'undergarment' does not include items commonly defined as 'underwear'.

Note 3: The effect of this rule is that no imagination shall be required to justify a clear sense of belonging to a team.

## **Logo Policy**

An institution's official uniform and all other items of apparel (e.g., team jersey, socks) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2¼ square inches, including any additional material (e.g. patch surrounding the normal trademark or logo). The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo of an apparel manufacturer or distributor. This restriction shall not include logos that identify the student-athlete's institution or conference.

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, including pre-meet or post-meet activities.

\*IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE REFERENCE THE FOLLOWING:  
 [Bylaw 12.5.3 in the NCAA Division III Manual and Rule 4-3 in 2017 and 2018 NCAA Cross  
 Country/Track and Field Rules.

## Appendix A - Schedule of Events

### Thursday - Combined Events

Men's Decathlon		Women's Heptathlon	
10:30 am	100 Meter Dash	11:30 am	100 Meter Hurdles
11:15 am (est.)	Long Jump (2 pits)	12:15 pm (est.)	High Jump (2 pits)
12:25 pm (est.)	Shot Put	2:10 pm (est.)	Shot Put
1:45 pm (est.)	High Jump (2 pits)	3:30 pm (est.)	200 Meters
3:40 pm (est.)	400 Meter Dash		

### Thursday - Field Events

10 am	Discus	Men	Prelims & Finals
12 pm	Pole Vault	Women	Finals
12:30 pm	Discus	Women	Prelims & Finals
2 pm	Long Jump	Men	Prelims & Finals
3 pm	Javelin	Women	Prelims & Finals
5 pm	Long Jump	Women	Prelims & Finals
5:15 pm	Javelin	Men	Prelims & Finals

### Thursday - Track Events

9:45 am	10,000 Meters	Women	Final
10:45 am	10,000 Meters	Men	Final
Break			
2:50 pm	National Anthem		
3:00 pm	4x100 Meter Relay	Women	Prelims
3:15 pm	4x100 Meter Relay	Men	Prelims
3:55 pm	1500 Meters	Women	Prelims
4:10 pm	1500 Meters	Men	Prelims
4:25 pm	400 Meter Hurdles	Women	Prelims
4:40 pm	400 Meter Hurdles	Men	Prelims
4:55 pm	200 Meters	Women	Prelims
5:10 pm	200 Meters	Men	Prelims
5:25 pm	3000 Meter Steeplechase	Women	Prelims
5:50 pm	3000 Meter Steeplechase	Men	Prelims

6:15 pm	4x400 Meter Relay	Women	Prelims
6:30 pm	4x400 Meter Relay	Men	Prelims

## Appendix A - Schedule of Events

### Friday - Combined Events

Men's Decathlon		Women's Heptathlon	
10 am	110 Meter Hurdles	11:30 am	Long Jump (2 pits)
10:45 am (est.)	Discus	12:15 pm (est.)	Javelin
12 pm (est.)	Pole Vault (2pits)	2:45 pm (est.)	800 Meters
2:45 pm (est.)	Javelin		
4:30 pm (est.)	1500 Meters		

### Friday - Field Events

11:30 am	High Jump	Women	Finals
11:30 am	Shot Put	Men	Prelims & Finals
2 pm	High Jump	Men	Finals
2 pm	Shot Put	Women	Prelims & Finals

### Friday - Track Events

2:05 pm	National Anthem		
2:10 pm	100 Meter Hurdles	2:10 pm	100 Meter Hurdles
2:30 pm	110 Meter Hurdles	2:30 pm	110 Meter Hurdles
3:00 pm	400 Meters	3:00 pm	400 Meters
3:15 pm	400 Meters	3:15 pm	400 Meters
3:30 pm	100 Meter	3:30 pm	100 Meter
3:45 pm	100 Meter	3:45 pm	100 Meter
4:00 pm	800 Meters	4:00 pm	800 Meters
4:15 pm	800 Meters	4:15 pm	800 Meters

## Appendix A - Schedule of Events

### Saturday - Field Events

11 am	Hammer	Women	Prelims & Finals
11 pm	Triple Jump	Men	Prelims & Finals
12 pm	Pole Vault	Men	Finals
1:45 pm	Hammer	Men	Prelims & Finals
1:45 pm	Triple Jump	Women	Prelims & Finals

### Saturday - Track Events

11:15 am	National Anthem		
11:30 am	3000 Meter Steeplechase	Women	Final
11:45 am	3000 Meter Steeplechase	Men	Final
12:05 pm	4x100 Meter Relay	Women	Final
12:15 pm	4x100 Meter Relay	Men	Final
12:25 pm	1500 Meters	Women	Final
12:35 pm	1500 Meters	Men	Final
12:50 pm	100 Meter Hurdles	Women	Final
1 pm	110 Meter Hurdles	Men	Final
1:10 pm	400 Meters	Women	Final
1:20 pm	400 Meters	Men	Final
1:30 pm	100 Meter	Women	Final
1:40 pm	100 Meter	Men	Final
1:50 pm	800 Meters	Women	Final
2 pm	800 Meters	Men	Final
2:15 pm	400 Meter Hurdles	Women	Final
2:25 pm	400 Meter Hurdles	Men	Final
2:40 pm	200 Meters	Women	Final
2:50 pm	200 Meters	Men	Final
3 pm	5000 Meters	Women	Final
3:25 pm	5000 Meters	Men	Final
3:50 pm	4x400 Meter Relay	Women	Final
4 pm	4x400 Meter Relay	Men	Final

# Appendix B - Student-Athlete Injury Report

Track and Field Championship  
Host Medical Form

Venue: \_\_\_\_\_ Host Institution: \_\_\_\_\_  
Name: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm Date: \_\_\_\_\_  
Address: \_\_\_\_\_  
Sport: \_\_\_\_\_ Position: \_\_\_\_\_ Age: \_\_\_\_\_  Male  Female  
Medical Insurance: Yes / No Company: \_\_\_\_\_ Policy #: \_\_\_\_\_  
Team: \_\_\_\_\_ Contact Person: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Injured Area: Left / Right - New Injury: Yes / No - Comp. / Practice / Warm-Up / Non-Athletic  
Continued Participation Recommendation? Yes / No  
Incident Description: \_\_\_\_\_  
\_\_\_\_\_  
History: \_\_\_\_\_  
\_\_\_\_\_  
Physical Exam: \_\_\_\_\_  
\_\_\_\_\_  
Diagnosis: \_\_\_\_\_  
\_\_\_\_\_  
Treatment: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Disposition:	Comments ( <i>NCAA staff notification for disqualification</i> ):
<input type="checkbox"/> Return to Competition	_____
<input type="checkbox"/> Disqualified from Competition	_____
<input type="checkbox"/> EMS/Ambulance Transport	_____
<input type="checkbox"/> Released to Parent	_____
<input type="checkbox"/> Released to Institutional Representative	_____
<input type="checkbox"/> Refusal of Care	_____

\_\_\_\_\_  
Host Certified Athletic Trainer (*if applicable*)

\_\_\_\_\_  
Team Medical Staff (*if applicable*)

\_\_\_\_\_  
Host Physician Signature

## Appendix C - Implement Shipping Directions

All implements may be shipped directly to SPIRE Institute. Please fill out your contact information and place the bottom half of this sheet on the outside of the shipping box or pole bag. Please email Emily Dempster; 440-466-1002 Ext. 134 or [edempster@spireinstitute.org](mailto:edempster@spireinstitute.org) if you have any questions.

**Ship to:** Attn: NCAA Track and Field Championships  
Emily Dempster  
SPIRE Institute - Indoor Track Facility  
5201 SPIRE Circle  
Geneva, OH 44041

**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)*

- |   |   |
|---|---|
| <input type="checkbox"/> Men's Pole Vault (#) _____ | <input type="checkbox"/> Women's Pole Vault (#) _____ |
| <input type="checkbox"/> Men's Shot (#) _____       | <input type="checkbox"/> Women's Shot (#) _____       |
| <input type="checkbox"/> Men's Hammer (#) _____     | <input type="checkbox"/> Women's Hammer (#) _____     |
| <input type="checkbox"/> Men's Discus (#) _____     | <input type="checkbox"/> Women's Discus (#) _____     |

# Appendix D – Directions

SPIRE Institute  
5201 SPIRE Circle  
Geneva, Ohio 44041  
440-466-1002

## FROM CLEVELAND HOPKINS INTERNATIONAL AIRPORT via I-480/I-271/I-90

- Follow Signs to I-480 East
- Take I-480 E to I-271 North
- Take I-271 North towards Cleveland
- I-271 Ends, Keep left to continue on I-90 East
- Exit at OH-534 exit, Exit 218, (Geneva)
- Turn Left onto South Broadway / 534
- SPIRE Institute entrance on the right

## FROM THE WEST via I-80/I-90:

- Take I-80 East/I-90 East towards Cleveland
- Merge onto I-90 East via Exit 142 toward OH-2 E/Cleveland
- Keep right to take I-90 toward Cleveland
- Take the OH-534 exit, Exit 218, toward Geneva
- Turn Left onto South Broadway
- SPIRE Institute entrance on the right

## FROM THE SOUTH via I-271:

- Take I-271 North towards Cleveland
- I-271 becomes I-90 East
- Take the OH-534 exit, Exit 218, toward Geneva
- Turn Left onto South Broadway
- SPIRE Institute entrance on the right

## FROM THE SOUTH via I-77:

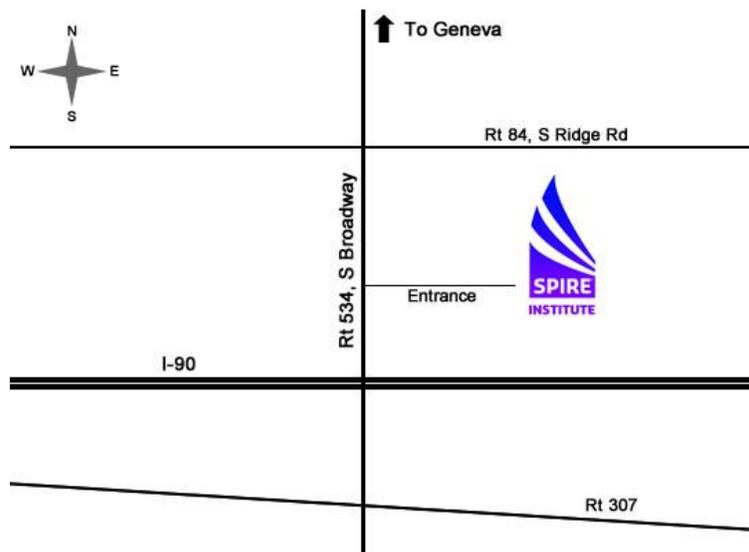
- Take I-77 North towards Cleveland
- Keep left to take OH-8 North via Exit 125A toward Cuyahoga Falls
- Merge onto 1-271 North via the exit on the left toward 1-90/Erie
- I-271 becomes I-90 East
- Take the OH-534 exit, Exit 218, toward Geneva
- Turn Left onto South Broadway
- SPIRE Institute entrance on the right

## FROM THE SOUTH via I-71:

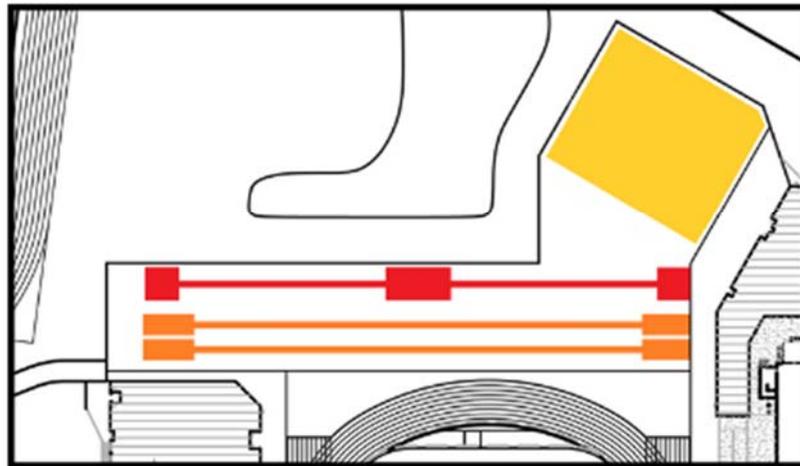
- Take I-71 North towards Cleveland
- Merge onto 1-271 North via Exit 220 toward Erie
- I-271 becomes I-90 East
- Take the OH-534 exit, Exit 218, toward Geneva
- Turn Left onto South Broadway
- SPIRE Institute entrance on the right

## FROM THE EAST via I-90:

- Take I-90 West towards Cleveland
- Take the OH-534 exit, Exit 218, toward Geneva
- Turn Right onto South Broadway
- SPIRE Institute entrance on the right

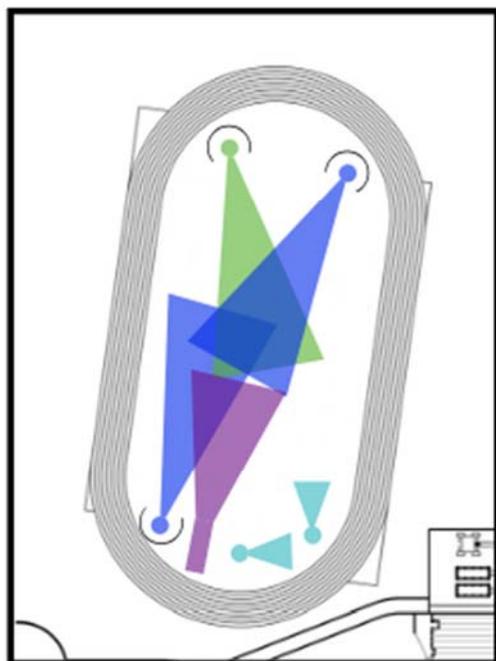


## Appendix E - Facility Maps



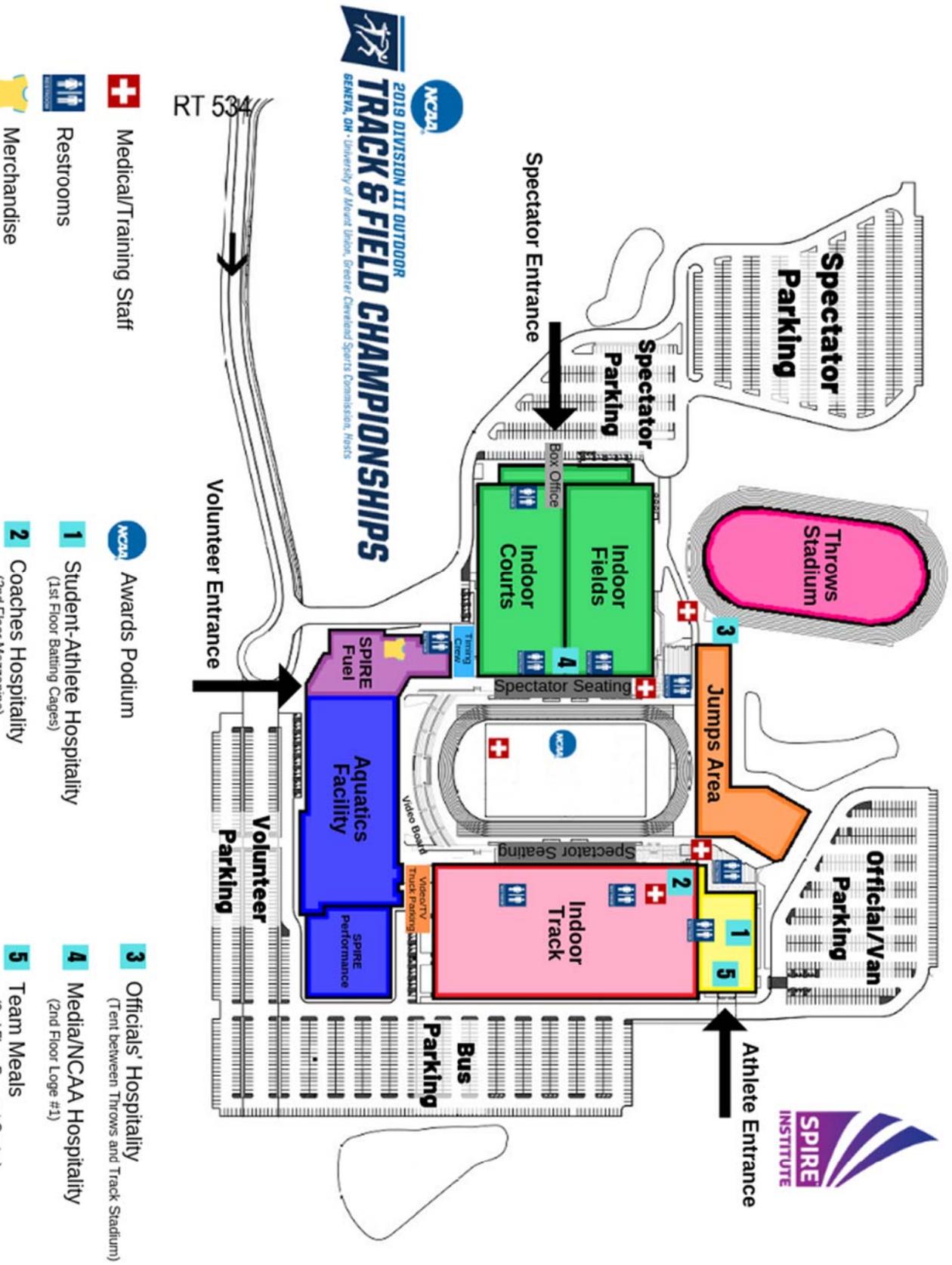
2019 Division III Championship  
Jumps Layout

■ High Jump   ■ Long/Triple Jump   ■ Pole Vault



2019 Division III Championship  
Throws Arena Layout

■ Discus  
■ Hammer  
■ Javelin  
■ Shot Put





**NCAA  
Division III  
Track & Field  
Championship  
Banquet**

**MAY 22, 2019**

*Starter*

Chef Tossed Caesar Salad  
Garlic Bread Sticks

*Entree*

Lemon and Herb Baked Chicken  
Bow Tie Pasta Primavera with Broccoli, Red  
Bell Peppers, Pesto (no pine nuts) and fresh  
Basil

*Dessert*

Chefs Choice of Specialty Dessert

*Drinks*

Ice Tea, Lemonade  
Freshly Brewed Coffee

**\*\*All food is made Nut free and Gluten Free options are available.\*\***

## Appendix F – Dining

# Team Meals

### Option 1: Served in the Banquet Center

#### Sample Menu:

**Lunch**  
Grilled Turkey and Cheese  
Sandwiches  
Garden Salad  
Potato Salad  
Water and Body Armour

**Dinner**  
Asian Garden Vegetable Stir Fry  
Grilled Chicken or Tofu  
Brown Rice Medley  
Spring Rolls  
Water, Body Armour, Coffee

**Boxed Meal**  
Turkey & Cheddar or  
Vegetarian Wrap  
Chips  
Whole Fruit  
Cookie  
Bottled water

To order you team meals, please click the link below:

After finishing your order, email your team/individual roster to [jmeola@spireinstitute.org](mailto:jmeola@spireinstitute.org). This includes all of the individuals that will be purchasing a meal for, such as trainers, SIDs, coaches, student athletes, bus drivers, etc.

All Orders are due by 9 am ET, Tuesday, May 21.

### Option 2: SPIRE Fuel

The SPIRE food and Beverage Department is offering a new option for team meals this year! Instead of having a team meal in the banquet center, SPIRE Fuel is offering your team to set up a tab for the whole weekend for your team to use.

SPIRE Fuel would need a roster that includes everyone that will be using the tab, this includes all of the individuals that will be purchasing a meal for, such as trainers, SIDs, coaches, student athletes, bus drivers, etc.

All Tabs need to be set up by 12 pm ET, Tuesday, May 21.

Please Contact Julie Meola with any questions at:

[jemola@spireinstitute.org](mailto:jemola@spireinstitute.org)

440-466-1002 ext. 112

## Appendix F – Dining

### **SPIRE Fuel**

Located in the Aquatics Building, directly south of the Stadium

<b>Thursday, May 23rd</b>	<b>11 am - 4 pm</b>
<b>Friday, May 24th</b>	<b>11 am - 4 pm</b>
<b>Saturday, May 25th</b>	<b>11 am - 4 pm</b>

Fuel is the full-service food court with a salad bar, pizza station, soups and other healthy choices.

### **Time Out Cafe Cafe**

Located in the Field and Courts Building, on the west side of the track.

**9 am to 3 pm**  
**All three days!**

Time Out Cafe offers concession stand food such as hotdogs, popcorn, snacks, coffee and drinks!

## Appendix G - Additional Banquet Tickets



### 2019 NCAA Division III Outdoor Track and Field Championships

#### Student Athlete Banquet

#### ADDITIONAL TICKET RESERVATION FORM

**Wednesday, May 22, 2019 at 6:30 pm**

(Doors Open at 6:00 pm)

**SPIRE Institute Field and Courts Building**

<b>Institution</b>	
<b>Contact</b>	
<b>Title</b>	
<b>Address</b>	
<b>City, State, Zip</b>	
<b>Phone</b>	
<b>Email</b>	

Number of Additional Tickets Needed: \_\_\_\_\_ x \$35 = \$

**Check Enclosed (Make Payable to: The Greater Cleveland Sport Commission)**

**Credit Card (Complete below)**

Name on Card		Expiration Date	
Card Number		Security Code	
Billing Address		Zip Code	

**Questions:** Contact Mark Lembke at [mlembke@clevelandssports.org](mailto:mlembke@clevelandssports.org) or 216-363-1107. All forms must be received via email or faxed to 216-621-2773 by Monday, May 20 by 5 pm.

## Appendix H – Clerking Schedule

### THURSDAY FIELD EVENTS

Event	Start Time	Warm-up Begins / Time Allotted	Staging	Final Clerking	Check-in Closes	Check-in Opens
Discus (m)	10:00 a.m.	9:35 a.m. (20 min FS)	9:25 a.m.	9:20 a.m.	9:15 a.m.	8:15 a.m.
PV (w)	12:00 p.m.	10:30 a.m. (90 min)	10:25 a.m.	10:20 a.m.	10:15 a.m.	9:15 a.m.
Discus (w)	12:30 p.m.	12:05 p.m. (20 min FS)	11:55 a.m.	11:50 a.m.	11:45 a.m.	10:45 a.m.
LJ (m)	2:00 p.m.	1:35 p.m. (20 min FS)	1:25 p.m.	1:20 p.m.	1:15 p.m.	12:15 p.m.
Javelin (w)	3:00 p.m.	2:35 p.m. (20 min FS)	2:20 p.m.	2:15 p.m.	2:20 p.m.	1:10 p.m.
LJ (w)	5:00 p.m.	4:35 p.m. (20 min FS)	4:25 p.m.	4:20 p.m.	4:15 p.m.	3:15 p.m.
Javelin (m)	5:15 p.m.	4:50 p.m. (20 min FS)	4:40 p.m.	4:35 p.m.	4:30 p.m.	3:30 p.m.

### THURSDAY TRACK EVENTS

Event	Start Time	Staging	Final Clerking	Check-in Closes	Check-in Opens
10000m (w)	9:45 a.m.	9:30 a.m.	9:25 a.m.	9:20 a.m.	8:20 a.m.
100m (Dec)	10:30 a.m.	10:15 a.m.	10:10 a.m.	10:05 a.m.	9:05 a.m.
10000m (m)	10:45 a.m.	10:30 a.m.	10:25 a.m.	10:20 a.m.	9:20 a.m.
100mH (Hep)	11:30 a.m.	11:00 a.m.	10:55 a.m.	10:50 a.m.	9:50 a.m.
4x100m (w)	3:00 p.m.	2:45 p.m.	2:40 p.m.	2:35 p.m.	1:35 p.m.
4x100m (m)	3:15 p.m.	3:00 p.m.	2:55 p.m.	2:50 p.m.	1:50 p.m.
1500m (w)	3:55 p.m.	3:40 p.m.	3:35 p.m.	3:30 p.m.	2:30 p.m.
1500m (m)	4:10 p.m.	3:55 p.m.	3:50 p.m.	3:45 p.m.	2:45 p.m.
400mH (w)	4:25 p.m.	4:10 p.m.	4:05 p.m.	4:00 p.m.	3:00 p.m.
400mH (m)	4:40 p.m.	4:25 p.m.	4:20 p.m.	4:15 p.m.	3:15 p.m.
200m (w)	4:55 p.m.	4:40 p.m.	4:35 p.m.	4:30 p.m.	3:30 p.m.
200m (m)	5:10 p.m.	4:55 p.m.	4:50 p.m.	4:45 p.m.	3:45 p.m.
3k STC (w)	5:25 p.m.	5:10 p.m.	5:05 p.m.	5:00 p.m.	4:00 p.m.
3k STC (m)	5:50 p.m.	5:35 p.m.	5:30 p.m.	5:25 p.m.	4:25 p.m.
4x400m (w)	6:15 p.m.	6:00 p.m.	5:55 p.m.	5:50 p.m.	4:50 p.m.
4x400m (m)	6:30 p.m.	6:15 p.m.	6:10 p.m.	6:05 p.m.	5:05 p.m.

## FRIDAY FIELD EVENTS

Event	Start Time	Warm-up Begins / Time Allotted	Staging	Final Clerking	Check-in Closes	Check-in Opens
HJ (w)	11:30 a.m.	10:25 a.m. (60 min)	10:15 a.m.	10:10 a.m.	10:05 a.m.	9:05 a.m.
LJ (Hep)	11:30 a.m.	10:30 a.m. (30 min)	10:20 a.m.	10:15 a.m.	10:10 a.m.	9:10 a.m.
SP (m)	11:30 a.m.	11:05 a.m. (20 min FS)	10:55 a.m.	10:50 a.m.	10:45 a.m.	9:45 a.m.
HJ (m)	2:00 p.m.	12:55 p.m. (60 min)	12:45 p.m.	12:40 p.m.	12:35 p.m.	11:35 a.m.
SP (w)	2:00 p.m.	1:35 p.m. (20 min FS)	1:20 p.m.	1:15 p.m.	1:10 p.m.	12:10 p.m.

## FRIDAY TRACK EVENTS

Event	Start Time	Staging	Final Clerking	Check-in Closes	Check-in Opens
110mH (m) Dec	10:00 a.m.	9:20 a.m.	9:15 a.m.	9:10 a.m.	8:10 a.m.
100mH (w)	2:10 p.m.	1:50 p.m.	1:45 p.m.	1:40 p.m.	12:40 p.m.
110mH (m)	2:30 p.m.	2:10 p.m.	2:05 p.m.	2:00 p.m.	1:00 p.m.
400m (w)	3:00 p.m.	2:45 p.m.	2:40 p.m.	2:35 p.m.	1:35 p.m.
400m (m)	3:15 p.m.	3:00 p.m.	2:55 p.m.	2:50 p.m.	1:50 p.m.
100m (w)	3:30 p.m.	3:15 p.m.	3:05 p.m.	3:00 p.m.	2:00 p.m.
100m (m)	3:45 p.m.	3:30 p.m.	3:25 p.m.	3:20 p.m.	2:20 p.m.
800m (w)	4:00 p.m.	3:45 p.m.	3:40 p.m.	3:35 p.m.	2:35 p.m.
800m (m)	4:15 p.m.	4:00 p.m.	3:55 p.m.	3:50 p.m.	2:50 p.m.

## SATURDAY FIELD EVENTS

Event	Start Time	Warm-up Begins / Time Allotted	Staging	Final Clerking	Check-in Closes	Check-in Opens
Hammer (w)	11:00 a.m.	10:35 a.m. (20 min FS)	10:25 a.m.	10:20 a.m.	10:15 a.m.	9:15 a.m.
TJ (m)	11:00 a.m.	10:35 a.m. (20 min FS)	10:25 a.m.	10:20 a.m.	10:15 a.m.	9:15 a.m.
PV (m)	12:00 p.m.	10:30 a.m. (90 min)	10:15 a.m.	10:10 a.m.	10:05 a.m.	9:05 a.m.
Hammer (m)	1:45 p.m.	1:20 p.m. (20 min FS)	1:10 p.m.	1:05 p.m.	1:00 p.m.	12:00 p.m.
TJ (w)	1:45 p.m.	1:20 p.m. (20 min FS)	1:10 p.m.	1:05 p.m.	1:00 p.m.	12:00 p.m.

## SATURDAY TRACK EVENTS

Event	Start Time	Staging	Final Clerking	Check-in Closes	Check-in Opens
3k STC (w)	11:30 a.m.	11:15 a.m.	11:10 a.m.	11:05 a.m.	10:05 a.m.
3k STC (m)	11:45 a.m.	11:30 a.m.	11:25 a.m.	11:20 a.m.	10:20 a.m.
4x100m (w)	12:05 p.m.	11:50 a.m.	11:45 a.m.	11:40 a.m.	10:40 a.m.
4x100m (m)	12:15 p.m.	12:00 p.m.	11:55 a.m.	11:50 a.m.	10:50 a.m.
1500m (w)	12:25 p.m.	12:10 p.m.	12:05 p.m.	12:00 p.m.	11:00 a.m.
1500m (m)	12:35 p.m.	12:20 p.m.	12:15 p.m.	12:10 p.m.	11:10 a.m.
100mH (w)	12:50 p.m.	12:35 p.m.	12:30 p.m.	12:25 p.m.	11:25 a.m.
110mH (m)	1:00 p.m.	12:45 p.m.	12:40 p.m.	12:35 p.m.	11:35 a.m.
400m (w)	1:10 p.m.	12:55 p.m.	12:45 p.m.	12:40 p.m.	11:40 a.m.
400m (m)	1:20 p.m.	1:05 p.m.	1:00 p.m.	12:55 p.m.	11:55 a.m.
100m (w)	1:30 p.m.	1:15 p.m.	1:10 p.m.	1:05 p.m.	12:05 p.m.
100m (m)	1:40 p.m.	1:25 p.m.	1:20 p.m.	1:15 p.m.	12:15 p.m.
800m (w)	1:50 p.m.	1:35 p.m.	1:30 p.m.	1:25 p.m.	12:25 p.m.
800m (m)	2:00 p.m.	1:45 p.m.	1:40 p.m.	1:35 p.m.	12:35 p.m.
400mH (w)	2:15 p.m.	2:00 p.m.	1:55 p.m.	1:50 p.m.	12:50 p.m.
400mH (m)	2:25 p.m.	2:10 p.m.	2:05 p.m.	2:00 p.m.	1:00 p.m.
200m (w)	2:40 p.m.	2:25 p.m.	2:20 p.m.	2:15 p.m.	1:15 p.m.
200m (m)	2:50 p.m.	2:35 p.m.	2:30 p.m.	2:25 p.m.	1:25 p.m.
5000m (w)	3:00 p.m.	2:45 p.m.	2:40 p.m.	2:35 p.m.	1:35 p.m.
5000m (m)	3:25 p.m.	3:10 p.m.	3:05 p.m.	3:00 p.m.	2:00 p.m.
4x400m (w)	3:50 p.m.	3:35 p.m.	3:30 p.m.	3:25 p.m.	2:25 p.m.
4x400m (m)	4:00 p.m.	3:45 p.m.	3:40 p.m.	3:35 p.m.	2:35 p.m.