

# NJCAA Region I Track & Field Championships

## General Information

---

### Decathlon and Heptathlon Championship Meet

---

**Dates:** Tuesday, April 20<sup>th</sup> and Wednesday, April 21<sup>st</sup>  
**Starting Times:** Tuesday: Women start promptly at 3:00 pm  
followed by the men.  
Wednesday: Men start promptly at 3:00 pm  
followed by the women.  
**Site:** Glendale Community College  
**Director:** Ralph Neighbors

Athletes may register for the decathlon and heptathlon when they arrive at Glendale Community College on Tuesday, April 20<sup>th</sup>.

---

### Region I Track & Field Championship Meet

---

**Dates:** Tuesday, April 27<sup>th</sup> and Thursday, April 29<sup>th</sup>  
**Site:** Riggs Stadium, Mesa Community College  
**Director:** Fred Moore

---

#### Entries

All entries are due by 5 pm on Tuesday, April 20<sup>th</sup>, No Exceptions.

Entries must be submitted electronically using the **Region I Web Entry System**

[www.maricopa.edu/cctf](http://www.maricopa.edu/cctf)

**You may enter four (4) individuals per event plus alternates.** Coaches will designate the alternates at the coaches meeting.

Each school may enter only one team for each relay.

**No additions will be allowed after the entry due date. You may substitute athletes in events if they are listed as alternates. No exceptions.**

---

#### Coaches Meeting

There will be a scratch meeting at Top Shelf Restaurant, at 1976 West Southern Avenue (Southern and Dobson) on Friday, April 23<sup>rd</sup> at 10:00 AM. Scratches and substitutions to made at this time. Scratches will be accepted up to the time of the first event on Tuesday, but to help in entering data in the timing/scoring system, please make as many of your changes at the scratch meeting as possible.

Heats and lane assignments will be made after the scratch meeting and posted on the Region I web site later that night, if possible. Final assignments will be available before the first event on Tuesday.

# NJCAA Region I

## Track & Field Championships

---

### Meet Information

1. NCAA rules will be in effect.
2. All events including the relays will be scored 10-8-6-5-4-3-2-1.
3. Participant numbers are to be worn on the front of the racing singlet, and must be worn on both days. No runner will be allowed to compete without a race number.
4. Relay cards must be turned in to the clerk prior to each relay event. All members of your team listed on your roster and active, are eligible to compete on your relay teams.

**Once the meet starts if an athlete scratches an event he/she is out of the rest of the meet unless there is a medical reason for the scratch** (*see honest effort rule*).

**Honest Effort** (Rule 4, Section 1, Article 2 of the 2002 NCAA Men's and Women's Track & Field and Cross Country Rules)

Athletes must participate honestly in all trials and finals of all track or field events in which they legally are declared or they shall be barred from all remaining events in the current meet. Athletes must compete with maximum effort and/or qualify from trials into the finals.

*Note 1: It is understood that passing on attempts in field events is a strategy available in those events and is not considered a question of honest effort.*

*Note 2: Withdrawal from a combined event after it has started shall not affect subsequent participation in an open event.*

5. All distance races longer than 800 meters will use a waterfall start. The 800 meter run and the 4 x 800 meter relay will use a one turn stagger. The 4 x 400 meter relay will use a three turn stagger.
6. A maximum of nine athletes shall qualify for the finals in all field events.

# NJCAA Region I

## Track & Field Championships

### 7. Regulations for Forming Heats

The heats in running events shall be formed according to the following regulations:  
 The declared competitors shall be assigned to first-round heats in the order their names are listed on the ranked performance list, working alternately from left to right and right to left. This procedure could cause two or more teammates to be assigned to the same heat. These heats shall not be altered.

*Examples to form heats:*

<i>2 Heats</i>		<i>3 Heats</i>		
<i>Heat 1</i>	<i>Heat 2</i>	<i>Heat 1</i>	<i>Heat 2</i>	<i>Heat 3</i>
<i>1</i>	<i>2</i>	<i>1</i>	<i>2</i>	<i>3</i>
<i>4</i>	<i>3</i>	<i>6</i>	<i>5</i>	<i>4</i>
<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>
<i>8</i>	<i>7</i>	<i>12</i>	<i>11</i>	<i>10</i>
<i>9</i>	<i>10</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>12</i>	<i>11</i>	<i>18</i>	<i>17</i>	<i>16</i>
<i>13</i>	<i>14</i>	<i>19</i>	<i>20</i>	<i>21</i>
<i>16</i>	<i>15</i>	<i>24</i>	<i>23</i>	<i>22</i>
<i>17</i>	<i>18</i>	<i>25</i>	<i>26</i>	<i>27</i>

### 8. Regulations for Assigning Lanes

The following procedures shall be used in drawing/assigning lanes:

- a. In the first round of competition (preliminaries or final), lanes shall be drawn at random.
- b. For competition other than first round, lane assignments shall be made as follows:
  - i. Races not starting in lanes shall be drawn at random.
  - ii. In races that start but do not finish in lanes (including the 800 meters and the 1,600-meter relay), the preferred lanes shall be assigned first to the heat winners in descending order by time and then to all qualifiers by time in descending order.
  - iii. Races run completely in lanes, assign to preferred lanes as follows:
    1. If advancement was determined by place:
      - a. Weigh place first.
      - b. Weigh time second.
    2. If advancement was determined by time:
 Weigh by time in descending order.

# NJCAA Region I

## Track & Field Championships

### 9. Qualifying for Finals

- a. A maximum of nine runners or teams shall run in any heat or final of the 100, 200, 400 and 800 meters, 100/110 hurdles, 400 hurdles, 400 and 1,600 relays.
- b. In all races started in lanes, if there is the same number of or fewer entries than there are lanes on the track, the event shall be run as a final.
- c. In races run entirely in lanes, the heat winner and, if three heats are run, the runner-up shall advance to the final. If two heats are run, the heat winner and the next two runners shall advance to the final. All other qualifiers shall advance on the basis of time in the preliminary heats. Finals shall include nine qualifiers, of which eight may score (100-200-400-400 relays-hurdles).
- d. In races that start in lanes but do not finish in lanes, the first three places in each heat shall advance and all other qualifiers shall advance on the basis of time.
- e. If 12 or fewer competitors report for the 800 meters, the event shall be run as a final, using an alley start.
- f. If 15 or fewer competitors report for the 1,500 meters, the event shall be run as a final.
- g. If preliminaries are run in the 1,500, 12 shall qualify for the finals.

---

### Protest

The Protest Committee is made up of the Meet Director, Referee, and Chief Field Judge. They will decide on all protests and rule interpretations for the meet. Protests relating to matters that develop during the conduct of the meet should be made at once and not later than 30 minutes after the results have been announced officially. Any such protests must be submitted in writing by a coach to the protest table with a \$25.00 protest fee. The protest shall be submitted to the committee, who shall render a decision. The fee will be returned if the protest is upheld.

---

### Weighing in of Implements

All implements to be used in the Region Meet must be weighed in. Weighing in will be done from 3-5 pm on Tuesday, April 29<sup>th</sup>, and again on Thursday, May 1<sup>st</sup>. You cannot use any implements that have not been weighed in and passed. Officials will check your implements when you check in at your events.

---

### Medical

Mesa Community College as the host school is responsible for scheduling trainers to provide medical service at the meet.

# NJCAA Region I

## Track & Field Championships

### Meet Schedule

The possibility exists that preliminary heats in some event will not need to be contested, however, the time schedule will not change. Events may not be moved up because of athletes who may be competing in multiple events.

### Day One Schedule

#### Throwing Events

Start Time	Event	Round	Gender
5:00 PM	Javelin	Prelims & Finals	Women
5:00 PM	Hammer Throw	Prelims & Finals	Men
6:45 PM	Hammer Throw	Prelims & Finals	Women
6:45 PM	Javelin	Prelims & Finals	Men

#### Jumping Events

Start Time	Event	Round	Gender
5:00 PM	Pole Vault	Finals	Women
5:00 PM	Long Jump	Prelims & Finals	Men
5:00 PM	High Jump	Finals	Women
7:00 PM	High Jump	Finals	Men
7:00 PM	Long Jump	Prelims & Finals	Women

#### Running Events

Start Time	Event	Round	Gender
6:00 PM	3,200 Meter Relay	Finals	Women
6:15 PM	3,200 Meter Relay	Finals	Men
6:30 PM	1,500 Meters	Prelims	Women
6:45 PM	1,500 Meters	Prelims	Men
7:00 PM	400 Meters	Prelims	Women
7:10 PM	400 Meters	Prelims	Men
7:20 PM	100 Meter Hurdles	Prelims	Women
7:30 PM	110 Meter Hurdles	Prelims	Men
7:40 PM	100 Meters	Prelims	Women
7:50 PM	100 Meters	Prelims	Men
8:05 PM	800 Meters	Prelims	Women
8:15 PM	800 Meters	Prelims	Men
8:30 PM	400 Meter Hurdles	Prelims	Women
8:40 PM	400 Meter Hurdles	Prelims	Men
8:50 PM	200 Meters	Prelims	Women
9:00 PM	200 Meters	Prelims	Men
9:15 PM	10,000 Meters	Finals	Women
9:15 PM	10,000 Meters	Finals	Men

# NJCAA Region I

## Track & Field Championships

### Day Two Schedule

#### Throwing Events

Start Time	Event	Round	Gender
5:00 PM	Discus	Prelims & Finals	Women
5:00 PM	Shot Put	Prelims & Finals	Men
6:30 PM	Shot Put	Prelims & Finals	Women
6:30 PM	Discus	Prelims & Finals	Men

#### Jumping Events

Start Time	Event	Round	Gender
5:00 PM	Pole Vault	Finals	Men
5:00 PM	Triple Jump	Prelims & Finals	Women
7:00 PM	Triple Jump	Prelims & Finals	Men

#### Running Events

Start Time	Event	Round	Gender
6:00 PM	3,000 Meter Steeplechase	Finals	Women
6:15 PM	3,000 Meter Steeplechase	Finals	Men
6:30 PM	400 Meter Relay	Finals	Women
6:35 PM	400 Meter Relay	Finals	Men
6:40 PM	1,500 Meters	Finals	Women
6:50 PM	1,500 Meters	Finals	Men
7:00 PM	400 Meters	Finals	Women
7:05 PM	400 Meters	Finals	Men
7:15 PM	100 Meter Hurdles	Finals	Women
7:20 PM	110 Meter Hurdles	Finals	Men
7:30 PM	100 Meters	Finals	Women
7:35 PM	100 Meters	Finals	Men
7:40 PM	800 Meters	Finals	Women
7:45 PM	800 Meters	Finals	Men
7:55 PM	400 Meter Hurdles	Finals	Women
8:05 PM	400 Meter Hurdles	Finals	Men
8:15 PM	200 Meters	Finals	Women
8:20 PM	200 Meters	Finals	Men
8:25 PM	5,000 Meters	Finals	Women
8:55 PM	5,000 Meters	Finals	Men
9:20 PM	1,600 Meter Relay	Finals	Women
9:30 PM	1,600 Meter Relay	Finals	Men