

NCC SPORT REGULATIONS, ARTICLE 31 INDOOR  
**MEN'S & WOMEN'S INDOOR  
TRACK & FIELD**

---

(New provisions for 2007-2008 in **bold**.)

**31i.1 PARTICIPATION REQUIREMENT**

- (a) Men's and women's indoor track and field is an official sport of the North Central Conference, and all member institutions that sponsor (e.g., provide uniforms/equipment or provide funds for travel, uniforms/equipment, facilities, coaches, to host events, etc.) a men's and/or women's indoor track & field team shall participate for the Conference Championship(s) unless excused by official Conference action.

**31i.2 INDOOR SCHEDULE**

- (a) Regular season competition among Conference members is encouraged but not required.
- (b) The NCC Indoor Track & Field Championships shall be held two (2) weeks prior to the NCAA Indoor Championships.

**31i.3 POST-SEASON COMPETITION**

- (a) Member institutions are encouraged to enter individuals or teams in the NCAA Division II Track & Field Championships.

**31i.4 NCC INDOOR TRACK & FIELD CHAMPIONSHIPS**

- (a) The NCC Indoor Track & Field Championships shall be conducted in accordance with the current NCAA Track & Field Guide, augmented by the following additions and clarifications in the NCC Sport Regulations. Indoor men's and women's track & field events shall automatically be added to the schedule of the respective NCC Championship when they are added to the NCAA National Championship.
- (b) The NCC Indoor Track & Field Championships shall be awarded to a member institution with adequate facilities to host the meet. Indoor meets will be held on a 200-meter track only. The NCC office shall assist the host institution in securing the necessary equipment to weigh implements at NCC Championship events. The sites shall be determined at the annual Conference meeting and shall follow a North-South rotation.
- (c) The Indoor Meet shall not be postponed or cancelled without the majority vote of the head track & field coaches. In the event of a tie, the NCC commissioner shall cast the deciding vote.
- (d) The head track & field coach of the host member institution shall serve as the meet director. A Games Committee shall be established to act as the Jury of Appeals.

## 138 Indoor Track & Field

- (e) The meet director shall appoint four (4) individuals [one (1) conference women's coach and one (1) conference men's coach plus two (2) other people] to serve with the meet director as Jury of Appeals for the meet. Motions for protests are to be filed by the head coach only.
- (f) Final entries and rosters are due by 7 p.m. the Tuesday prior to the NCC Indoor Championships. Entry marks for the NCC Men's and Women's Indoor and Outdoor Championships must be documented for verification of entry into the Championships and performances must be attained during the respective season while representing the institution. For the NCC Men's and Women's Indoor and Outdoor Track & Field Championships, the host institution shall post heats and flights with performances the day after entries are due. Challenges must be made to the meet director by 12 noon on the day before the Championships. Any erroneous marks will be entered as no marks.
- (g) The penalty for late entry or an omission from the team roster shall be \$25.00 and the student-athlete(s) shall be allowed to compete.
- (h) Student-athletes may double in the 3,000- and 5,000-meter runs.
- (i) For the NCC Indoor Championships, each men's and women's team will be allowed four (4) entries in each event. Each team will be restricted to 31 on the women's roster and 25 on the men's roster.
- (j) Each institution shall receive heat and lane assignments the Thursday prior to the Friday-Saturday NCC Indoor Championships. Only the 4 x 400 relay will be indexed for the NCC Indoor Championships. If there are questions, the meet director shall call the coach of the involved institution.
- (k) Scoring: The method for scoring the NCC Indoor Championships shall be for eight (8) places, as at the NCAA Championships, thus a 10-8-6-5-4-3-2-1 format will be followed.
- (l) NCC member institutions may host the NCC Indoor Track & Field Championships outside of their local communities in order to secure the proper facilities.
- (m) The NCC Indoor Track & Field Championships shall rotate between USD and MSU. The 2007 NCC Indoor Track & Field Championships will be held at USD on February 23-24, 2007. The NCC Indoor Championships events to be held (Official starting times to be distributed by the Meet Director prior to the Championships) :

### **Friday**

10:00 Pentathlon (Women first)

*60 Meter Hurdles, Long Jump, Shot Put, High Jump, Men's 1000 - Women's 800*

1:30 Men's Weight Throw- Final

Women's Weight Throw- Final (30 min./men)

4:00 Women's High Jump- Final

Men's Pole Vault- Final

Men's Long Jump- Final

Women's Long Jump- Final (after men)

5:00 Women's 60 Meter Hurdles

5:15 Men's 60 Meter Hurdles

5:30 Women's 60 Meter Dash

5:40 Men's 60 Meter Dash

5:50 Women's 500 Meter Dash

6:00 Men's 500 Meter Dash  
 6:10 Women's 400 Meter Dash  
 6:20 Men's 400 Meter Dash  
 6:30 Women's 800 Meter Run  
 6:40 Men's 800 Meter Run  
 6:50 Women's 1000 Meter Run  
 7:00 Men's 1000 Meter Run  
 7:10 Women's 200 Meter Dash  
 7:20 Men's 200 Meter Dash  
 7:30 Women's 5000 Meter Run - Final  
 7:50 Men's 5000 Meter Run - Final  
 8:15 Women's DMR - Final  
 8:35 Men's DMR - Final

### **Saturday**

10:00 Men's Shot Put- Final  
       Women's Shot Put- Final (after men)  
 11:00 Men's Triple Jump- Final  
       Women's Triple Jump- Final (after men)  
       Women's Pole Vault- Final  
 Noon Men's High Jump- Final  
 Noon Women's Mile - Final  
 12:15 Men's Mile - Final  
 12:30 Women's 60 Meter Hurdles- Final  
 12:40 Men's 60 Meter Hurdles- Final  
 12:50 Women's 400 Meter Dash- Final  
 1:00 Men's 400 Meter Dash- Final  
 1:10 Women's 500 Meter Run- Final  
 1:20 Men's 500 Meter Run- Final  
 1:30 Women's 60 Meter Dash- Final  
 1:35 Men's 60 Meter Dash- Final  
 1:40 Women's 800 Meter Run- Final  
 1:45 Men's 800 Meter Run- Final  
 1:50 Women's 1000 Meter Run- Final  
 1:55 Men's 1000 Meter Run- Final  
 2:00 Women's 200 Meter Dash- Final  
 2:10 Men's 200 Meter Dash- Final  
 2:20 Women's 3000 Meter Run- Final  
 2:40 Men's 3000 Meter Run- Final  
 3:00 Women's 4x400 Relay- Final  
 3:10 Men's 4x400 Relay- Final

The games committee has the authority to shorten the times to an interval they feel is adequate.

- (n) The starting heights for the high jump and pole vault shall be established based on the NCAA national qualifying standards.
- (o) Seeding for six (6) lane tracks shall be as follows: The preferred lanes for the 500 Meter, 400 Meter, and 200 Meter in order are: 5-4-6-3-2. Lane 1 will be eliminated in those events. Finals for the 500 Meter, 400 Meter, and 200 Meter races shall be run in two (2) heats of four (4) athletes on both 6 and 8 lane tracks.

## 140 Indoor Track & Field

- (p) For races run on the straight-away, the 60 Meter Dash and 60 Meter Hurdles, the preferred lanes in order are: 3-4-2-5. 6 Lane Track: There will be 8 athletes taken to finals and run in two heats on a 6-lane track. The second heat of finals will be the fastest heat. If a tie should occur, the heat the extra student-athlete will run in will be determined according to where the tie occurred, in the upper or lower ranking. If a tie occurs between 4 and 5, 5 moves up to the fast heat, then 4 and 5 will flip for the lane. 8 Lane Track: When the NCC Indoor Meet is held on an 8-lane track, finals of the 60 meter dash and 60 meter hurdles will be run in 1 heat.
- (q) In the NCC Indoor Championships, no preliminaries will be run in the 4 x 800 Meters, 4 x 400 Meters, 3000 Meter Run, or 5000 Meter Run. During the 3000 and 5000 Meter Runs, lap down to fourteen (14) student-athletes, the NCC Indoor Men's 5,000 will lap down to sixteen (16) runners. Qualify eight (8) student-athletes in events of 1000 Meters or less.
- (r) The one-mile run, at the Indoor Meet will be a one heat final if there are 15 student-athletes. If there are 16 or more student-athletes, then two heats will be run with the 10 best times in a heat and the remainder in another heat. The slow heat will run first and the fast heat second.
- (s) A curved starting line will be used for all individual running events over 1000 Meters in length in the NCC Indoor Championships. For meets held on a six (6) lane track, the 800 meter and 1000 meter will start out of boxes with a two (2) turn stagger.
- (t) Protests may only be filed by the head coach. Protest fees for all events shall include:
  - 1. \$0.00 to simply file the original protest.
  - 2. \$1.00 to see an Accutrack photo.
  - 3. \$10.00 to file an Appeal to the Jury. The \$10.00 shall be returned if the Jury overturns the original decision.
- (u) Relay interpretation: Any four (4) student-athletes can run in the preliminary round or any subsequent round of a relay as long as they are on the team roster for the meet.
- (v) The formula for running the finals of relays, when no prelims are used and two (2) heats are required is as follows: when there are nine (9) teams, the four (4) slowest teams will be in the first heat and the five (5) fastest teams in the second heat. If there are ten (10) teams the heats will be five (5) and five (5) with the second heat being the fast heat. Seeding for heats will be based on verified entry times.
- (w) The Pentathlon will take place on Friday (or Sunday if the Championships are held on Sunday & Monday) morning of the NCC Indoor Championships.
- (x) Host institutions for the Indoor NCC Championships, are required to have printed results done by Finish Lynx, Hy-Tek, or a comparable device that has the ability to go to .001 of a second. For purposes of official results, the metric system will be used to measure all field events at the indoor championships.
- (y) Two automatic timing devices shall be used for the NCC Indoor Championships.
- (z) During the NCC Indoor Championships there may be an award ceremony to recognize the top three (3) place winners in each event and the team champions.

### **31i.5 OFFICIALS**

- (a) For the NCC Indoor & Outdoor Track & Field Championships, there shall be a running referee and a field referee. Also there shall be two (2) starters. One to start the men's championship and one to start the women's championship.
- (b) The NCC office, rather than host institution, will work with the track and field coaches to identify and contract referees for the Indoor Championships.