

NCC SPORT REGULATIONS, ARTICLE 31

MEN'S & WOMEN'S OUTDOOR TRACK & FIELD

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

31o.1 PARTICIPATION REQUIREMENT

- (a) Men's and women's outdoor track & 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 outdoor track & field team shall participate for the Conference Championship(s) unless excused by official Conference action.

31o.2 OUTDOOR SCHEDULE

- (a) Regular season competition among Conference members is encouraged but not required.
- (b) The NCC Outdoor Track & Field Championships shall be scheduled for the second week in May.

31o.3 POST-SEASON COMPETITION

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

31o.4 NCC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

- (a) The NCC Outdoor 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. Outdoor 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 Outdoor Track & Field Championships shall be awarded to a member institution with adequate facilities to host the meet. 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 Outdoor 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.

- (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 first day of the NCC Outdoor 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) For the NCC Outdoor Championships, each men's and women's team will be allowed entries up to a maximum of six (6) per event as long as an institution stays within the total team limitations of 30 men's and 36 women's competitors.
- (i) Heat and Lane Assignments: Each institution shall receive heat and lane assignments the Thursday prior to the Friday-Saturday NCC Outdoor Championships. If there are questions, the meet director shall call the coach of the involved institution.
- (j) Scoring: The method for scoring the NCC Outdoor Championships shall be for eight (8) places, as done at the NCAA Championships, thus a 10-8-6-5-4-3-2-1 format will be followed.
- (k) Selection of the host institution for the NCC Outdoor Track & Field Championship will be based on a north-south rotation. The institutions in the north shall be UND, UMD and SCSU. Institutions in the South shall be UNO, USD, AC and MSU.
- (l) NCC member institutions may host the NCC Outdoor Track & Field Championships outside of their local communities in order to secure the proper facilities.
- (m) The 2007 NCC Outdoor Track and Field Championships will be held at UMD on May 11-12, 2007. (Official starting times to be distributed by the Meet Director prior to the Championships) :

NCC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

NOTE: The Hammer will be included in the final schedule of events to be distributed by the Meet Director prior to the Championships. Placement of the Hammer in the order of events will be made by the Meet Director based on facilities.

Friday (All Prelims except Field & 10,000) (Tentative)

- 3:00 Pole Vault - Men
- 4:00 Discus - Men
- High Jump - Women
- Long Jump - Men
- 3:40 1500 Meter Run
- 4:10 100/110 Meter Hurdles

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4:40 400 Meter Dash
5:10 100 Meter Dash
5:30 800 Meter Dash
6:00 400 Meter Hurdles
Long Jump - Women
Discus - Women
Pole Vault - Women
6:35 200 Meter Dash
7:00 10,000 Meter Run

Saturday (All Finals) (Tenative)

(Running Events Women then Men except where noted).

11:00 Javelin - Men
Shot Put - Women
Triple Jump - Men
1:00 High Jump - Men
Triple Jump - Women
Shot Put - Men
Javelin - Women
1:00 400-Meter Relay
1:10 3000-Meter Steeplechase
1:50 1500 Meter Run
2:10 100 Meter Hurdles - Women
2:20 110 Meter Hurdles - Men
2:30 400 Meter Dash
2:40 100 Meter Dash
2:50 800 Meter Run
3:05 400 Meter Hurdles
3:20 200 Meter Dash
3:25 3000 Meter Run - Women
3:40 5000 Meter Run
4:40 1600 Meter Relay

- (n) The 2006 Multi Events will be at St. Peter, Minn. (hosted by MSU) on April 30-May 1. The Decathlon (Men) and Heptathlon (Women) events to be held and their schedule shall be:

MULTI EVENTS

DECATHLON

Monday @ *12:00 noon

100 Meter Dash
Long Jump
Shot Put
High Jump
400 Meter Dash

HEPTATHLON

Monday @ *11:30 a.m.

100 Meter Hurdles
High Jump
Shot Put
200 Meter Dash

* The first event shall begin at the times listed above. Following events shall begin one half (1/2) hour after the last competitor has completed his/her event (unless for unforeseen circumstances ALL agree to move ahead of the 1/2 hour rule).

Tuesday @ 9:00 a.m.

110 High Hurdles
 Discus
 Pole Vault
 Javelin
 1500 Meters

Tuesday @ 9:15 a.m.

Long Jump
 Javelin
 800 Meters

Entries must be called in the day before the competition (Sunday). Any student-athlete who is declared must compete. If a student-athlete does not start the competition after having been declared, that student-athlete may not compete in the remaining aspects of the NCC Championship.

Heat and lane assignments for the first day's events will be set by the meet director. Heats/flights for the second day will be set after the conclusion of the first day's events. The meet director shall select a meet referee.

A jury of appeals shall consist of the meet director and two (2) additional persons appointed by the meet director.

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

- (m) The starting heights for the high jump and pole vault shall be established based on the NCAA national qualifying standards.
- (n) In the NCC Outdoor Championships, no preliminaries will be run in the 1600 Meter Relay, 3000, 5000, 10,000 or the 3000 Meter Steeplechase. Heat winners plus next fastest times in laned races will advance in the 100 Meter, 200 Meter, 400 Meter, 800 Meter, 100 Meter Hurdles, 110 Meter Hurdles, 400 Meter Hurdles, and 400 Meter Relay to complete a field of eight (8). The preferred lanes shall be determined by the meet director.
- (o) The 1500 Meter Run will field twelve (12) student-athletes, if there are more than twelve (12) runners, a prelim will be held.
- (p) A curved starting line will be used for all individuals running events over 1000 Meters in length in the Outdoor Championships.
- (q) 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.
- (r) 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.
- (s) 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.

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- (t) Host institutions for the Outdoor 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 in both the indoor and outdoor championships.
- (u) Two automatic timing devices shall be used for the Outdoor Championships, if possible, events should be run with favorable wind conditions, with the decision up to the meet director.
- (v) During the NCC Outdoor Championships there may be an award ceremony to recognize the top three (3) place winners in each event and the team champions.

31o.5 OFFICIALS

- (a) For the NCC 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 Outdoor Championships.