



# 2020 Track & Field

## Regular-Season Regulations

### 1.0 Sponsorship

- 1.1 The following member institutions sponsor track and field as a varsity intercollegiate sport:

The Citadel (indoor and outdoor, men and women)  
East Tennessee State University (indoor and outdoor, men and women)  
Furman University (indoor and outdoor, men and women)  
Mercer University (outdoor, women)  
University of North Carolina at Greensboro (indoor and outdoor, men and women)  
Samford University (indoor and outdoor, men and women)  
University of Tennessee at Chattanooga (indoor and outdoor, women)  
Virginia Military Institute (indoor and outdoor, men and women)  
Western Carolina University (indoor and outdoor, men and women)  
Wofford College (indoor and outdoor, men and women)

### 2.0 Regular-Season Competition

- 2.1 **Scheduling:** NCAA policies regarding scheduling requirements are the official policies of the Southern Conference.
- 2.1.1 **Conference Scheduling:** There are no scheduling requirements relative to competition between Conference institutions during the regular season. Southern Conference institutions hosting track and field events during the regular season are encouraged to extend invitations of participation to other Conference schools.
- 2.2 **Championship Determination:** Southern Conference team or individual champions shall not be determined during regular-season competition. Team and individual champions shall be determined at the Southern Conference Men's and Women's Indoor and Outdoor Track and Field Championships.
- 2.3 **Competition Rules:** Competition rules as adopted by the NCAA shall be in effect for all Southern Conference track and field events during the regular season.
- 2.4 **Results Reporting:** Conference institutions shall update all results information of regular-season events to the Conference ranking list by 5:00 PM ET on Monday of each week. It is mandatory that the Conference ranking list be completed by 5:00 PM ET of the Monday prior to the indoor and outdoor track & field championships in preparation for seeding purposes. Those student-athletes who have not been added to the Conference ranking list by that time will not be allowed to have times or marks used for seeding into the championships. *(Approved 10/09)*
- 2.5 **Scouting Information:** Southern Conference teams shall not share scouting information on other Southern Conference teams with non-Conference or other Conference schools.
- 2.6 **Complimentary Tickets:** Conference institutions hosting regular-season meets shall provide Conference visiting institutions with 50 complimentary tickets for the meet, provided that the home institution is charging admission. The 50 complimentary tickets should be provided from a pass list given to the home institution by the visiting institution upon its arrival.
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- 2.7 Student-Athlete Eligibility:** Each institution is responsible for having all of its student-athletes eligible prior to the season. All student-athlete eligibility profiles shall be transmitted to the Conference office prior to a school's first day of competition. This information shall be filed and in accordance with the instructions of the Southern Conference Associate Commissioner for Compliance. If any questions arise, the Conference compliance administrator shall have the details on all student-athletes who are eligible for Conference regular-season and post-season competition.
- 2.8 Signs:** Signs of a derogatory nature directed toward an individual opponent, visiting team or an official are not permitted at events being hosted by Southern Conference institutions. It is the responsibility of the meet management director to see that derogatory signs are confiscated.
- 2.9 Track Inspection:** It is recommended that Southern Conference institutions hosting regular-season meets make the track available for inspection by all participating teams on the day prior to the meet. Each institution should be allowed the same amount of inspection time and/or practice opportunities.
- 2.10 Entries, Scratches and Substitutions:** Southern Conference institutions shall adhere to NCAA policies regarding event entries, scratches, and substitutions.

### **3.0 Track and Field Committee**

- 3.1** The Southern Conference Track and Field Committee shall consist of at least one athletics director, one faculty athletics representative, one senior woman administrator and one head coach. The sport committee shall perform the following duties:
- 3.1.1** Review the sport regulations for men's and women's track and field;
  - 3.1.2** Make recommendations to the Southern Conference Senior Woman Administrators Association and Athletics Directors Association as situations warrant;
  - 3.1.3** Ensure that coaches are informed about league rules and matters affecting men's and women's track and field in the Southern Conference;
  - 3.1.4** Conduct surveys, etc.;
  - 3.1.5** Administer, in general, the sports of men's and women's indoor and outdoor track and field in the Southern Conference.

### **4.0 Head Coaches Meetings**

- 4.1** Southern Conference head coaches shall meet once a year to address all matters relating to the sports of men's and women's indoor and outdoor track and field and to make recommendations to the Southern Conference Track and Field Committee. This meeting shall normally take place in the month of August.

### **5.0 Meet Officials**

- 5.1 Home Institution Responsibilities:** Southern Conference institutions hosting meets during the regular season are responsible for contracting a qualified head referee, qualified judges for all field events, a head clerk, starter, scorer and a qualified track inspector. It is recommended that neutral officials be present at all events being hosted by Southern Conference institutions.

### **6.0 Meet Management**

- 6.1** The home athletics director (or his or her designee) shall serve as the meet management director for all events being hosted by Southern Conference institutions. It is suggested that the meet management director visit briefly with the officials and the visiting head coaches prior to the meet to answer any questions and inform them of his or her availability. The home athletics director and/or meet management director also has the direct responsibility for crowd control as outlined in the Southern Conference Sportsmanship Code Regulations.
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## 7.0 Public Address Announcer

- 7.1 Only the designated public address announcer may use a microphone during a meet hosted by a Southern Conference institution. The public address announcer is responsible for whatever is said over the PA system. The primary function of the announcer is to give specific information to the fans, not to incite them by unnecessary inflection of voice beyond the pre-meet introduction of the home team or pre-event introduction of the host institution's student-athletes.

## 8.0 Conduct

- 8.1 **Coaches' Conduct:** All head and assistant coaches are to conduct themselves in such a manner during a meet as to ensure or promote good crowd control. They also are responsible for the conduct of their student-athletes and staff. Coaches (head and assistant) must follow Southern Conference Sportsmanship Code Regulations at all times.

- 8.2 **Ejection/Suspension Policy:** A coach or player removed from a contest for any unsportsmanlike act shall be subject to potential disciplinary action by the conference office, including suspension from future contests. (Revised 5/19)

- 8.3 **Unsportsmanlike Behavior:** Acts of unsportsmanlike behavior or unethical conduct including but not limited to those described below shall make the offending party subject to sanctions by the conference.

- 8.3.1 **Fighting:** Any attempt by a person to strike an opponent or contest participant in a combative manner unrelated to the sport involved or any act that incites an opponent to retaliate by acting in a similar manner shall be described as unsportsmanlike behavior.

- 8.3.2 **Aggressive Behavior:** The use of obscene gestures, profane language, or the display of hostile action towards officials, spectators, or opponents shall be described as unsportsmanlike.

- 8.3.3 **Ejection:** The removal by an official from a competitive sport activity shall require the ejected participant to leave the vicinity of the competitive activity immediately.

- 8.3.4 **Suspension:** A penalty that denies the involved participant from being in the vicinity of the contest suspended from during the time period beginning one hour prior to the scheduled contest until the contest is completed. Suspension does not affect practice opportunities outside of the above time limitations.

- 8.3.5 **Vicinity of Contest:** The immediate area/site of the competition extended to include any point or place from which the ejected/suspended individual could observe, supervise, or participate in any manner in the contest from which the participant is being ejected or suspended.

- 8.3.6 **Competitive Conditions:** The failure of an institution to provide an environment for a contest that is safe and fair to competition shall be described as unsportsmanlike behavior.

## 9.0 Awards

- 9.1 **Performers of the Week:** Certificates shall be presented to student-athletes named indoor or outdoor Performer of the Week during the regular season. The Performers of the Week for both track events and field events for men and women will be selected. The Performers of the Week shall be selected by a committee of head coaches determined at the annual meeting of the head coaches and Track and Field committee. (Approved 10/08)

- 9.2 **Performers of the Month:** A Performer of the Month shall be awarded at the end of each month during the indoor and outdoor season for both men and women. The Performers of the Month shall be selected by a committee of head coaches determined at the August meeting of the head coaches and Track and Field Committee.
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**10.0 Two-Year Moratorium of Approved Sport Regulations:** Sport regulations approved by the membership must be implemented for two full seasons before they may be considered for amendment, except in instances where changes are made to the regulation on a national level (i.e. an NCAA rule or a national governing body policy). Coaches' recommendations that are not approved by the membership are subject to the moratorium and may not be reconsidered by the membership for two years. A 75% vote of the athletic directors may overrule the two-year moratorium on a case-by-case basis. *(Approved and Effective 6/10)*

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## **Conference Championship Meet Regulations**

### **1.0 Championships Format**

- 1.1 At the conclusion of both the indoor and outdoor track and field regular seasons, Conference championship meets shall be conducted to determine men's and women's team and individual champions. All teams eligible to compete shall participate in the Conference championship meets.
- 1.2 The events contested in the indoor and outdoor track and field championships shall normally be the same events contested at the NCAA Division I Indoor and Outdoor Track and Field Championships. Events may not be added or deleted to the Southern Conference Championships without a majority vote of the Conference head coaches and the approval of the Track and Field Committee and the Southern Conference Athletics Directors Association.
- 1.3 For most Conference sports, the championship shall conclude no later than the original dates of competition, regardless of any weather-related delays or postponements. This shall be true in baseball, men's & women's golf, men's & women's lacrosse, men's & women's soccer, volleyball, men's & women's indoor track & field, rifle, wrestling, and men's & women's cross country. The only sports which permit one additional day to conclude the championship because of weather-related issues are men's & women's tennis, softball, and men's & women's outdoor track & field. Men's & women's basketball would be determined by a decision made by the Commissioner's office and the basketball committee. (Updated 7/18)

### **2.0 Championships Dates**

The Southern Conference men's and women's Indoor Track and Field Championships shall normally be conducted two weeks prior to the NCAA championships. The Southern Conference men's and women's Outdoor Track and Field Championships shall normally be conducted four weeks prior to the NCAA Preliminary Rounds.

- 2.1 **Indoor Track and Field:** The dates of the 2020 Indoor Track and Field Championships shall be February 29-March 1.
- 2.2 **Outdoor Track and Field:** The dates of the 2020 Outdoor Track and Field Championships shall be May 2-3.

### **3.0 Championships Location**

- 3.1 **Rotation:** The location of the Southern Conference Men's and Women's Outdoor Track and Field Championships shall be determined by a rotational system among Conference schools that meet the hosting criteria. The location for the Southern Conference Men's & Women's Indoor Track and Field Championships shall be determined by the Track and Field Committee.
  - 3.1.1 **Indoor Criteria:** The Southern Conference Indoor Track and Field Championships shall not be granted to any school or outside entity that cannot have a track with at least six lanes in the straightaway events and six lanes around the oval (*Approved 10/14*). The facility must be able to accommodate all events indoors and provide good spectator viewing of all events.
  - 3.1.2 **2020 Indoor Championships Location:** The site of the 2020 Southern Conference Men's and Women's Indoor Track and Field Championships shall be on the campus of VMI.
  - 3.1.3 **Future Indoor Championships Locations:** TBD.
  - 3.1.4 **Outdoor Criteria:** The Southern Conference Outdoor Track and Field Championships shall not be granted to any school or outside entity that does not have a track with at least eight lanes or is not more than 42 feet wide for both straightaway and oval events. The facility must be able to accommodate all events within walking distance to the main track and provide good spectator viewing of all events. An appeal can be made to the head coaches and Track and Field Committee at their annual meeting to conduct a meet with one or more of these criteria lacking, but must meet approval of the majority of the head coaches and the request must also be approved by the Athletics Directors Association.

**3.1.5 2020 Outdoor Championships Location:** The site of the 2020 Southern Conference Men's and Women's Outdoor Track & Field Championships shall be held in Birmingham, AL. and hosted by Samford University.

**3.1.6 Future Outdoor Championships Locations:** TBD.

#### 4.0 Championships Schedule

**4.1 Start Times:** Championships schedules shall be set by the Southern Conference Track and Field Committee.

#### 5.0 Championships Administration

**5.1 Track and Field Committee Involvement:** The Southern Conference Track and Field Committee shall provide general oversight of the men's and women's indoor and outdoor championships. The Track and Field Committees shall have the authority to discipline and/or fine any member institution that does not abide by Conference regulations.

**5.2 Games Committee:** A Games Committee shall be appointed for the men's and women's indoor and outdoor championships consisting of Track and Field Committee members on site, the athletics director of the host institution or his or her designee, the Southern Conference championships administrator on site (who shall serve as chair of the committee), the meet director, the head referee and all head coaches. The Games Committee shall:

- A. Ensure that the championships are conducted in accordance with the rules and regulations of the Southern Conference as contained in the Southern Conference Championships Manual and these sport regulations;
- B. Make decisions regarding situations that occur where resolution is not covered in the rules and regulations of the NCAA or the Southern Conference as stated in the Championships Manual or these sport regulations;
- C. Inspect the meet facilities prior to the start of the event.

**5.3 Meet Director:** The host institution or agency for the championship shall appoint a meet director who, along with the conference liaison, shall perform the following functions under the direction of the Track and Field Committee:

- A. Serve as supervisor of the championships;
- B. Plan and coordinate all activities of the championships in conjunction with the Southern Conference Track and Field Committee and local organizing committee(s);
- C. Provide relevant championships information to all coaches, athletics directors, senior woman administrators, chief executive officers, faculty representatives and other necessary personnel of competing institutions;
- D. Coordinate and supervise the activities of the meet officials;
- E. Oversee servicing the needs of the participants and spectators as prescribed in the championships manual;
- F. Delegate duties and responsibilities to championships personnel;
- G. Secure a certified trainer and other medical personnel for the championships.

**5.4 Media Coordinator:** The meet director shall appoint a championships media coordinator, who shall perform the following duties:

- A. Coordinate and administer all media working areas and media hospitality areas;
- B. Process all media requests for working credentials;
- C. Coordinate the activities of the results crew and make sure that results are made available to all media and coaches as soon as possible after the conclusion of each meet;
- D. Write and distribute all releases as necessary prior to and during the championships;
- E. Be responsible for awards balloting;
- F. Coordinate the installation of phone lines for the media;
- G. Fulfill the needs of Conference sports information directors not on site.

**5.5 Medical Personnel:** The meet director shall appoint a Championship sports medicine coordinator who shall ensure the following occurs. Both shall ensure that the following occurs:

- A. That two certified trainers are present during all competitions;
  - B. That a general practitioner or orthopedic physician is on site during all competitions;
  - C. That an EMS unit is on site during all competitions;
  - D. That there is planned and pre-arranged access to medical facilities;
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- E. That training facilities and training supplies are available for all championships events;
- F. That information concerning medical and training accommodations is distributed to all head athletic trainers and head coaches prior to their arrival at the championships site;

**5.6 Officials:** Officials and their duties are outlined in the NCAA Rules. The Southern Conference staff liaison, working in conjunction with the Track and Field Committee, shall contract all officials to work the championships and shall:

- A. Assign a pool of officials to work the championships. The pool of officials shall include the following:
  - (1) Head referee;
  - (2) Starter;
  - (3) Recall starter (assistant starter);
  - (4) Clerk of the course;
  - (5) Head inspector;
  - (6) Inspectors for field events and running event judging (a minimum of two inspectors shall be assigned to each turn, one inside the track and one outside the track. Inspectors shall judge each straightaway, plus the relay passing zones in the relay races. Inspectors shall judge the straightaway races divided between the ends and the sides of the track. The head inspector shall be located at a designated position);
- B. Conduct pre-event and post-event meetings as necessary with officials;
- C. Oversee the selection and training of all other meet officials with the meet director and ensure that a training session is conducted for these officials prior to competition;
- D. Ensure that the head referee remains at the championships site for at least 30 minutes after the final results are posted or read and ensure that the head referee makes a written report before departing of all actions, protests, and controversial decisions that may have affected the meet (the report shall be made available to all coaches at the site upon request).

**5.7 Additional Championships Personnel:** The following additional personnel shall be appointed by the meet director and/or championships media coordinator:

- A. Official timer;
- B. Public address announcer;
- C. Clock, scoreboard and matrix board operators;
- D. In addition, Southern Conference Track and Field Committee members (excluding the head coach representatives), may be assigned specific duties as necessary to ensure the orderly operation of the championships.

**5.8 Promotions Director:** The meet director shall appoint a promotions director that ensures that a marketing and promotions plan is created to promote awareness to fans of member institutions and their local communities, as well as the local community in which the championships are being held.

**5.9 Involvement of Head Coaches:** The Southern Conference head track and field coaches shall be utilized as counsel for the planning of both the indoor and outdoor championships. Their technical knowledge and personal experience in the administration of meets shall assure the maintenance of meet reputation for excellence and efficiency. Selection of certain officials (head referee, starter, etc.) shall be considered upon the recommendation of the head coaches. Coaches' recommendations for these officials and a review of planning for the indoor and outdoor championships shall be an item on the agenda for the annual meeting of the head coaches and Track and Field Committee.

## **6.0 Championships Manual**

**6.1** The Southern Conference staff liaison shall send a championships manual to all Conference chief executive officers, faculty athletics representatives, athletics directors, senior woman administrators, head coaches and sports information directors at least one month prior to the championships. The following information shall be contained in the manual:

- A. Facilities information;
  - B. Telephone numbers and addresses of key championships personnel;
  - C. Local maps;
  - D. Competition schedule of events;
  - E. Dates, times and location of the championships and related activities;
  - F. Information on team and institutional credentials and parking passes;
  - G. A championships itinerary;
  - H. Medical and training information;
  - I. Media information;
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- J. Information on hospitality and social functions;
- K. Names and responsibilities of Local Organizing Committee personnel;
- L. Names and responsibilities of host institution personnel;
- M. A championships emergency plan and emergency telephone numbers.

## 7.0 Tournament Procedures

- 7.1 Scoring:** At the indoor and outdoor championships, teams may enter a maximum of six competitors in all individual events and six competitors in multi-event competitions (heptathlon, decathlon, etc.). The eight-place scoring system (10-8-6-5-4-3-2-1) shall be used in individual and relay events during the indoor and outdoor championships. (*Amended and Approved 10/11*)
- 7.2 Tie-Breaking Procedures:** In case of a tie for first place in a team championship, the tying teams shall be considered co-champions.
- 7.3 Travel Squads:** The travel squad limit to the Southern Conference Men's and Women's Indoor Championships is 25 athletes per team. The Outdoor Track and Field Championships shall be limited to 28 athletes per team.
- 7.4 Rules:** The rules for the Southern Conference Men's and Women's Indoor and Outdoor Track and Field Championships shall conform to those rules adopted by the NCAA for the Division I Indoor and Outdoor Track and Field Championships, and the Southern Conference as stated in the Southern Conference Championships Manual and these sport regulations.
- 7.5 Uniforms:** When engaged in competition, each competitor must wear an official team uniform with components governed by NCAA playing 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.
- 7.5.1** 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 from the same team. Teams may change uniform colors from one day to another for multiple-day meets. Men's and women's programs are considered separate teams, and are not required to have uniforms of identical color.
- 7.5.2** 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. Uniform tops must be worn so to not obscure hip numbers. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.
- 7.5.3** In accordance with NCAA rules, the institutions' official uniform (including warm-ups) and all other items of apparel (socks, head bands, t-shirts, wrist bands, towels, etc.) should bear only a single manufacturer's or distributor's normal label or trademark. The label or trademark may not exceed 2¼ inches square in size. Equipment (i.e., shoes, bags) may bear only the manufacturer's normal label or trademark as it is used on all such items for sale to the general public. Failure to comply with this regulation may cause disqualification or may jeopardize a student-athlete's eligibility.
- 7.6 Student-Athlete Eligibility:** Each institution is responsible for submitting a list of competing student-athletes to the Conference compliance administrator no later than seven days prior to the start of the championships. The Conference office will verify the eligibility of these student-athletes and will notify an institution if a problem arises with any of its student-athletes. Student-athletes not deemed eligible to compete may not be in uniform during the Conference championships.
- 7.7 Head Coaches Meeting:** A Southern Conference head coaches meeting will be held at the championships site prior to the start of the indoor and outdoor championships. The Track and Field Committee chair will conduct the meeting and review information pertinent to the championships. The head coach of each institution is required to attend these meetings. Head coaches who do not attend the meeting are subject to disciplinary action as imposed by the Track and Field Committee and enforced by the Commissioner.
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**7.8 Entries and Scratches:** The following items address the issues of event entries and scratches:

- A. The Conference office shall send out instructions regarding event entry procedures to the head coach at each institution at least 14 days prior to the championships;
- B. Entry forms shall allow a maximum of six entries per team for each individual event and six entries per team for multi-events (*Amended and Approved 10/11*);
- C. All entries for conference championship events shall be done online. Entries and all changes to entries (i.e., event scratches) are due 2 days prior to the first day of competition (*Approved 10/14*). No additional entries or changes to entries may be made after that time;
- D. All performances used by coaches on entry forms must have been made in the current indoor or outdoor season and must have been posted on the official Southern Conference Ranking List. No relay individual performances are acceptable, nor will hand-held times taken by the coach be accepted. Only officially recorded performances either hand or electronic will be accepted for seeding purposes. A coach may make an appeal to the Track and Field Committee to submit a coaches' hand time;
- E. Heat and flight sheets shall be made available to all head coaches by no later than Noon the day after the entry submissions were completed and at the meeting on the night prior to the start of the championships for the purposes of verification and last-minute scratches (*Approved 10/14*);
- F. A student-athlete scratched from an event at the pre-championships meeting shall be disqualified from the rest of the meet.
- G. If a student-athlete has a distance or time on a regular season official results list, that time or distance must be placed on the Conference performance list. (*Approved 10/08*)

**7.9 Seeding:** For lane events (including the 800 meters) all events shall be seeded by time using the "snake" method of seeding. Coaches may petition to the Games Committee a competitor's position on the seeded list of any running or field event. The Games Committee shall, by majority vote, determine the proper seeded place.

**7.10 Lane Assignments:** For all preliminaries, lane assignments shall be determined by random draw. For all finals, lane assignments shall be determined by preferred lanes.

- A. Lane preference shall be determined by the host institution and not subject to debate. The following are recommended lane preferences:
  - Nine Lane Track staggered starts (for outdoor) – 5, 6, 7, 8, 4, 3, 9, 2, 1
  - Nine Lane Track straightaways (for outdoor) – 5, 6, 4, 7, 3, 8, 2, 9, 1 (*Approved 10/11*)
  - Eight Lane Track staggered starts – 4, 5, 6, 7, 3, 2, 1, 8
  - Eight Lane Track straightaways – 4, 5, 3, 6, 2, 7, 1, 8
  - Six Lane Track staggered starts – 4, 5, 6, 3, 2, 1
  - Six Lane Track straightaways – 3, 4, 5, 2, 1, 6
- B. Lane assignments are only altered or redrawn after the meet director has drawn them and only if enough scratches warrant a redraw, otherwise vacated lanes remain empty. If scratches bring an event down to less than or same as the lanes being used, there will be a final only in that event and preferred lanes will be used. For the Indoor 200 meters and 400 meters sprints, the preliminaries and finals shall use only lanes 3 through 6. In the preliminaries, the lane assignments will be random. In the finals, the lane assignments will use a 4, 5, 6, 3 preference.

**7.11 Distance Event Seeding and Lane Assignments:** If a runner in the fast heat of a distance event which uses a fast and slow heat format is scratched, then the next runner on the entry order list will be moved to the fast heat. Distance events shall be seeded by time from best to worst. Preferred positions will be used. Starting position criteria will be determined by a vote of the coaches at the pre-meet meeting. For most distance events, there can be two heats – a fast heat and a slow heat depending on the number of entries.

- A. In the mile, 1500 meters, 3000 meters and 3000 meters steeplechase, the fast heat shall be a maximum of 12 competitors. If there are 16 or less participants in the mile (indoor) and 1500 (outdoor), there will only be finals on the second day. If there are 17 or more participants in the mile and 1500, then trials will be conducted on the first day with a maximum of 12 participants advancing to the finals on the second day (*Approved 10/15*). In the 3,000-meter steeplechase, the fast heat will be composed of the 12 fastest declared times based on the descending order list posted on the Monday prior to the championships. If 18 or less athletes declare for the 3,000-meters steeplechase there shall be one section (*Updated 7/18*). There shall be only one section for the 10,000-meters at the outdoor championships.
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- B. For the 3000 meters and 5000 meters distance events, there will be slow sections for the 3K and 5K at the indoor championship, while using a time standard for the fast heats. The proposed time standards are listed below. If a runner meets the 3K time, they are allowed to use their qualifying 3K time to enter the fast heat of the 5K.

Women: 3000 meters – 10:35.00 (*Approved 10/14*) 5000 meters – 18:20.00 (*Approved 10/14*)  
Men: 3000 meters – 8:50.00 5000 meters – 15:37.00 (*Approved 10/11*)

- C. If a situation arises where more than 12 athletes have met the qualifying standing in the 3000 meters, then all athletes that met the standard would be included in the fast section. If a situation arises where there are not 12 athletes that have met the qualifying standard in the 3000 meters, the remainder of the 12 athlete field will be drawn from the entry list in descending order.
- D. In the Indoor 5000 meters, any athlete that has met the standard would be included in the fast section along with any athlete that enters the 5000 meters without a time but has run a qualifying time of 10:35 for the women and 8:50 for the men in the 3000 meters prior to the start of the indoor championship. (*Approved 10/11*)
- E. The slow heat of the 5000 meters will be scheduled just prior to the fast heat and will have set times for both on the schedule in the indoor championships. Athletes would have 30 minutes prior to the start of the slow heat to declare. If 18 or less entrants check in for the 5000 meters it will be run as one heat at the scheduled time of the fast heat. If 19 or more check in, there will be a second section composed of any athlete who has not met the criteria spelled out above in C or D prior to the start of the championships.

**7.12 Advancement:** Advancement from heats to finals in lane events shall be determined by the number of heats using the place and time method. The following are the heats to finals advancement setups;

- 7.12.1** A. Two heats--top three places in each heat, next fastest times overall to fill the lanes;  
B. Three heats--top two places in each heat, next fastest times overall to fill the lanes;  
C. Four heats--top place in each heat, next fastest times overall to fill the lanes;  
D. Five heats -- top place in each heat, next fastest time overall to fill the lanes;  
E. Six heats -- top place in each heat, next fastest time overall to fill the lanes;  
F. Seven heats – top place in each heat, next fastest times overall to fill the lanes;  
G. Eight or more heats – finalists determined by best times overall to fill the lanes.

**7.13 Field Events Flight Format:** In field events, the determination of flights shall be as follows:

- A. The placement of competitors shall be seeded from worst to best as with no more than 12 in a flight but no less than five. The best seeds should be in the last flight. The flight position shall be randomly selected;
- B. The minimum number of competitors that advances to the finals shall be no more than one over the number of places scored;
- C. The time between flights shall be 10 minutes;
- D. If a competitor leaves a field event trial and does not return before all other competitors have taken their trials in that flight, the competitor in question will forfeit any remaining attempts;
- E. A competitor shall get only the time between consecutive attempts as listed in the NCAA rules manual;
- F. If a competitor leaves a field event final, they will get a mandatory allowed time as set forth by NCAA rules to begin their attempt and must then forfeit that attempt if an attempt is not made;
- G. In the high jump and pole vault, if a competitor leaves the competition they must be back before all other competitors have completed their attempts at the height they left. If not, the competitor must then make whatever number of attempts that were remaining at the previous height at the new height.
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- 7.14 Event Specifics:** The following are specific policies for certain events:
- A. 800 meters--a one-turn stagger shall be used in all races. Cones or some other easily visible object must be placed on the lane lines at the break point;
  - B. 1,500 meters -- a waterfall start shall be used;
  - C. 1,600 meter relay -- both events shall be run as a final based on time. The seeding shall be fastest to slowest filling all the lanes in the fast heat with the remainders placing in the slow heat. If there are more teams than lanes on the track, the teams will be distributed between two or more heats with the fast heat having the larger number of teams and the slow heat having no less than three teams. The slow heat shall run first. A shared lane may be used in the fast heat if there is one more team entered than the number of lanes on the track. Teams will be seeded by entry time and assigned by preferred lane;
  - D. Pole vault -- The five-alive method shall be used in determining order of competition after the athletes have been ranked from worst to best. A two-minute warm-up without the bar shall be allowed 1 hour after competition starts (*Approved 10/14*). The starting height shall be 30 cm below the eighth-ranked competitor on the conference ranking list. The starting height shall be rounded down to the nearest centimeter which shall allow the interval to increase to achieve the minimum NCAA qualifying mark. Weather conditions may vary these policies as agreed upon by the Games Committee;
  - E. High jump--The starting height will be 10 cm below the eighth-ranked competitor on the conference ranking list. The starting height shall be rounded down to the nearest centimeter which shall allow the interval to increase to achieve the minimum NCAA qualifying mark. Weather conditions may vary these policies as agreed upon by the Games Committee.
  - F. To use box starts in the following indoor track and field events: Distance Medley Relay, 3K, 5K, and the Mile. (*Approved 10/08*)
  - G. Triple jump--There will be two boards, a short (taped) board and a long board for both the Indoor and Outdoor Track and Field Championships. The short taped board will be at 28' for the women and 38' for the men. (*Approved 10/08*)
  - H. There will be time trials for the mile and all distances shorter than the mile in the indoor track championship, and trails for the 1500M and all distances below the 1500M in the outdoor track championship.
- 7.15 Media Policies:** All coaches and student-athletes shall be available for interviews with the media during both days of competition. Student-athletes shall be required to speak with the media following a 10-minute "cooling-off" period after the completion of their final individual competition of the day. Coaches shall be required to speak with the media following a 10-minute "cooling-off" period following their team's final competition of the day.
- 7.16 Officials Responsibilities:** Officials and their duties are outlined in the NCAA Track and Field Rules and Regulations.
- 7.17 Ticket Prices:** Ticket prices for the indoor and outdoor championships shall be set by the conference office or host institution in consultation with the Southern Conference Track and Field Committee.
- 7.18 Protests:** Protests relating to matters which develop during the conduct of the championships should be made immediately, but not later than 15 minutes after the results of the event in question have been posted. Any such protest should be made in writing by a head coach and submitted to the head referee, who will render a decision. There shall be a protest table and an official to man it throughout the championships. Protest forms shall be made available to all head coaches. Protests forms must be accompanied by a protest fee of \$50 cash or check. This fee is refundable only if the protest is upheld. (*Effective 8/19*)
- 7.19 Timing:** The host institution is responsible for securing a timing operator (with equipment) that meets the requirements listed in the NCAA Rulebook. The operator must provide an infield or finish line clock at the outdoor championship regardless of whether the facility has a scoreboard that can interface with the timing system.
- 7.20 Numbers:** Numbers large enough for identification shall be worn by each competitor. The number shall be securely pinned on each contestant to allow for plain visibility.
- 7.21 Equipment:** The following equipment and/or arrangements shall be provided by the host institution (*Approved 10/14*):
- A. A large scoreboard for the posting of results;
  - B. An awards stand and presentation area;
  - C. Public address system;
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- D. Copier for results duplication;
- E. Pits, standards and cross bars for the high jump and pole vault;
- F. Tapes of 100 feet, 250 feet and 300 feet (all tapes shall give metric readings);
- G. Indicator boards for field events;
- H. Inspector flags;
- I. Enough hurdles for all lanes;
- J. At least nine batons;
- K. A protest table;
- L. Starting blocks for each lane;
- M. Necessary weighing and checking equipment for field events;
- N. Equipment to raise and lower the pole vault cross bar;
- O. Clip boards (as needed);
- P. Instrument to measure pole vault;
- Q. Lap counter.
- R. Timing Operator and Equipment

**7.22 Posting of Results:** All results shall be posted during the competition in a place where coaches and student-athletes shall have equal access.

**7.23 Official Measurements:** Official field event measurements shall be made in metric, but the meet director shall require the public address announcer, performance indicators and posted results to be done in English measurements.

**7.24 Practice Availability:** The competition facilities shall be made available for inspection and/or practice for all institutions on the afternoon prior to the beginning of competition. All facilities shall be open for a minimum of two hours.

## 8.0 Championships Awards

**8.1 Awards Ceremonies:** Immediately following the conclusion of each event final, an awards ceremony shall be held at the awards presentation area. An awards ceremony will also be held at the conclusion of the meet. The following awards shall be provided by the Conference office and distributed at the awards ceremonies for both the indoor and outdoor championships:

**8.1.1 Championship Trophies:** Two trophies (one for men and one for women) presented to the head coach and captains of the winning teams;

**8.1.2 Runner-Up Trophies:** Two trophies (one for men and one for women) presented to the head coach and captains of the runner-up teams;

**8.1.3 Third Place Finisher Medals:** Bronze medals shall be presented to each individual or relay team member finishing in third place in an event;

**8.1.4 Second Place Finisher Medals:** Silver medals shall be presented to each individual or relay team member finishing in second place in an event;

**8.1.5 First Place Finisher Medals:** Gold medals shall be presented to each individual or relay team member finishing in first place in an event;

**8.1.6 Most Outstanding Track Performer Plaques:** Two plaques (one for men and one for women) shall be presented to the person winning the Most Outstanding Track Performer awards. The Most Outstanding Track Performer awards shall be voted on by the head coaches. A list of the top 10 performers scoring the most track event points will be provided to aid in the voting. Coaches are not allowed to vote for their own student-athletes. Coaches' ballots will be due to the Conference Office not later than 12:00 noon ET on the Tuesday following the championship (*Approved 6/15*);

**8.1.7 Most Outstanding Field Performer Plaques:** Two plaques (one for men and one for women) shall be presented to the person winning the Most Outstanding Field Performer. The Most Outstanding Field Performer awards shall be voted on by the head coaches. A list of the top 10 performers scoring the most field event points will be provided to aid in the voting. Coaches are not allowed to vote for their own student-athletes. Coaches' ballots will be due to the Conference Office not later than 12:00 noon ET on the Tuesday following the championship (*Approved 6/15*);

**8.1.8 Most Outstanding Athlete Plaques:** Two plaques (one for men and one for women) shall be presented to the person scoring the most points at the Championships. In Men's Indoor Track and Field, the Most Outstanding Athlete award is known as the Heath Whittle Award. No voting will take place for this award. *(Effective 10/07)*

**8.1.9 Freshman of the Year Plaques:** Two plaques (one for men and one for women) shall be presented to the person winning the Freshman of the Year awards. The Freshman of the Year awards shall be voted on by the head coaches. A list of the top 10 freshmen scoring the most points will be provided to aid in the voting. Coaches are not allowed to vote for their own athletes. Coaches' ballots will be due to the Conference office not later than 12:00 noon ET on the Tuesday following the championship *(Approved 6/15);*

**8.1.10 Coach of the Year Plaques:** One plaque shall be presented to the person winning the Men's Coach of the Year award, and one plaque shall be presented to the person winning the Women's Coach of the Year award. The Coach of the Year awards shall be voted on by the head coaches. Coaches' ballots will be due to the Conference Office not later than 12:00 noon ET on the Tuesday following the championship. *(Approved 6/15);*

**8.1.11 All-Freshman Team:** An All-Freshman Team shall be named consisting of the top three freshman finishers (must have a time or a mark) in each event, whether true freshmen, redshirt or otherwise. *(Approved 10/08)*

**8.2 Other Awards:** Other awards presented in conjunction with the Southern Conference Indoor and Outdoor Track and Field Championships are as follows:

**8.2.1 Individual Championship Team Plaques:** In Men's and Women's Indoor Track and Field, twenty five (25) individual plaques will be presented to the head coach of the championship teams and twenty-eight (28) individual plaques will be presented to the head coach of the men's and women's Outdoor Track and Field championship teams for presentation to the student-athletes of those squads. These plaques will be presented at the head coach's discretion;

**8.2.2 Southern Conference Pinnacle Award:** The Conference annually recognizes the student-athlete with the highest cumulative GPA from the team winning the Conference post-season tournament or meet in each sport. The criteria for the Pinnacle Award are as follows: the student-athlete must be an active member on the team roster, present at the championship and eligible to compete; the student-athlete is permitted to win only once per year, even if the student competes in more than one sport; the student-athlete must have a 3.0 GPA or better; the student-athlete should be at least a sophomore in academic standing (minimum two completed semesters at the Conference institution). For tiebreaking purposes, the following considerations shall be used (in order): 1) current cumulative GPA (calculated to hundredths, e.g. 3.54) based on all semesters completed up to the point of the championship, including January terms; and 2) percentage of credit hours the student-athlete has completed toward their major. *(Approved 6/16)*

## 9.0 Institutional Passes

**9.1 VIP Hospitality Passes:** Each member institution shall receive VIP Hospitality passes for use during the Southern Conference Championships, provided that VIP functions are conducted. These passes shall be provided in a number as approved by the Track and Field Committee. The passes may be distributed at the discretion of each school's athletics director or senior woman administrator.

**9.2 VIP Parking Passes:** Each member institution shall receive VIP Parking passes for use during the Southern Conference Championships. These passes shall be provided in a number as approved by the Track and Field Committee. The passes may be distributed at the discretion of each school's athletics director or senior woman administrator.

**9.3 Team Bus Parking Passes:** If necessary, each competing team shall be awarded bus passes as needed for use during the Southern Conference Championships. The bus passes shall be distributed by the meet director and are non-transferable.

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