

PARTICIPANT 2020-21 MANUAL

Finals

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INTRODUCTION

In the event you are selected for the 2021 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 outlined in the 2021 NCAA Division III Outdoor Track and Field Pre-Championships Manual, located on 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 27-29 in Greensboro, NC. The Greensboro Sports Commission and North Carolina A&T State University will serve co-hosts.

CHAMPIONSHIPS HISTORY (since 1991)

Men's History Women's History 2020 Cancelled due to COVID-19 2020 Cancelled due to COVID-19 2019 University of Wisconsin, Eau Claire 2019 Loras College 2018 2018 George Fox University/University of University of Mount Union 2017 University of Wisconsin, La Crosse Massachusetts, Boston 2016 2017 University of Wisconsin, La Crosse Washington University in St. Louis 2015 University of Wisconsin, La Crosse 2016 Illinois Wesleyan University 2014 University of Mount Union 2015 University of Wisconsin, La Crosse 2013 University of Wisconsin, La Crosse 2014 Wartburg College (Iowa) 2012 McMurry University (Texas) 2013 Wartburg College (Iowa) 2011 North Central College 2012 Wartburg College (Iowa) 2010 North Central College 2011 University of Wisconsin, Oshkosh 2009 University of Wisconsin, Oshkosh 2010 Illinois Wesleyan University 2008 McMurry University (Texas) 2009 Wartburg College (Iowa) 2007 University of Wisconsin, La Crosse 2008 Illinois Wesleyan University/ 2006 University of Wisconsin, La Crosse University of Wisconsin, River Falls 2005 2007 Lincoln University (Pennsylvania) University of Wisconsin, Oshkosh 2004 University of Wisconsin, La Crosse 2006 University of Wisconsin, Oshkosh 2003 2005 Wartburg College (Iowa) University of Wisconsin, La Crosse 2002 University of Wisconsin, La Crosse 2004 University of Wisconsin, Oshkosh 2001 University of Wisconsin, La Crosse 2003 Wheaton College (Massachusetts) 2000 Lincoln University (Pennsylvania)/ 2002 Wheaton College (Massachusetts) North Central College 2001 Wheaton College (Massachusetts) 1999 Lincoln University (Pennsylvania) 2000 Lincoln University (Pennsylvania) 1998 North Central 1999 Lincoln University (Pennsylvania) 1997 University of Wisconsin, La Crosse 1998 **Christopher Newport University** 1996 Lincoln University (Pennsylvania) 1997 University of Wisconsin, Oshkosh 1995 Lincoln University (Pennsylvania) 1996 University of Wisconsin, Oshkosh 1994 1995 North Central College University of Wisconsin, Oshkosh 1993 University of Wisconsin, La Crosse 1994 Christopher Newport University 1992 1993 University of Wisconsin, La Crosse Lincoln University (Pennsylvania) 1991 University of Wisconsin, La Crosse 1992 **Christopher Newport University**

1991

University of Wisconsin, Oshkosh

DIVISION III MEN'S AND WOMEN'S TRACK AND FIELD COMMITTEE MEMBERS

7	
<u>Atlantic</u>	<u>Central</u>
Mike Howard	Amy Maier
Director of Athletics	Assistant Director of Athletics/SWA
Plattsburgh State University of New York	Buena Vista University
Plattsburgh, New York 12901	Office: 712-749-2254
Cell: 315-854-2014	Email: <u>santuccia@bvu.edu</u>
Email: mhowa011@plattsburgh.edu	
<u>Great Lakes</u>	<u>Mideast</u>
Dara Ford, chair	Greg Cooper
Head MW Cross Country/Track and Field Coach	Head Cross Country and Track and Field Coach
Otterbein University	Penn State University Eria, The Behrend College
Cell: 330-280-3975	Cell: 814-449-0002
Email: <u>dford@otterbein.edu</u>	Email: gdc120@psu.edu
<u>Midwest</u>	New England
Joshua Schroeder	Marlee Berg
Assistant Commissioner	Assistant Track and Field Coach/Assistant to the
Northern Athlteics Collegiate Conference	AD
Office: 712-490-1985	Westfield State University
Email: jeschroeder@naccsports.org	Cell: 978-337-8133
	Email: mberg@westfield.ma.edu
South/Southeast	West
Katie Stanford	Kevin Reid
Head MW Cross Country/Track and Field Coach	Head MW Track and Field Coach
Covenant College	University of La Verne
Office: 706-419-1506	La Verne, California 91750
Cell: 770-845-7278	Cell: 626-523-1586
Email: katie.stanford@covenant.edu	Email: kreid@laverne.edu
Secretary Rules Editor	Data Services
Mark Kostek	Jimmy Stuart
Director of Cross Country/All Events, Programs	Chief Technology Officer
Admin.	Delta Timing Group, Inc.
Midland University	Cell: 254-715-1474
Cell: 515-208-8300	Email: jimmy.stuart@deltatiming.com
Email: kostekmt@gmail.com	

NCAA STAFF

Laura Peterson-Mlynski

Assistant Director, Championships and Alliances

Office: 317-917-6477 Cell: 317-544-9245

Email: lpeterson@ncaa.org

Paige Newman

Coordinator, Championships and Alliances

Office: 317-917-6660 Cell: 317-778-9808

Email: pnewman@ncaa.org

HOST PERSONNEL

Director of Athletics	Earl Hilton, III	336-334-7686	hiltone@ncat.edu
Tournament Director	Billy Edringston	336-398-8673	edringst@ncat.edu
Ticketing	Corbin Bradford	336-334-7749	cbradfor@ncat.edu
Facility Director	Danyel Williams	336-398-8673	Dowilli2@ncat.edu
Media Relations	Brian Holloway	366-285-3608	bmhollow@ncat.edu
Media Relations	William Toman	336-285-3609	wtoman@ncat.edu
Marketing	Carl Hairston	336-285-3606	gchairst@ncat.edu
Sports Medicine	Janah Fletcher	336-398-8676	jefletch@ncat.edu
Campus Enterprises	Angela Peterson	336-334-7876	angelap@ncat.edu
Equipment	Katrina Campbell	336-398-8674	
Greensboro CVB	Brian Ambuehl		bambuehl@visitgreensboronc.com

CHAMPIONSHIPS WEBSITE

Start lists and results will be available on this website: https://tf.deltatiming.com/ncaa/2021-ncaa-d3-outdoor-championships For information specific to coaches and administrators, please consult the Outdoor Track and Field Championship landing page on ncaa.org.

CHAMPIONSHIP WEEK SCHEDULE

TUESDAY, MAY 25			
TIME EVENT		LOCATION	
9 a.m. – 9 p.m.	Travel Party COVID-19 Testing	Ellis F. Corbett Sports Center	
10 a.m. – 5 p.m.	Practice	Irwin Belk Track	
10 am - 5 pm	NCAA Merchandise on Sale	Irwin Belk Track	
WEDNESDAY, MAY 26			
7 a.m. – 9 p.m.	Travel Party COVID-19 Testing	Ellis F. Corbett Sports Center	
10 a.m. – 5 p.m.	Practice (see schedule on page 20)	Irwin Belk Track	
10 am - 5 pm NCAA Merchandise on Sale		Irwin Belk Track	
1 p.m. – 4 p.m.	Packet pick-up	Corbett Sports Center	
THURSDAY, MAY 27			
10 am - 5 pm	Practice (see schedule on page 20)	Throws Stadium	

For the championships schedule of events, please see **Appendix A.**

^{*}Refer to page 20 for specifics on practice schedules as jumps and throws events have designated practice times each day.

CHECKLIST

Time	Item	Purpose	Submit to
_		r ui pose	Jubilit to
Thursday,	, IVIAY 20	Last day a qualifying mark may be	
11:59 p.m.	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
Friday, M	ay 21		
Final descen	ding-order lists pos	ted by 9 a.m. and declaration forms o _l	pen at this time.
1 p.m.	Challenge period ends	Challenge qualifying marks listed on TFRRS.	Challenges must be submitted by email to Laura Peterson-Mlynski (lpeterson@ncaa.org) and to Jimmy Stuart (jimmystuart@deltatiming.com).
		All student-athletes must be declared or scratched in every event in which they qualified at this time. No action will automatically result in a scratch.	
	Declaration		DirectAthletics website
1 p.m.	deadline	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.	www.directathletics.com
3 p.m.	Late declaration deadline	Late declarations will be accepted from 1 to 3 p.m. A fine will be assessed.	DirectAthletics website www.directathletics.com
		assesseu.	www.directatilletics.com
8 p.m.	Final lists posted	The final list of meet participants will be available via the NCAA website by 8 p.m.	NCAA.com
Saturday, I	May 22		
8 p.m.	Medical scratches	Any scratches must be reported	By phone and emailed to Jimmy Stuart (254-715- 1474 or(jimmy.stuart@deltatiming.com) and Laura Peterson-Mlynski (<u>lpeterson@ncaa.org</u>)
11:59 p.m.	NCAA Forms	Travel Party Arrival Form	CLICK HERE TO COMPLETE
11:59 p.m.	NCAA Forms	Travel Parter Roster Form	Excel included in selection email.
Tuesday,	May 25	ı	ı
. a.c.aay,			

Time	Item	Purpose	Submit to	
3 p.m.	Media credential Deadline to receive media/photo requests credentials		Brian Holloway bmhollow@ncat.edu	
5 p.m.	NCAA Elite 90 nomination	Deadline for submitting nominations for the Elite 90 awards.	Online (See Awards Section)	
5 p.m.	Championship meet start lists are posted Start lists for the championship NCAA.com and Delta Timing		NCAA.com and Delta Timing	

CHAMPIONSHIPS FORMAT

DECLARATIONS

All information regarding declarations is located in the Pre-Championships Manual.

PROTEST TENT

The protest table will be located on the southeast corner of TRIUST STADIUM. Protests MUST be made in writing on the official protest form, which will be available at the protest table. The head coach must 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 in the grass area west of the finish line, and at the protest table. Spectators and coaches may also go online to ncaa.com and https://tf.deltatiming.com/ncaa/2021-ncaa-d3-outdoor-championships to follow live results.

HEAT SHEETS

Thursday's heat sheets will be available at packet pick-up. Friday and Saturday heat sheets will be available online.

CHAMPIONSHIPS OPERATIONS

CHECK-IN AND CLERKING

The student-athlete clerking area will be located at the north east corner of the 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 student-athletes to the starting line or event area. Event and clerking schedules (student-athlete flow schedule) are provided in your meet packet. Student-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 events will leave their warm-ups in the bins at the staging tent. Student-athletes must return to the staging tent to retrieve their warm-ups when they are finished competing.

All same-day, combined-event competitors must check 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.

ELECTRONIC DEVICES

Coaches, athletes, competitors and officials will 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.

Coaches are permitted to record their student-athletes during the competition from the coach's box. In accordance with the rules change for this year, it will not be considered assistance for athletes competing in field events to view images of previous trial(s), recorded on their behalf by individuals not placed in the competition area. The viewing device or images taken will not be taken into the competition area, but must stay within the designated coaches' box.

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. A limited number of throwing implements will also be supplied for use by competitors. Competitors may use their own throwing implements 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

Discus

- NCAA OTE High Moment Gill Discus, 1k
- NCAA Pacer Orange Gill Discus, 1k

- NCAA Perfect Balance Gill Shot, 16lb, 128mm
- NCAA Turned Iron Gill Shot, 16lb, 125mm
- NCAA OTE High Moment Gill Discus, 2k
- NCAA Pacer Orange Gill 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

• For all events except the high jump and javelin, the allowable spike length is 7 millimeters (quarter inch). For the high jump and javelin, the allowable spike length is 9 millimeters (3/8 inch). Spikes will be pyramid or compression. No "Christmas Tree" or "needle" spikes allowed on track.

EVALUATIONS

The NCAA will send an 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 hospitality schedule for coaches will be posted on site.

IMPLEMENT WEIGH-IN

All implements should have an identifiable mark (i.e., a school name or a student-athlete's name) and should be submitted for inspection as early as possible but at least three (3) hours before the posted warm-up period for the published start of the event. If an event is scheduled early, implements can be checked in the day before. 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. Competitors who require implements for practice after inspection should bring secondary implements. Equipment bags will be inspected at the clerks' table.

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

Illegal implements will be secured until after the meet and may be picked up at the conclusion of the competition. Only certified implements may be used during official warm-ups and competition.

Implements passing certification will be brought to the event site prior to the start of warm-ups. Implements can be picked up at the weigh-in area 30 minutes after the conclusion of the event finals. Implements can be checked in on the east side of TRUIST Stadium at building number (5) on the concourse level. Any implement may be weighed in and certified during the times listed below, however, they will remain impounded until competition.

Wednesday, May 26: 10 a.m. to 5 p.m.

Thursday, May 27: During competition hours. Friday, May 28: During competition hours. Saturday, May 29: During competition hours.

PACKET PICK-UP

Packet pick-up will be held from 1-4 p.m., Wednesday, May 26 at the Corbett Sports Center. The following items are included in packet pick-up:

Schedule of Events Participant Medallions Heat Sheets Coaches' Box passes

Clerking Schedule Student athlete and coaches' gifts.

Student-Athlete Bibs and Pins

Student-athletes are NOT allowed in the packet pick-up area.

Late packet pick-up will be available by contacting Laura Peterson-Mlynski at lpeterson@ncaa.org or 317-544-9425.

POLE VAULT STORAGE AND SHIPPING

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

North Carolina A&T State University Athletics Department C/O Billy Edringston ATTN: NCAA Track and Field Championships 818 East Lindsay Street Greensboro, NC 27411

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.

Pole vault poles, bags and tubes may be stored in the Implement/Weigh-In Storage Building located just outside the stadium near the hammer/discus cage.

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

For all events except the high jump and javelin, the allowable spike length is 7 millimeters (quarter inch). For the high jump and javelin, the allowable spike length is 9 millimeters (3/8 inch). Spikes will be pyramid or compression. No "Christmas Tree" or "needle" spikes allowed on track.

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, the 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://services.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 Paige Newman (pnewman@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, Andrew Louthain or Quintin Wright 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 Division III outdoor track and field is 5 p.m. Eastern time, Tuesday, May 25.

COACHES' ADMINISTRATIVE MEETING

The coaches administrative meeting will be held Tuesday, May 18 virtually over Microsoft TEAMS. There will not be an administrative meeting held on site. For specific questions contact Laura Peterson-Mlynski at leerson@ncaa.org or 317-544-9425.

CREDENTIALS - PARTICIPANTS

The following credentials will be distributed after being cleared through COVID-19 testing:

- 1. Each student-athlete registered to compete will receive one credential for access to the championships.
- 2. Each program will receive credentials according to the travel party guidelines as follows:
 - 1-10 student-athletes 2 non-athlete credentials.
 - o 11-15 student-athlets 3 non-athlete credentials.
 - 16+ student-athletes 4 non-athlete credentials.
- 3. Each team with qualified relays will receive up to two (2) additional participant credentials per qualified relay to allow alternates access to the venue.
- 4. Each institution will be allowed one additional pass per gender, per program if a medical trainer or physician is accompanying the team. Medical credentials will be administered by the host agency's sports medicine staff. (See <u>Medical Credentials</u> on page 17)
- 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 coach's 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 F** for a Irwin Belk Stadium map.

The stadium provides seating for up to 19,039 spectators. Due to the Governor's Executive Orders for the state of North Carolina and NCAA spectator policies, up to 50% capacity with proper social distancing will be allowed.

- TRACK This is a 400-meter, eight-lane track, featuring eight 48" wide lanes on a Mondo 720 Super X surface texture. All races will use the Finish Lynx Automatic Timing System as primary and back up.
- LONG AND TRIPLE JUMP Located on the west/pressbox side of the stadium.
 - Dual long jump and triple jump pits.
 - Long jump boards are located at 3.5 and 7.5 feet to the pit.
 - Triple Jump boards located at 32' [tape] and 36 feet (women), 36 and 41 feet (men).
- HIGH JUMP Located on the east side of the stadium.
- POLE VAULT Located on the east side of the stadium.
 - Two-way, north/south orientation with 160' approaches (if using two pits, unlimited if using only one pit).
- SHOT PUT North of track behind the video board.
 - Surface: Brushed concrete.
 - Two rings east/west
- DISCUS THROW Northeast of the stadium.
 - Discus Surface: Brushed concrete.
- HAMMER THROW Northeast of the stadium.
 - Hammer Surface: Brushed concrete.
- JAVELIN- Northeast of the stadium.
 - One Runway: 125 feet.
 - Surface: Mondo 720X.
- TRACK MARKINGS AND ZONES
 - 100 Hurdles = Double Yellow Hash Marks
 - 110 Hurdles = Double Blue Hash Marks
 - 400 Hurdles = Double Green Hash Marks

400 Hurdles = Double Green Hash Marks

The Irwin Belk Track gray relay exchange zones; not the large triangles most US facilities use. The beginning of an exchange zone is a simple line with a "chevron". The "V" that the chevron forms is inside the zone – and the end of the zone is another simple line with the chevron inside the zone. (see page 29 for diagram.)

WARM-UP AREA – located on the football practice field adjacent to the track.

TEAM PARKING AND ENTRANCES

Student-athlete drop off will be in Lot A4 which is located off Lindsay Street, just to the north of the stadium.

WEIGHT ROOM HOURS

Due to COVID-19 policies and procedures there will not be access to a weight room facility.

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). All media credential requests will be reviewd by Brian Halloway (bmhollow@ncat.edu). Media credentials may be obtained at the ticket entrance of the stadium during competition hours.

If you have media wishing to cover the event, please forward this information to the appropriate sports writer or editor. Their requests must come on company letterhead. 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 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

Teams traveling with an athletic trainer or team physician must include them in their total tested travel party allotment. Athletic trainers or team physicians traveling with their student-athletes should contact Janah Fletcher (see contact information below) to confirm attendance and to communicate any specific needs while on site. 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:

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

If your team is traveling without an athletic trainer or physician, please provide the 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.

Athletic Training Area. The main athletic training facility is found in the Bryan Fitness Center. The phone number is (336) 256-0533. An area for visiting trainers and visiting teams will be set-up on the east side of the track near the warm-up area. A University certified athletic trainer will be on-site at all times. Team physicians and support staff will be on-site throughout the meet. Available equipment in the warm-up area includes: water, ice, hydrocollator, ultrasound and E-stim.

All requests for trainer credentials must be submitted in writing to Janah Fletcher MEd, LAT, ATC, Sports Medicine, 1601 East Market Street, Greensboro, NC 27411 (email listed in contact directory).

Emergency equipment including a spine board, sports chair, crutches, and vacuum splints will be readily available. Guilford County EMS is located just to the north of the University property with fully staffed paramedics. There will be a Physician in the sports medicine tent each afternoon during the meet. During this time, a physician will be on site throughout the meet for illnesses, injuries, etc., however, arrangements must be made with a North Carolina A&T State University certified athletic trainer in advance.

ATHLETIC TRAINING SERVICES HOURS

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

Tuesday, May 25 9 a.m.–5 p.m.

Wednesday, May 26 9 a.m.–5 p.m.

Thursday, May 27 9:30 a.m.–8:30 p.m.

Friday, May 28 10 a.m.–7 p.m.

Saturday, May 29 10:30 a.m.–6 p.m.

MEDICAL DISQUALIFICATION

As the event sponsor, the NCAA has valid authority to ensure that all student-athletes are physically fit and able to participate in its championships. This includes 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, illness, or other medical condition should be able to continue to participate or be disqualified. In the absence of a team physician, the NCAA championships physician, as designated by the host school, has the unchallengeable authority to examine the student-athlete and make a decision regarding 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 coordinator.

CONTACT INFORMATION

Medical Coordinator

Janah Fletcher, MS LAT, ATC, CSCS Head Athletic Trainer North Carolina A&T State University

Sports Medicine Staff

*Certified athletic trainers/sports physical therapist will be available during all competition times.

Team Physicians

*Sports/emergency physicians will be available during all competition times.

Emergency Numbers

• 9-1-1

MERCHANDISE

NCAA merchandise will be available for sale on Tuesday and Wednesday from 12 p.m. to 4 p.m.. Merchandise will also be available for sale during meet hours on competition days. All three days' sales will conclude at the start of the last event of the day.

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 7-8 for hurdles.

STADIUM HOURS/PRACTICE SCHEDULE

Practice on the competition track/field event venues will be available from 10 a.m. to 5 p.m. Tuesday, May 25 and Wednesday, May 26. Please see the Championship Week Schedule on Page 8, and below, for available times for field event practice.

The track will be open during the posted hours above. The long throws will be scheduled as follows:

Tuesday, May 25 and Wednesday, May 26

10 a.m. to 11 a.m.	Hammer
11 a.m. to 12 p.m.	Discus
12 p.m. to 1 p.m.	Javelin
1 p.m. to 2 p.m.	Hammer
2 p.m. to 3 p.m.	Discus
3 p.m. to 4 p.m.	Javelin

Thursday, May 27

8 a.m. to 9 a.m.	Hammer
9 a.m. to 10 a.m.	Javelin

Friday, May 28

8 a.m. to 9 a.m. Hammer

SEATING AREAS

Spectator seating will be designated in the stands. There will also be a designated seating section for individuals who are a part of the tested travel party. Designated areas will be marked with signage.

TICKETS

Only members of the official travel party receive credentials and are admitted free of charge. Other institutional personnel not in the official travel party or tested travel party must purchase a ticket to access the venue. Code of Conduct policies must be followed for all members of the tested travel party.

Irwin Belk Track and all competition venues will open to spectators 60 minutes prior to the beginning of competition each day. Tickets will be sold for \$10 per day at the gate.

All spectators will receive a wristband each day for entry.

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.

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 isolated 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

For courtesy room blocks reserved for the championship, visit the Division III Outdoor Track and field landing page on NCAA.org. (HERE)

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 2½ 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

ALL TIMES ARE APPROXIMATE AND IN EASTERN TIME

Heptathlon

Women

COMBINED EVENTS

Thursday –Men's Decathlon				
10:30 a.m.	100 Meter Dash	Men	Decathlon	
~11:15 a.m.	Long Jump	Men	Decathlon	
~12:25 p.m.	Shot Put	Men	Decathlon	
~1:45 p.m.	High Jump	Men	Decathlon	
~3:40 p.m.	400 Meter Dash	Men	Decathlon	
Friday – Men'	s Decathlon			
10:00 a.m.	110 Meter Hurdles	Men	Decathlon	
~10:45 a.m.	Discus	Men	Decathlon	
~12:00 p.m.	Pole Vault	Men	Decathlon	
~2:45 p.m.	Javelin	Men	Decathlon	
~4:30 p.m.	1500 Meter	Men	Decathlon	
Thursday – Women's Heptathlon				
11:30 a.m.	100 Meter Hurdles	Women	Heptathlon	
~12:15 p.m.	High Jump	Women	Heptathlon	
~2:15 p.m.	Shot Put	Women	Heptathlon	
~3:30 p.m.	200 Meter Dash	Women	Heptathlon	
Friday – Women's Heptathlon				
11:30 a.m.	Long Jump	Women	Heptathlon	
~12:15 p.m.	Javelin	Women	Heptathlon	

THURSDAY 11 a m Dis

~2:45 p.m.

800 Meter

11 a.m.	Discus	Men	Prelims & Final
11 p.m.	Pole Vault	Women	Final
2 p.m.	Discus	Women	Prelims & Final
2 p.m.	Long Jump	Men	Prelims & Final
3:30 p.m.	Pole Vault	Men	Prelims & Final
5 p.m.	Javelin	Women	Prelims & Final
5 p.m.	Long Jump	Women	Prelims & Final
2:50 p.m.	National Anthem		
3 p.m.	4x100 Meter Relay	Women	Prelims
3:15 p.m.	4x100 Meter Relay	Men	Prelims
3:55 p.m.	1500 Meters	Women	Prelims
4:10 p.m.	1500 Meters	Men	Prelims
4:25 p.m.	400 Meter Hurdles	Women	Prelims
4:40 p.m.	400 Meter Hurdles	Men	Prelims
4:45 p.m.	200 Meter	Women	Prelims
5:10 p.m.	200 Meter	Men	Prelims
7 p.m.	4x400 Meter Relay	Women	Prelims
7:15 p.m.	4x400 Meter Relay	Men	Prelims
8:30 p.m.	10,000 Meters	Women	Final
9:15 p.m.	10,000 Meters	Men	Final

FRIDAY

11:30 a.m.	High Jump	Women	Final
2:30 p.m.	High Jump	Men	Final
4:45 p.m.	Javelin	Men	Prelims & Final
2:05 p.m.	National Anthem		
2:10 p.m.	100 Meter Hurdles	Women	Prelims
2:30 p.m.	110 Meter Hurdles	Men	Prelims
3 p.m.	400 Meter	Women	Prelims
3:15 p.m.	400 Meter	Men	Prelims
3:30 p.m.	100 Meter	Women	Prelims
3:45 p.m.	100 Meter	Men	Prelims
4 p.m.	800 Meter	Women	Prelims
4:15 p.m.	800 Meter	Men	Prelims
4:30 p.m.	3000 Meter Steeplechase	Women	Final
4:45 p.m.	3000 Meter Steeplechase	Men	Final

SATURDAY

O/ (TO NE/ (T	_		
10:30 a.m.	Shot Put	Women	Prelims & Final
10:30 a.m.	Triple Jump	Men	Prelims & Final
10:30 p.m.	Hammer Throw	Men	Prelims & Final
2 p.m.	Shot Put	Men	Prelims & Final
2 p.m.	Triple Jump	Women	Prelims & Final
2 p.m.	Hammer	Women	Prelims & Final
12:00 p.m.	National Anthem		
12:05 p.m.	4x100 Meter Relay	Women	Final
12:15 p.m.	4x100 Meter Relay	Men	Final
12:25 p.m.	1500 Meters	Women	Final
12:35 p.m.	1500 Meters	Men	Final
12:50 p.m.	100 Meter Hurdles	Women	Final
1 p.m.	110 Meter Hurdles	Men	Final
1:10 p.m.	400 Meters	Women	Final
1:20 p.m.	400 Meters	Men	Final
1:30 p.m.	100 Meters	Women	Final
1:40 p.m.	100 Meters	Men	Final
1:50 p.m.	800 Meters	Women	Final
2 p.m.	800 Meters	Men	Final
2:15 p.m.	400 Meter Hurdles	Women	Final
2:25 p.m.	400 Meter Hurdles	Men	Final
2:40 p.m.	200 Meters	Women	Final
2:50 p.m.	200 Meters	Men	Final
3 p.m.	5000 Meters	Women	Final
3:25 p.m.	5000 Meters	Men	Final
3:50 p.m.	4x400 Meter Relay	Women	Final
4 p.m.	4x400 Meter Relay	Men	Final

APPENDIX B – STUDENT-ATHLETE INJURY REPORT

Track and Field Championships

Host Medical Form

Venue: Hos	t Institution:
Name: Time	:: _{AM/PM} Date:
Address:	
	Age: □ Male □Female
Medical Insurance: Yes / No Company:	Policy #:
Team: Contact Person:	Contact #:
Injured Area: Left / Right • New Injury: Yes	/ No • Comp / Practice / Warm-up / Non-Athletic
Continued Participation Recommendation? Ye	s / No
Incident Description:	
History:	
Physical Exam:	
:	
Diagnosis:	
Treatment:	
Disposition:	Comments (NCAA staff notification for disqualifications):
Return to Competition	
☐ Disqualified from Competition	
EMS/Ambulance TransportReleased to Parent	
□ Released to Parent□ Released to Institutional Representative	
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 North Carolina A&T State. Please fill out your contact information and place the bottom half of this sheet on the outside of the shipping box or pole bag. Contact Billy Edringston at 336-398-8673 or edringstonat.edu if you have any questions.

Ship to: North Carolina A&T State University

Athletics Department C/O Billy Edringston ATTN: NCAA Track and Field Championships

818 East Lindsay Street Greensboro, NC 27411

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 (#)			
	Men's Hammer (#)		Women's Hammer (#)			
	Men's Disc (#)		Women's Disc (#)			

APPENDIX D – DIRECTIONS

To Irwin Belk Track

1601 East Market Street Greensboro, NC 27411

- From Winston-Salem: (40 East / North 85 Business): Travel on Interstate 40 East to Greensboro. Once in Greensboro, continue on Business 85 North to Old Exit #127, now exit 39 (Highway 29 North, Reidsville Exit). Take Exit 39 onto HWY 29 North. Remain on HWY 29 North for approx. four miles. Take the West Market Street / N.C. A&T University Exit. Once you exit, yield to the right on Market Street. At the second stoplight, turn right on Benbow Road. Keep straight on Benbow until you get to Sullivan Street make a left. Stadium is located on right hand side. Main entrance is on Sullivan Street.
- From Charlotte (North 85 Business): Travel on Interstate North 85 Business until you reach the city of Greensboro. Once in Greensboro, continue on I-85 North to Old Exit #127, now exit 39 (Highway 29 North, Reidsville Exit). Take Exit 39 onto HWY 29 North. Remain on HWY 29 North for approx. four miles. Take the West Market Street / N.C. A&T University Exit. Once you exit, yield to the right on Market Street. At the second stoplight, turn right on Benbow Road. Keep straight on Benbow until you get to Sullivan Street make a left. Stadium is located on right hand side. Main entrance is on Sullivan Street.
- From Durham (Business 85 S/40 W): Travel on Business 85 South / 40 West to Greensboro. Once in Greensboro, take Old Exit #128 now exit 41 (Lee Street Exit). Bear right and continue on Lee Street approximately 2.7 miles. Turn right on Benbow Road. . Keep straight on Benbow until you get to Sullivan Street make a left. Stadium is located on right hand side. Main entrance is on Sullivan Street.
- From Reidsville (29 S): Follow Highway 29 South into the city of Greensboro. Once in Greensboro, continue to follow 29 South for approximately six miles. Take the Bessmer St exit. Make a left onto Lindsay St., the stadium is located on the left.
- From Martinsville (220 S): Follow Highway 220 South into Greensboro. Once in Greensboro, 220 South turns into Battleground Rd. Continue on Battleground until reaching the Wendover Avenue East Exit. Take the Wendover East Ave. Exit and drive for approximately 4 miles. Turn right on Lindsay Street. Stadium is located on left.

APPENDIX E -FACILITY MAPS



