

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



**2021
OUTDOOR CHAMPIONSHIPS
TECHNICAL MANUAL**

Updated 5/13/2021

Table of Contents

INTRODUCTION	3
CHAMPIONSHIP SITE REPRESENTATIVE CONTACT INFORMATION	4
ADMINISTRATION OF THE CHAMPIONSHIPS	5
1. General Administration.....	5
2. Qualifying for the Championships.....	5
3. Competition Format for the Championships.....	6
4. Lane Assignments.....	6
5. Heats, Flights, Qualifying Procedures, and Stagers.....	7
a. 100 Meters, and 100/110 Hurdles.....	7
b. 200 Meters, 400 Meters, and 400 Hurdles	8
c. 800 Meters.....	8
d. 1500 Meters.....	9
e. 3000 Steeplechase.....	10
f. 5000 Meters and 10,000 Meters.....	10
g. 4x100 Relay.....	11
h. 4x400 Relay.....	11
i. Long Jump and Triple Jump.....	12
j. Shot Put, Discus, Hammer, and Javelin.....	13
k. High Jump	14
l. Pole Vault	15
m. Combined Events – Heptathlon and Decathlon.....	15
n. Coaching Area.....	20
RELAY PERSONNEL AND PERFORMANCE POLICY.....	20
CASE STUDIES.....	21
Breaking a tie for the last accepted position to the championship.....	21
Relay Situations.....	21
Field Events.....	22

INTRODUCTION

This manual outlines the technical procedures for competition for the 2021 NCAA Division III Men's and Women's Outdoor Track and Field Championships and provides case studies of situations that may arise during the competition. This manual contains the following three sections:

- The technical procedures for administrating the championships.
- The relay policy for the competition; and
- Case studies, to assist coaches by reviewing and answering questions generated by situations.

This manual should be used in conjunction with the 2021 NCAA Division III Men's and Women's Outdoor Track and Field Pre-Championships Manual, the 2021 and 2022 NCAA Track and Field/Cross Country Men's and Women's Rules Book, and NCAA Division III Bylaw 31 of the 2020-21 NCAA Manual, which pertains to the administration of NCAA championships. These publications will provide information about the general policies governing NCAA championships.

Readers should note that the Pre-Championships Manual offers details specific to the declaration process and the administration of the championships.

Although this manual and the other publications attempt to cover all phases of the championships, some questions may arise before or during the event. Prior to the start of the championships contact NCAA championships manager Laura Peterson-Mlynski at the NCAA National Office. Once championship competition begins, questions related to procedures not covered in this manual should be referred to the NCAA Division III Men's and Women's Track and Field and Cross Country Committee.

CHAMPIONSHIP SITE REPRESENTATIVE CONTACT INFORMATION

NCAA Staff Contacts	
<p>Laura Peterson-Mlynski Assistant Director Championships and Alliances Office: 317-917-6477 Cell: 317-544-9425 E-mail: lpeterson@ncaa.org</p>	<p>Paige Newman Coordinator Championships and Alliances Office: 317-917-6660 Email: pnewman@ncaa.org</p>
	<p>Track and Field Committee Chair Dara Ford Head Men's and Women's Track & Field/Cross Country Coach Otterbein University Office: 614-823-3511 E-mail: dford@otterbein.edu</p>

ADMINISTRATION OF THE CHAMPIONSHIPS

1. General Administration.

The administration of the championships is the responsibility of the NCAA Division III Men's and Women's Track and Field and Cross Country Committee, the NCAA championships manager, and the director of athletics of the host institution. They shall delegate duties and responsibilities and assign other personnel as necessary to ensure the efficient and effective administration and promotion of the championships. The following will be used for assistance in the capacities indicated:

- a. Meet Director. The meet director will be appointed by the director of athletics of the host institution.
- b. Games Committee. The games committee will be the NCAA Division III Men's and Women's Track and Field and Cross Country Committee. The games committee will serve as the site review committee and have the responsibility to make any decisions or determinations necessary to protect the integrity of the championships.
- c. Meet Physician. The official meet physician will be appointed by the meet director and will be on site during all aspects of the competition to perform the duties prescribed in Rule 12-18.a.b.c. and Rule 12-19.
- d. Referee. All Referee positions will be appointed by the NCAA Division III Men's and Women's Track and Field and Cross Country Committee and have the authority prescribed in Rule 12-4.1.a.b.c.d.e.f.g.h. A minimum of two referees are required to address and agree on making a decision Rule 13-7.1. c.
- e. Jury of Appeals. A three-person Jury of Appeals will be appointed by the NCAA Division III Men's and Women's Track and Field and Cross Country Committee for these championships and will have final authority as prescribed in Rule 12-5.1. and 12-5.2.

2. Qualifying for the Championships.

Qualification to the championships is based on the descending order list for the 2021 outdoor track and field season, prepared solely from the mandatory submission of meet results during the 2021 outdoor track and field season qualifying period, and adhering to the Qualifying Regulations published in the Pre-Championships Manual. For each individual event contested at the Championships, the top seventeen (17) declared male student-athletes and the top nineteen (19) declared female student-athletes will be accepted into the championships. For each relay event contested at the Championships, the top fourteen (14) declared relay teams in each gender will be accepted into the championships. The stated maximums are absolute and will not be extended as a result of ties.

Any descending order list ties, by mark, for the last position to be accepted will be resolved by examining, of those tied, the second-best valid qualifying meet performance submitted during the outdoor season qualifying period, and so on until there is no basis for a mark comparison. For a tie not resolved after all available mark comparisons, acceptance will be awarded to the competitor who achieved the original tying mark later in the season. For a tie still not resolved, acceptance will be awarded to the competitor who achieved the second-best valid qualifying meet performance later in the season, and so on until there is no basis for date comparison. As a last resort, the tie for the last qualifying

position will be decided by the toss of a coin. An example of this tie-breaking procedure is presented in the Case Studies section of this manual.

After acceptance into the championships in any and all events, compliance with Rule 14-2.a.b.c. "Failure to Participate," is required.

In the Combined Events (Decathlon/Heptathlon), prior to deciding the last qualifying position by the toss of a coin, once all previously described tie-breaking methods have been exhausted, ties will be resolved by examining, of those tied, the student-athlete who, in the greater number of events, has received more points than the other student-athlete(s). If a tie still exists, the student-athlete(s) with the highest number of points in any one event will win the tie. If still tied, the student-athlete(s) who have the highest number of points in a second event will win the tie. If a tie remains, a third event will be examined and so forth until there is no basis for point comparison. As a last resort, the tie for the last qualifying position will be decided by the toss of a coin.

3. Competition Format for the Championships.

- a. The NCAA Division III Men's and Women's Track and Field and Cross Country Committee retains its authority to set the competition procedures granted in the Rules. Distribution of competition procedures for the Championships, differing from those printed herein, will be made no later than packet pick-up for the Championships.
- b. The championships will be conducted as a three-day event, with the men's and women's track events alternating throughout the schedule.
- c. The order of events will be determined by the NCAA Division III Men's and Women's Track and Field and Cross Country Committee. Exceptions for unusual conditions, facility constraints, and other concerns such as broadcast coverage will be considered. The actual time schedule for the competition will be established by the NCAA Division III Men's and Women's Track and Field and Cross Country Committee and published on the NCAA Web site.
- d. The events contested in the championships are the 100 Meters, 200 Meters, 400 Meters, 800 Meters, 1500 Meters, 5000 Meters, 10,000 Meters, 100 Hurdles (women), 110 Hurdles (men), 400 Hurdles, 3000 Steeplechase, 4x100 Relay, 4x400 Relay, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, Heptathlon (women), and Decathlon (men).
- e. In semi-final rounds, heats will be limited to eight lanes regardless of the number of lanes available. Semi-final round running event heats and lanes will be determined using Rules 15-11.2.a.b.c.1) 2) 3) 4), 15-11.3.a.. Preliminary-round competing order in horizontal field events will be drawn by lot using Rules 13-4.2. Competing order in vertical field events will be drawn by lot using Rules 13-4.3. Specific event details are in Section 5 of this manual.

4. Lane Assignments.

- a. Unless otherwise indicated in this manual, all lanes in the first round of competition in any event at the championships site, including the only round, will be drawn by lot as prescribed in Rule 15-11.3.a.
- b. In all rounds after the first round, the lanes will be assigned as prescribed in in Rule 15-11.3.b.1) a.b., unless alternate provisions are specified in this technical manual.

In the 100 Meters, 100 Hurdles, and 110 Hurdles, the preferred lane order will be: 4, 5, 3, 6, 2, 7, 1, 8. In all other races, the preferred lane order will be: 5, 6, 4, 7, 3, 8, 2, 1.

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

The provisions and procedures prescribed in Rules 15-11.2.a.b.c.1) 2) 3) 4), 15-11.3.a., 13-4.1., and 13-4.3, regarding the formation, grouping, competition order, cancellation, or redrawing of heats or flights will apply in each round unless specifically superseded in this section. Changes to heats or flights, predetermined by declaration, may be made only with games committee authorization.

If there is a tie for the last qualifying place in the semi-final round and it cannot be determined by 1/1,000th of a second Rule 15-12.3, there will be a run-off scheduled per Rule 15-10.4.

a. 100 Meters, 100 Hurdles, and 110 Hurdles.

- 1) Two rounds will be contested, a semi-final and a final.

The **men's semi-final round** will consist of three (3) heats: two (2) heats of six (6) and one heat of five (5).

The **women's semi-final round** will consist of three (3) heats: two (2) heats of six (6) and one heat of seven (7).

Final: Eight (8), the top two (2) from each semifinal heat plus the next best two (2) times, after tie breaking, will qualify from the semi-final round to the final round.

The final will be conducted in one (1) section.

- 2) Lane assignments in the semi-final round will be drawn by lot in accordance with Rule 15-11.3. a.

Heat order will be drawn by lot.

- 3) Lane assignments for the **final** round will be assigned by preferred lane, based on semi-final round place and performance marks using Rule 15-11.3. (2.a.b.).

- 4) Standardized heat check-in times will be applied in the 100 meters, 100 hurdles, and 110 hurdles, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Participant Manual.

In the **semi-final** round of each event, competitors in the first heat will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than ten (10) minutes prior to the published scheduled start time of the event. Competitors in the third heat will check-in with the clerk no later than five (5) minutes prior to the published scheduled start time of the event.

In the **final** round of each event, competitors will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event.

b. 200 Meters, 400 Meters, and 400 Hurdles.

- 1) Two rounds will be contested, a semi-final and a final.

The **men's semi-final round** will consist of three (3) heats: two (2) heats of six (6) and one heat of five (5).

The **women's semi-final round** will consist of three (3) heats: two (2) heats of six (6) and one heat of seven (7).

Final: Eight (8), the top two (2) from each semifinal heat plus the next best two (2) times, after tie breaking, will qualify from the semi-final round to the final round.

The final will be conducted in one (1) section.

- 2) Lane assignments in the semi-final round will be drawn by lot in accordance with Rule 15-11.3.a.

Heat order will be drawn by lot.

- 3) Lane assignments for the **final** round will be assigned by preferred lane, based on semi-final round place and performance marks using Rule 15-11.3. (2.a.b.).
- 4) Standardized heat check-in times will be applied in the 100 Meters, 100 Hurdles, and 110 Hurdles, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Participant Manual.

In the **semi-final** round of each event, competitors in the first heat will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than ten (10) minutes prior to the published scheduled start time of the event. Competitors in the third heat will check-in with the clerk no later than five (5) minutes prior to the published scheduled start time of the event.

In the **final** round of each event, competitors will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event.

c. 800 Meters.

- 1) Two (2) rounds will be contested, a semi-final and a final.

The **men's semi-final round** will consist of two (2) heats: one (1) heat of eight (8) and one (1) heat of nine (9). A double waterfall start will be used.

The **women's semi-final round** will consist of two (2) heats: one (1) heat of nine (9) and one heat of ten (10). A double waterfall start will be used.

Final: Eight (8), the top two (2) from each semi-final heat plus the next best four (4) times, after tie-breaking, will qualify from the semi-final round to the final round.

The final will be conducted in one (1) section. A lane start will be used.

- 2) Waterfall assignments in the semi-final round will be drawn by lot.
Heat order will be drawn by lot.
- 3) A one-turn stagger will be used in all rounds.
- 4) Lane assignments for the **final** round will be assigned by preferred lane, based on semi-final round place and performance marks using Rule 15-11.3. (2.a.b.).
- 5) Standardized heat check-in times will be applied in the 800 Meters, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Participant Manual.

In the **semi-final** round of the event, competitors in the first heat will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than ten (10) minutes prior to the published scheduled start time of the event. Competitors in the third heat will check-in with the clerk no later than five (5) minutes prior to the published scheduled start time of the event.

In the **final** round of the event, competitors will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event.

d. 1500 Meters.

- 1) Two (2) rounds will be contested, a semi-final and a final.

The **men's semi-final round** will consist of two (2) heats: one (1) heat of eight (8) and one (1) heat of nine (9).

The **women's semi-final round** will consist of two (2) heats: one (1) heat of nine (9) and one (1) heat of ten (10).

Final: Twelve (12), the top four (4) from each semi-final heat plus the next best four (4) times, after tie-breaking, will qualify from the semi-final round to the final round.

The final will be conducted in one (1) section.

Starting positions in the semi-final round and final round will be drawn by lot.

Heat order will be drawn by lot.

- 2) A single waterfall start will be used in all rounds.
- 3) Standardized heat check-in times will be applied in the 1500 Meters, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Participant Manual.

In the **semi-final** round of the event, competitors in the first heat will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than ten (10)

minutes prior to the published scheduled start time of the event.

In the **final** round of the event, competitors will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event.

e. **3000 Steeplechase.**

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

The **men's final** in each event will consist of one (1) section of seventeen (17).

The **women's final** in each event will consist of one (1) section of nineteen (19).

- 2) Starting positions and alley assignments in the final round will be drawn by lot.
- 3) A two-alley, waterfall start with a one-turn stagger will be used.

The **men's final round** will have twelve (12) competitors assigned to the main waterfall start across the entire width of the track and five (5) competitors assigned to the staggered waterfall start.

The **women's final round** will have thirteen (13) competitors assigned to the main waterfall start across the entire width of the track and six (6) competitors assigned to the staggered waterfall start.

- 4) In the **final** round of each event, competitors will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event.

f. **5000 Meters and 10,000 Meters.**

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

The **men's final** in each event will consist of one (1) section of seventeen (17).

The **women's final** in each event will consist of one (1) section of nineteen (19).

- 2) Starting positions and alley assignments in the final round will be drawn by lot.
- 3) A two-alley, waterfall start with a one-turn stagger will be used.

The **men's final round** will have twelve (12) competitors assigned to the main waterfall start across the entire width of the track and five (5) competitors assigned to the staggered waterfall start.

The **women's final round** will have thirteen (13) competitors assigned to the main waterfall start across the entire width of the track and six (6) competitors assigned to the staggered waterfall start.

- 4) In the **final** round of each event, competitors will check-in with the clerk no later than

fifteen (15) minutes prior to the published scheduled start time of the event.

g. 4x100 Relay.

- 1) Two (2) rounds will be contested, a semi-final and a final.

The **men's and women's semi-final round** will consist of two (2) heats of seven (7).

Final: Eight (8), the top three (3) from each semi-final heat plus the next best two (2) times, after tie-breaking, will qualify from the semi-final round to the final round.

The final will be conducted in one (1) section.

- 2) Lane assignments and heat order in the semi-final round will be drawn by lot.

Heat order will be drawn by lot.

- 3) Lane assignments for the **final** round will be assigned by preferred lane, based on semi-final round place and performance marks using Rule 15-11.3. (2.a.b.).
- 4) Standardized heat check-in times will be applied in the 4x100 Relay, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Participant Manual.

In the **semi-final** round of each event, competitors in the first heat will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than ten (10) minutes prior to the published scheduled start time of the event.

In the **final** round of the event, competitors will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event.

h. 4x400 Relay.

- 1) Two (2) rounds will be contested, a semi-final and a final.

The **men's and women's semi-final round** will consist of two (2) heats of seven (7).

Final: Eight (8), the top three (3) from each semi-final heat plus the next best two (2) times, after tie-breaking, will qualify from the semi-final round to the final round.

The final will be conducted in one (1) section.

- 2) Lane assignments and heat order in the semi-final round will be drawn by lot.

Heat order will be drawn by lot.

- 3) A lane start with a three-turn stagger will be used.
- 4) Lane assignments for the **final** round will be assigned by preferred lane, based on semi-final round place and performance marks using Rule 15-11.3. (2.a.b.).

- 5) Standardized heat check-in times will be applied in the 4x400 Relay, as detailed below. The site-specific check-in schedule, based on the event schedule, will be included in the Participant Manual.

In the **semi-final** round of each event, competitors in the first heat will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event. Competitors in the second heat will check-in with the clerk no later than ten (10) minutes prior to the published scheduled start time of the event.

In the **final** round of the event, competitors will check-in with the clerk no later than fifteen (15) minutes prior to the published scheduled start time of the event.

i. Long Jump and Triple Jump.

- 1) A preliminary and final round of attempts on a single runway will be contested.
- 2) Flight assignment will be determined from the declared ranked descending order list.

The **men's preliminary round** of each event will have two (2) flights. One flight of eight (8), with eight (8) competitors assigned to flight one (1) and one (1) flight of nine (9), with nine (9) competitors assigned to flight two (2).

Flight assignments for the preliminary round will be determined from the declared ranked descending order list. Declared descending order list performances ranked tenth (10th) through seventeenth (17th) will be assigned to flight one (1), and declared descending order list performances ranked first (1st) through ninth (9th) will be assigned to flight two (2).

The **women's preliminary round** of each event will have two (2) flights. One (1) flight nine (9), with nine (9) competitors assigned to flight one (1) and one (1) flight of ten (10), with ten (10) competitors assigned to flight two (2).

Flight assignments for the preliminary round will be determined from the declared ranked descending order list. Declared descending order list performances ranked eleventh (11th) through nineteenth (19th) be assigned to flight one (1), and declared descending order list performances ranked first (1st) through tenth (10th) will be assigned to flight two (2).

The jumping order within each preliminary round flight will be drawn by lot.

- 3) Standardized flight check-in times will be applied for both events.

Competitors in the first (1st) flight of the **men's and women's Long Jump and Triple Jump** will check in with the clerk no later than forty-five (45) minutes prior to the published scheduled start of the event. Flight one (1) competitors will be escorted to the competition area by a clerk forty-five (45) minutes prior to the published scheduled start time of the event.

Competitors in the second (2nd) flight of the **men's and women's Long Jump and Triple Jump** will check in with the clerk no later than thirty (30) minutes after the published scheduled start of the event. Flight two (2) competitors will be escorted to the competition area by a clerk thirty (30) minutes after the published scheduled start of the event.

- 4) Each competitor will be allowed three (3) attempts in the preliminary round.

The competitors with the nine (9) best performances in the preliminary round, after tie-breaking, will advance to the final round in one (1) flight and compete in reverse order of performance in the preliminary round.

- 5) Each preliminary round flight will be allowed a twenty (20) minute flight-specific warm-up. There is no general warmup period. The final round will start a maximum of fifteen (15) minutes after the completion of the last attempt in the second (2nd) flight of the preliminary round.
- 6) Scoring is determined per Rule 13-2.8, by all marks during the preliminary and final round in the competition.

j. **Discus, Hammer, Javelin, and Shot Put.**

- 1) A preliminary and final round of attempts on a single throwing surface will be contested.
- 2) Flight assignment will be determined from the declared ranked descending order list.

The **men's preliminary round** of each event will have two (2) flights. One (1) flight of eight (8), with eight (8) competitors assigned to flight one (1) and one (1) flight of nine (9), with nine (9) competitors assigned to flight two (2).

Flight assignments for the preliminary round will be determined from the declared ranked descending order list. Declared descending order list performances ranked (10th) through seventeenth (17th) will be assigned to flight one (1), and declared descending order list performances ranked first (1st) through ninth (9th) will be assigned to flight two (2).

The **women's preliminary round** of each event will have two (2) flights. One (1) flight of nine (9), with nine (9) competitors assigned to flight one (1) and one (1) flight of ten (10), with the (10) competitors assigned to flight two (2).

Flight assignments for the preliminary round will be determined from the declared ranked descending order list. Declared descending order list performances ranked eleventh (11th) through nineteenth (19th) will be assigned to flight one (1), and declared descending order list performances ranked first (1st) through tenth (10th) will be assigned to flight two (2).

The throwing order within each preliminary round flight will be drawn by lot.

- 3) Standardized flight check-in times will be applied for both events.

Competitors in the first (1st) flight of the **men's and women's discus, hammer, javelin, and shot put** will check in with the clerk no later than forty-five (45) minutes prior to the published scheduled start of the event. Flight one (1) competitors will be escorted to the competition area by a clerk forty-five (45) minutes prior to the published scheduled start time of the event.

Competitors in the second (2nd) flight of the **men's and women's discus, hammer, javelin, and shot put** will check in with the clerk no later than thirty (30) minutes after the published

scheduled start of the event. Flight two (2) competitors will be escorted to the competition area by a clerk thirty (30) minutes after the published scheduled start of the event.

- 4) Each competitor will be allowed three (3) attempts in the preliminary round.

The competitors with the nine (9) best performances in the preliminary round, after tie breaking, will advance to the final round in one (1) flight and compete in reverse order of performance in the preliminary round.

- 5) Each preliminary round flight will be allowed a twenty (20) minute flight-specific warm-up. There is no general warmup period. The final round will start a maximum of fifteen (15) minutes after the completion of the last attempt in the second (2nd) flight of the preliminary round.
- 6) Scoring is determined per Rule 13-2.8, by all marks during the preliminary and final round in the competition.

k. High Jump.

- 1) A final round only, on a single jumping pit, will be contested.

The **men's high jump final** will consist of one (1) flight of seventeen (17).

The **women's high jump final** will consist of one (1) flight of nineteen (19).

The jumping order will be drawn by lot.

- 2) The 'one-hour' time limit indicated in Rule 16-1.6. will be in effect.
- 3) High Jump competitors will check in with the clerk no later than one (1) hour and fifteen (15) minutes prior to the published scheduled start of the event. Competitors will be escorted to the competition area by a clerk one (1) hour and fifteen (15) minutes prior to the published scheduled start time of the event.
- 4) High Jump competitors will be allowed a sixty (60) minute warm-up period.
- 5) Starting heights and increments will be set by the games committee after the qualifiers have been determined and published prior to start of packet pickup at the championships.

l. Pole Vault.

- 1) A final round only on a single runway will be contested.

The **men's pole vault final** will consist of one (1) flight of seventeen (17).

The **women's pole vault final** will consist of one (1) flight of nineteen (19).

The jumping order will be drawn by lot.

- 2) The 'one-hour' time limit indicated in Rule 16-1.6. will be in effect.

- 3) Pole vault competitors will check in with the clerk no later than one (1) hour and thirty (30) minutes prior to the published scheduled start of the event. Competitors will be escorted to the competition area by a clerk one (1) hour and thirty (30) minutes prior to the published scheduled start time of the event.
- 4) Pole vault competitors will be allowed a one (1) hour and thirty (30) minute warm-up period.
- 5) Starting heights and increments will be set by the games committee after the qualifiers have been determined and published prior to start of packet pickup at the championships.

m. Combined Events – Heptathlon and Decathlon.

The heptathlon and decathlon order of events will be as indicated in Rule 13-1-5.a.b.c..

Decathlon and heptathlon competitors must check in with the clerk a minimum of thirty (30) minutes prior to the published scheduled start of their respective Decathlon or Heptathlon first event of the day.

Competitors in the decathlon and heptathlon will be allowed a thirty (30) minute warm-up on the track prior to the start of their first event of the day.

100 Meters

- 1) The **decathlon 100 meters** will be contested in three (3) sections: two (2) sections of six (6) and one (1) section of five (5).

Sections will be assigned on the basis of qualifiers' seasonal best performance in a decathlon 100 meters, as verified by TFRRS, with the individuals with the six (6) fastest performances assigned to a section, the next six (6) fastest individuals assigned to a section, and the remaining five (5) individuals assigned to the remaining section.

- 2) Lane assignments and section order will be drawn by lot.

200 Meters

- 1) The **heptathlon 200 meters** will be contested in three (3) sections: two (2) sections of six (6) and one (1) section of seven (7).

Sections will be assigned on the basis of qualifiers' seasonal best performance in a heptathlon 200 meters, as verified by TFRRS, with the individuals with the six (6) fastest performances assigned to a section, the next six (6) fastest individuals assigned to a section, and the remaining seven (7) individuals assigned to the remaining section.

- 2) Lane assignments and section order will be drawn by lot.

400 Meters

- 1) The **decathlon 400 meters** will be contested in three (3) sections: two (2) sections of six (6) and one (1) section of five (5).

Sections will be assigned on the basis of qualifiers seasonal best performance in a decathlon 400 meters, as verified by TFRRS, with the individuals with the six (6) fastest performances assigned to a section, the next six (6) fastest individuals assigned to a section, and the

remaining five (5) individuals assigned to the remaining section.

- 2) Lane assignments and section order will be drawn by lot.

800 Meters

- 1) The **heptathlon 800 meters** will be contested in one (1) section unless there are thirteen (13) or more competitors remaining in the competition, in which case there will be two (2) sections.

If two (2) sections are required, the top nine (9) competitors in the overall heptathlon standings, following the heptathlon javelin, will be assigned to the second (2nd) section. The remaining competitors will be assigned to the first (1st) section.

- 2) Starting positions will be drawn by lot.
- 3) A single waterfall start will be used.

1500 Meters

- 1) The **decathlon 1500 meters** will be contested in one (1) section.
- 2) Starting positions will be drawn by lot.
- 3) A single waterfall start will be used.

100 Hurdles

- 1) The **heptathlon 100 hurdles** will be contested in five (5) sections: four (4) sections of four (4) and one (1) section of three (3), using only alternate lanes (2-4-6-8) with hurdles placed in all lanes.

Sections will be assigned based on qualifiers' seasonal best performance in a Heptathlon 100 Hurdles, as verified by TFRRS. The fastest four (4) individuals will be assigned to a section, the next four (4) fastest individuals assigned to a section, the next four (4) fastest individuals assigned to a section, the next four (4) fastest individuals assigned to a section, and the remaining three (3) individuals assigned to the remaining section.

- 2) Lane assignment and section order will be drawn by lot.

110 Hurdles

- 1) The **decathlon 110 hurdles** will be contested in five (5) sections: two (2) sections of four (4) and three (3) sections of three (3), using only alternate lanes (2-4-6-8) with hurdles placed in all lanes.

Sections will be assigned based on qualifiers' seasonal best performance in a decathlon 110 hurdles, as verified by TFRRS. The fastest four (4) individuals will be assigned to a section, the next four (4) fastest individuals assigned to a section, the next three (3) fastest individuals assigned to a section, the next three (3) fastest individuals assigned to a section, and the remaining three (3) individuals assigned to the remaining section.

- 2) Lane assignment and section order will be drawn by lot.

Long Jump

- 1) The **decathlon and heptathlon long jump** will be contested in two (2) simultaneous flights on two (2) separate, but similar competition venues.

The **decathlon long jump** will have two (2) flights: one (1) flight of eight (8) competitors assigned to flight one (1) and one (1) flight of nine (9) competitors assigned to flight two (2).

The competitors with the top nine (9) seasonal best performances in a decathlon long jump, as verified by TFRRS will be assigned to flight one (1) and the eight (8) remaining decathlon long jump competitors will be assigned to flight two (2).

Competition order within each flight will be drawn by lot.

- 2) The **heptathlon long jump** will have two (2) flights: one (1) flight of nine (9) and one (1) flight of ten (10).

The competitors with the top ten (10) seasonal best performances in a heptathlon long jump, as verified by TFRRS will be assigned to flight one (1) and the nine (9) remaining heptathlon long jump competitors will be assigned to flight two (2).

Competition order within each flight will be drawn by lot.

High Jump

- 1) The **decathlon and heptathlon high jump** will be contested in two (2) simultaneous flights on two (2) separate, but similar, competition venues.

- 2) The **decathlon high jump** will have two (2) flights: one (1) flight of eight (8) competitors and one (1) flight of nine (9) competitors.

The competitors with the top nine (9) seasonal best performances in a decathlon high Jump, as verified by TFRRS will be assigned to flight one (1) and the eight (8) remaining decathlon high jump competitors will be assigned to flight two (2).

Competition order will be drawn by lot within each flight. 'Five-alive' will not be utilized.

- 3) The **heptathlon high jump** will have two (2) flights. One (1) flight of nine (9) and one (1) flight of ten (10).

The competitors with the top ten (10) seasonal best performances in a heptathlon high jump, as verified by TFRRS, will be assigned to flight one (1) and the nine (9) remaining heptathlon high jump competitors will be assigned to flight two (2).

Competition order will be drawn by lot within each flight. 'Five-alive' will not be utilized.

Pole Vault

- 1) The **decathlon pole vault** will be contested in two (2) simultaneous flights on two (2) separate, but similar, competition venues.

The **decathlon pole vault** will have two (2) flights: one (1) flight of eight (8) and one (1) flight of nine (9).

The competitors with the top nine (9) seasonal best performances in a decathlon pole vault, as verified by TFRRS, will be assigned to flight one (1) and the nine (9) remaining decathlon pole vault competitors will be assigned to flight (2).

Competition order will be drawn by lot within each flight. 'Five-alive' will not be utilized.

Discus

- 1) The **decathlon discus** will be contested in one (1) flight of seventeen (17).

Competition order will be drawn by lot within each flight.

Javelin

- 1) The **decathlon javelin** will be conducted in two (2) sequential flights.

Flight one (1) of the decathlon javelin will consist of approximately the first nine (9) decathletes eliminated from the decathlon pole vault. Flight two (2) of the decathlon javelin will consist of the remaining decathletes.

Competition order will be drawn by lot within each flight.

- 2) The **heptathlon javelin** will be conducted in two (2) sequential flights. One (1) flight of nine (9) and one (1) flight of ten (10).

The competitors with the top ten (10) seasonal best performances in a heptathlon javelin, as verified by TFRRS will be assigned to flight one (1) and the nine (9) remaining heptathlon javelin competitors will be assigned to flight two (2).

Competition order will be drawn by lot within each flight.

Shot Put

- 1) The **decathlon and heptathlon shot put** will be conducted in two (2) simultaneous flights on two (2) separate, but similar, competition venues.

The **decathlon shot put** will have two (2) flights: one (1) flight of eight (8) and one (1) flight of nine (9).

The competitors with the top nine (9) seasonal best performances in a decathlon shot put, as verified by TFRRS will be assigned to flight one (1) and the eight (8) remaining decathlon shot put competitors will be assigned to flight two (2).

Competition order within each flight will be drawn by lot.

- 2) The **heptathlon shot put** will have two (2) flights: one (1) flight of nine (9) and one (1) flight of ten (10).

The competitors with the top ten (10) seasonal best performances in a heptathlon shot put, as verified by TFRRS will be assigned to flight one (1) and the nine (9) remaining heptathlon shot put competitors will be assigned to flight two (2).

Competition order within each flight will be drawn by lot.

6. **Coaching Area.**

A coaching area, outside the area of competition, will be established for each field event. The games committee will determine the locations of these coaching areas. Only coaches with proper credentials may access a coaching area.

RELAY PERSONNEL AND PERFORMANCE POLICY

1. Only one relay team from the descending-order list per institution may be declared. That declared relay team's performance will be used for selection and seeding purposes. All other teams on the descending-order list from that institution must be scratched.
2. All relay alternates must be declared separately and not later than the close of packet pick-up at the championships. **However, please include all possible relay alternates when entering your relay(s) on Direct Athletics to facilitate the printing of bibs with athlete names.** You will NOT be penalized for entering alternates that you ultimately decide not to travel to the Championships.

A relay alternate is a student-athlete not already in the championships in any event. Please see Rule 15-8.2. for further information on relay replacement policies.

For 2021, only two relay alternates will be permitted per qualified relay.

3. The four members of the relay who actually competed and earned a qualifying position will be the 'declared' relay team for that institution and will be the only individuals for which NCAA championships travel reimbursement will be provided.

NCAA travel reimbursement will not be provided to alternates, even if they compete in the championships.

4. An athlete on a declared relay who is replaced with a relay alternate or substitute, may still compete in any event(s), at any time, in which he/she had previously been accepted into the meet.

CASE STUDIES

Breaking a tie for the last accepted position to the championships.

SITUATION 1: After declaration, 14 are declared in the men's 100 meters with a mark of 10.66 or better. Six additional are declared with a best descending order list mark of 10.67. Will all six be accepted into the championships?

RULING: No. Only 17, total, will be accepted into the championships. That means only three of the tying six will be accepted. The second best valid qualifying performance mark submitted through the mandatory meet result reporting system will be examined for each of the six. Assume the second-best performance marks submitted are 10.68, 10.69, 10.70, 10.69, 10.68, and 10.72. The two individuals with the second best of 10.68 are accepted, and the tie-breaking procedure continues, but only involves the two individuals with submissions of 10.69. Assume that there are no other available marks to compare. This mark is the last used as tie-breaking for comparative purposes. The performance date of their original mark that created the tie is then examined to determine who achieved the mark later, to determine who is accepted into the championships. If a tie still exists, it is resolved by examining the performance date of the second mark. If the examination of the performance date of the second mark does not result in a break of the tie, the tie for the last qualifying position will be decided by the toss of a coin.

SITUATION 2: After declaration, 15 are declared in the women's high jump with a mark of 1.84 or better. No one has a submitted best meet mark of 1.83. Two are declared with a submitted best meet mark of 1.82. Seven additional are declared with a best descending order list mark of 1.81. Will all seven be accepted into the championships?

RULING: No. Only 19, total, will be accepted into the championships. That means, only two of the tying seven will be accepted. The second best valid qualifying performance mark submitted through the mandatory meet result reporting system will be examined for each of the seven. Assume that after examining the third best qualifying meet performance mark submitted, three remain tied and there are no other available marks to compare. This mark is the last used as tie-breaking for comparative purposes. The performance date of their original mark that created the tie is then examined to determine who achieved the mark later, to determine which two are accepted into the championships. If a tie still exists, it is resolved by examining the performance date of the second mark and, if needed, the third mark to eliminate one. If the examination of the performance date of the third mark does not result in a break of the tie, the tie for the last qualifying position will be decided by the toss of a coin.

Relay Situations.

SITUATION: Of the four student-athletes listed on the championships declaration form for the 4x400 relay, three have injuries that prevent them from competing in the championships. Can the coach use other student-athletes who are competing in the championships or who are declared relay alternates, to fill the open spots on the relay?

RULING: Yes. There is no limit to the number of replacements to the declared relay team.

Field Events.

SITUATION: A long jumper takes a jump in the preliminary round of competition. Believing the mark to be sufficient to advance to the final round and also score in the event, the student-athlete leaves the competition area. Is this one valid mark sufficient to be used for scoring in the event?

RULING: No. This student-athlete would be in violation of Rule 4-2.2. Participation is required in subsequent rounds as a result of qualifying. The championship has two rounds of competition in the horizontal jumping and throwing events. Each round (three attempts in each) has qualifiers for the next round. The student-athlete must participate (compete) in each round of the competition. Participation in the final round of a field event can be satisfied without actually making an attempt.