



2020

INDOOR TRACK AND FIELD CHAMPIONSHIP MANUAL



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MISSION STATEMENT

Preparing student-athletes for life's challenges since 1921.

SOUTHERN CONFERENCE CODE OF SPECTATOR CONDUCT

The Southern Conference and its member institutions are committed to principles of good sportsmanship. We believe that all student-athletes, coaches and spectators should strive to represent the very best spirit and tradition of college athletics. We request your cooperation by supporting the participants and officials in a positive manner at all times.

TRACK AND FIELD SPORTS COMMITTEE

Jamie Severns, Senior Woman Administrator, (Committee Chair)..... VMI
Michelle Durban, Senior Woman Administrator, Samford
Incoming AD, Western Carolina
Chip Taylor, Faculty Athletics Representative, The Citadel
Jeff Hugdahl, Faculty Athletics Representative, Mercer
Jodi Steffes, Senior Woman Administrator, Furman
Johnny Bomar, Head Coach, Wofford
Jody Huddleston, Head Coach, The Citadel

SOUTHERN CONFERENCE STAFF

Commissioner Jim Schaus
Executive Assistant to the Commissioner..... Neili Akridge
Senior Associate Commissioner Geoff Cabe
Associate Commissioner..... Sue Arakas
Associate Commissioner..... Jason Yaman
Associate Commissioner for Compliance..... Doug King
Assistant Commissioner for Media Relations..... Phil Perry
Assistant Commissioner for Video Production..... Paul Lollis
Director of Championships Stanley Broaden
Director of Creative Services..... Haley Shotwell
Assistant Director of Media Relations Hannah Bradley
Championships Assistant..... Eynde Frazier
Operations Assistant Sara Yang
Media Relations Assistant..... Jon Perdue



SOUTHERN CONFERENCE
702 N. Pine St.
Spartanburg, South Carolina 29303
864-591-5100
www.soconsports.com

**2020 SOUTHERN CONFERENCE INDOOR TRACK AND FIELD CHAMPIONSHIPS
INFORMATION AND CHECKLIST**

Item	Due	To Whom/ Location	Completed
Team Entry Form	Monday, February 24, by 12:00 p.m. ET	Sara Yang Syang@socon.org (No faxes accepted)	
Online Entry Forms on Direct Athletics www.directathletics.com	Wednesday, February 26, by 12:00 p.m. ET	Laurence Loesel snaptiming@gmail.com (540) 580-4222	
Site Available for Practice	Friday, February 28 4:00 p.m. – 7:00 p.m. ET	Corps Physical Training Facility	
Mandatory Head Coaches Meeting	Friday, February 28, at 6:00 p.m. ET	Corps Physical Training Facility – 2 nd Floor Classroom	

2020 Southern Conference Indoor Track & Field Championships

Saturday-Sunday, February 29-March 1
Corps Physical Training Facility, Virginia Military Institute, Lexington, VA

2020 NCAA Indoor Track & Field Championships

Friday-Saturday, March 13-14
Albuquerque Convention Center, Albuquerque, NM

CHAMPIONSHIP CONTACT INFORMATION

HOST (VIRGINIA MILITARY INSTITUTE)

Jamie Severns, Championship Director

Email: severnsjl@vmi.edu

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Lenny Brown, Assistant Championship Director / Assistant AD for Facilities and Compliance

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Daniel Whitehead, Media Relations

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Bryson Bradley, Athletic Trainer

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Lance Fujiwara, Athletic Trainer

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Cell: 540-570-0270

SOUTHERN CONFERENCE

Stanley Broaden, Director of Championships

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Doug King, Associate Commissioner, Compliance

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Phil Perry, Assistant Commissioner, Media Relations

Email: pperry@socon.org

Cell: 864-525-5174

Eynde Frazier, Championships Assistant

Email: efrazier@socon.org

Cell: 252-292-1214

CHAMPIONSHIP INFORMATION

ADMISSION

Admission is free for the 2020 Southern Conference Indoor Track and Field Championships.

ADVANCEMENT (heats to finals)

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:

Two Heats: Top three places in each heat, next fastest times overall to fill the lanes;

Three Heats: Top two places in each heat, next fastest times overall to fill the lanes;

Four Heats: Top place in each heat, next fastest times overall to fill the lanes;

Five Heats: Top place in each heat, next fastest times overall to fill the lanes;

Six Heats: Top place in each heat, next fastest times overall to fill the lanes;

Seven Heats: Top place in each heat, next fastest times overall to fill the lanes;

Eight or more Heats: Finalists determined by best times overall to fill the lanes.

When an indoor facility has fewer than eight (8) usable lanes and eight (8) competitors/teams advance to the final, the competitors/teams shall qualify only on the basis of time from preliminary rounds. Advancement based on time only is not permitted for any other circumstances.

AWARDS

Immediately following the conclusion of the Championship meet, an awards ceremony shall be held at the awards presentation area onsite. The head coaches and student-athletes of all teams should remain for the awards ceremony. The following awards shall be provided by the Conference office and distributed to both men's and women's teams:

Third Place Finisher Medals

Medals shall be presented to each individual or relay team member finishing in third place in an event;

Second Place Finisher Medals

Medals shall be presented to each individual or relay team member finishing in second place in an event;

First Place Finisher Medals

Medals shall be presented to each individual or relay team member finishing in first place in an event;

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, red shirt or otherwise.

Freshman of the Year

Two plaques (one for men and one for women) shall be presented to the persons 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 freshman scoring the most 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 NOON ET on the Tuesday following the championship.

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.

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 NOON ET on the Tuesday following the championship.

Most Outstanding Track Performer

Two plaques (one for men and one for women) shall be presented to the persons 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 NOON ET on the Tuesday following the championship.

Coach of the Year

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 NOON ET on the Tuesday following the championship.

Pinnacle Award

One plaque presented to the student-athlete with the highest cumulative GPA on both the men's and women's champion teams.

Runner-up Trophy

One trophy presented to the head coach and captains of the men's runner-up team, and one trophy presented to the head coach and captains of the women's runner-up team.

Championship Trophy

One trophy presented to the head coach and captains of the men's winning team, and one trophy presented to the head coach and captains of the women's winning team.

Individual Championship Team Plaques

Twenty-five (25) individual plaques will be presented to the head coach of the men's and women's championship teams. These plaques will be presented at the head coach's discretion;

Each institution is responsible for returning their plaques to Levy Marketing & Awards for individual engraving, if desired. The Conference contact person at Levy Awards is Brian Liotta-Devivo (brian.liotta@levymarketingawards.com or 813-252-2082).

Levy Marketing & Awards

Brian Liotta-Devivo

1916 W. Beach St.

Tampa, Fl. 33607

BANNED ITEMS

Artificial noisemakers, air horns, electronic amplifiers and weapons are all prohibited and shall not be permitted on site during competition.

BIB NUMBERS

The timing company will allocate the numbers. The conference is responsible for their production and distribution. One number large enough for identification shall be worn by each competitor. The number shall be securely pinned on the front of each contestant's shirt to allow for plain visibility.

CHECK-IN AREAS

All field event competitors must check-in at the location of their event 30 minutes before it is scheduled to begin. Check-in will be at the event. All track event competitors must check in for their event at least 15 minutes before their race is scheduled or they will be disqualified from that event.

Check-in for track events will be at the clerk of the course table located on the south end of the track, near the tunnel entrance opening, slightly behind the turn nearest the start/finish line.

CREDENTIALS

Credentials for non-participants will be distributed to all head coaches during the head coaches meeting the day before the championship. *All nonparticipants (e.g., coaches, athletic trainers, managers, etc.) will need to display a visible credential to be allowed on the track. Only student-athletes who are currently competing will be allowed on the track.* For those of you needing to request extra credentials for staff and media, please contact **Stanley Broaden** (sbroaden@socon.org).

Administration: Chief executive officers, faculty athletics representatives, athletics directors, senior woman administrators, and sports information directors shall have all-access championships credentials issued by the conference office and need not be placed on the travel list.

CROWD CONTROL

The responsibility for crowd control rests with the athletics director or designated representative of the host institution. In this case, Virginia Military Institute will provide security to assist with this.

Grounds for Removal. Profanity, racial or sexist comments, or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition. Also, the consumption of alcoholic beverages and tobacco products is prohibited.

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-championship meeting. For most distance events, there can be two heats – a fast heat and a slow heat depending on the number of entries.

In the mile and 3000 meters, the fast heat shall be a maximum of 12 competitors. If there are 12 or less participants in the mile, there will only be a final on the second day. If there are 13 or more participants in the mile, then trials will be conducted on the first day with a maximum of 12 participants advancing to the final on the second day.

For the 3000m and 5000m distance events, an athlete would need to have met a pre-determined qualifying standard in order to be in the fast section at the conference indoor championship meet. Those qualifying standards are as follows:

Women:	3000m – 10:35.00	5000m – 18:20.00
Men:	3000m – 8:50.00	5000m – 15:37.00

A maximum number of 12 athletes is the pre-determined number that is desired in the fast sections of the mile and the 3000m.

The slow heat of the 5000m will be scheduled just prior to the fast heat and will have set times for both on the schedule in the indoor championships. Student-athletes would have 30 minutes prior to the start of the slow heat to declare. If 18 or less entrants check in for the 5000m 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 below.

If a situation arises where more than 12 athletes have met the qualifying standard in the 3000m, 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 3000m, the remainder of the 12-athlete field will be drawn from the entry list in descending order.

In the 5000m, any athlete that has met the standard would be included in the fast section along with any athlete that enters the 5000m without a time but has run a qualifying time of 10:35 for women and 8:50 for men in the 3000m prior to the start of the indoor championship.

An athlete that has a 5000m time recorded on the conference ranking list, but their time for the 3000m on the conference ranking list would qualify them for the fast heat of the 5000m, may enter the 5000m based on the 3000m time and get into the fast section. This decision must be made by the coach of the athlete prior to the start of the meet at the pre-championship coaches meeting.

FIELD EVENT AND MULTIEVENT SPECIFICS

Pole Vault

The five-alive method shall be used in determining order of competition after the student-athletes have been ranked from worst to best. A two-minute warm-up without the bar shall be allowed before a student-athlete enters competition if they have passed two consecutive heights. 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.

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.

Triple Jump

Women's TJ boards---28' (painted board on track), 36' (inserted board)

Men's TJ boards---36' (inserted board), 41' (inserted board)

Multi-Events

All rules applicable to multi-events shall follow NCAA rules except the following:

Time between events shall be 30 minutes after the last heat has been completed or the last competitor has completed their attempt.

The hurdle events will be run in alternating lanes, not using lanes 1 or 8.

GAMES COMMITTEE INVOLVEMENT

A Games Committee shall be appointed for the Championships consisting of Track and Field Committee members on site, all head coaches, the Head Referee and the Southern Conference liaison on site (who shall serve as chair of the committee). The Games Committee shall:

- Ensure that the Championships are conducted in accordance with the rules and regulations of the Southern Conference as contained in the Southern Conference Sport Regulations and this manual.
- 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 Southern Conference Sports Regulations or this manual.
- Inspect the meet facilities prior to the start of the event.

INSURANCE

The host institution must have in place primary comprehensive general public liability insurance coverage, with combined single limits of at least \$1 million per occurrence for bodily injury and property damage.

LANE ASSIGNMENTS

For all preliminaries, lane assignments shall be determined by random draw. For all finals, lane assignments shall be determined by preferred lanes. Lane preference shall be determined by the host institution and not subject to debate. ***The following are the lane preferences on the VMI oval: 5, 6, 4, 3, 2, 1.***

Eight Lane Track staggered starts – 4, 5, 6, 7, 3, 2, 1, 8

Eight Lane Track straight-aways – 4, 5, 3, 6, 2, 7, 1, 8

Six Lane Track staggered starts – 4, 5, 6, 3, 2, 1

Six Lane Track straight-aways – 3, 4, 5, 2, 1, 6

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 5, 6, 4, 3 preference.***

LODGING

Teams are responsible for booking their own travel and lodging. We encourage all groups to utilize www.socontravel.com for team travel and share this site with parents and fans attending the championships.

MEDIA

All head coaches and student-athletes shall be available for interviews with the media following their respective meets. Interviews with the media may take place following a 10-minute cooling off period, which shall begin when the final competitor has completed their event.

A work area with electrical outlets, internet access, phone, statistical and team information will be available at the Championships for all working media.

The Southern Conference retains the radio and television rights for the Championships. For information contact Geoff Cabe, Senior Associate Commissioner at gcabe@socon.org or 864-591-5100.

MEDICAL

Physician. A physician is on-call before, during and after all competitions.

EMS. An EMS unit will be on-site for the Track and Field Championships.

Medical Facilities. Pre-arranged access to a medical facility, including transportation service on site, is available at all times.

Athletic Training. Athletic training facilities and training supplies are available for all Championship events. A tent with treatment options will be available on-site during the championships.

Medical Information. Information concerning medical and training accommodations is distributed to all head athletic trainers and head coaches prior to their arrival at the Championships site.

Water. Water will be provided at the facility for all teams before, during and after competition. *Isotonics are not allowed on the track or in the infield.*

MERCHANDISE

The Southern Conference retains the rights to sell all souvenir merchandise at the Championships.

For information on merchandising, contact Eynde Frazier, Championships Assistant, at efrazier@socon.org or 864-591-5100.

OFFICIAL MEASUREMENTS

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

OFFICIALS

Officials and their duties are outlined in the NCAA Rules. The head official must stay on-site at least 30 minutes after the final results are posted and must draft a written report, of all actions, protests, and controversial decisions that may have affected the meet.

Inspector 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 officiate the straightaway races divided between the ends and the sides of the track. The head inspector shall be located at a designated position.).

The Coordinator/Assignor of Officials should conduct pre-event and post-event meetings as necessary with officials, and oversee the selection and training of all other meet officials prior to competition.

PRACTICE

The competition course shall be made available for inspection and/or practice for all institutions on the afternoon prior to the Championships. The course will be open for a minimum of two hours. *The course shall be available for inspection on Friday, February 28 from 4:00 p.m. until 7:00 p.m. ET.*

PROGRAMS

The Southern Conference is responsible for a program for the Championships. More information shall be provided closer to the Championships.

PROTESTS

Protests relating to matters which develop during the conduct of the Championships should be made at once and not later than 15 minutes after the results of the meet in question have been posted. Any such protests should be made in writing by a head coach and submitted to the head referee, who will render a decision in concurrence with a second referee. Concurrence of two referees is required when no jury of appeal is appointed. An official protest form is included in this manual [*APPENDIX D*].

RESTRICTED AREAS

When not competing or warming-up, all student-athletes will be restricted to sit in the stands at all times. Coaches will be given credentials to access to the infield and will adhere to the NCAA policies except for the following conditions. **Coaches' boxes will be identified for the field events.**

Pole Vault: One coach per team will be allowed to assist in a warm-up period for the pole vault. The coach will be given access to the field one hour prior to the event up until 10 minutes prior to the event.

RESULTS

All results shall be posted during the competition in a place where coaches and student-athletes shall have equal access. In addition, live results will be posted on saptiming.com. The Southern Conference will also distribute up-to-date scoring results after the completion of each multi-event.

RULES

The rules for the Southern Conference Men's and Women's Track and Field Championships shall conform to those rules adopted by the NCAA for the Division I Track and Field Championships, and the Southern Conference as stated in this manual and the Southern Conference Sport Regulations.

RUNNING EVENT SPECIFICS

400 and 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.

Boxed Starts

Box starts shall be used in the following indoor track and field events: Distance Medley Relay, 3000m, 5000m and the Mile.

4x400m Relay

The 4x400m shall be run as a final based on time for the indoor championship. 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. 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.

SCORING

Teams may enter a maximum of six competitors in all individual events and six competitors in multi-event competitions (heptathlon and pentathlon). The eight-place scoring system (10-8-6-5-4-3-2-1) shall be used in individual and relay events during the Championships.

SEEDING

For lane events (including 800 meters) all events shall be seeded by using the “snake” method. 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.

SPIKES

The only spikes that will be worn by athletes are ¼- inch pyramid spikes on the Benyon track. There will be no exceptions. There will be an official checking for this throughout the championship. The spike check will be located in the same area as the running event check-in.

SPORTSMANSHIP

The athletics directors of the competing institutions are expected to communicate with their student-athletes and other fans to encourage enthusiastic support within the confines of good sportsmanship.

SQUAD SIZE

Squad restrictions for the Southern Conference Men’s and Women’s Indoor Track and Field Championships shall be limited to 25 student-athletes per team.

STUDENT-ATHLETE ELIGIBILITY

Each institution is responsible for submitting an entry form. The Conference office shall compare the list to previously submitted institutional squad lists 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 Championships

STUDENT-ATHLETE GIFTS

The student-athlete gifts for the Indoor Track and Field Championships will be distributed at the Head Coaches' Meeting. Please contact Eynde Frazier at efrazier@socon.org or 864-591-5100 for further information regarding the student-athlete gift.

TEAM ENTRIES

The following items address the issues of event entries and scratches:

Entry forms shall allow a maximum of six entries per team for each individual event, six entries per team for multi-events and one entry per team for relay events;

Institutions shall update all results information of regular-season events to the Conference ranking list by 5:00 p.m. ET on Monday of each week. **It is mandatory that the Conference ranking list be completed by 12:00 p.m. ET of the Monday prior to the Indoor 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.

All performances used by coaches on entry forms must have been made in the current indoor season and must have been posted on the official Conference Ranking List. No relay individual performances are acceptable, nor will hand-held times be taken by a 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 Men's and Women's Track and Field Committees to submit a coach's hand time. 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;

Heat and flight sheets shall be made available to all head coaches no later than the meeting on the night prior to the start of the Championships for the purposes of verification.

Please have all of the competing student-athletes entered via the online entries by the specified deadline. The only scratches permitted during the head coaches' meeting are those that remove a student-athlete from the entire meet.

TEAM ENTRY AND PARKING

Team buses and vans will enter Virginia Military Institute from N. Main Street. All teams will have the same drop off regardless of vehicle type. Just prior to reaching the facility, vehicles will turn left on Diamond Street and make an immediate right behind the building. Parking for vans will be in a gravel lot approximately 50 yards down Main Street. Team busses will be sent to the Lowes or Tractor Supply lots for standby parking. No vehicles will be permitted to park in the drop off pull around. *[APPENDIX B-C]*

TIE-BREAKING

In case of a tie for first place in the team or individual championships, the tying teams or individuals shall be considered co-champions.

TIMING COMPANY

All timing shall be NCAA approved electronic timing and shall be official. There must be a primary electronic system for timing, and a backup system. Snap Timing will be the official timing company of the Indoor Championships.

TRACK AND FIELD COMMITTEE

The Committee shall provide general oversight of the Men's and Women's Championships. The Committee shall have the authority to discipline and/or fine any member institution that does not abide by Conference regulations.

UNIFORMS

When engaged in competition, each competitor must wear an official team uniform with components governed by NCAA rules or be subject to disciplinary action. 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, they are from the same team. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color. Per the NCAA Cross Country and Track & Field Rules Book (4-3.1), Competitors who are not in proper uniform compliance shall not compete until a compliant uniform is worn. The competition will not be delayed to accommodate compliance with the rule.

CHAMPIONSHIP SCHEDULE OF EVENTS

2020 SOUTHERN CONFERENCE INDOOR TRACK & FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS

All times are listed in Eastern.
Schedule is subject to change.

VMI
Lexington, VA

SATURDAY, FEBRUARY 29

TRACK EVENTS

TIME	EVENT	ROUND
2:20 PM	Men's Mile	Trials
2:40 PM	Women's Mile	Trials
3:05 PM	Men's 60m Hurdles	Trials
3:20 PM	Women's 60m Hurdles	Trials
3:35 PM	Men's 60m	Trials
3:45 PM	Women's 60m	Trials
4:00 PM	Men's 400m	Trials
4:10 PM	Women's 400m	Trials
4:20 PM	Men's 800m	Trials
4:30 PM	Women's 800m	Trials
4:50 PM	Men's 200m	Trials
5:10 PM	Women's 200m	Trials
5:30 PM	Men's 3000m Section B	Final
5:43 PM	Men's 3000m Section A	Final
5:55 PM	Women's 3000m Section B	Final
6:05 PM	Women's 3000m Section A	Final
6:20 PM	Men's DMR	Final
6:35 PM	Women's DMR	Final

FIELD EVENTS

TIME	EVENT	ROUND
1:30 PM	Women's Shot Put	Final
2:00 PM	Men's Long Jump	Final
3:30 PM	Women's Pole Vault	Final
4:00 PM	Men's Shot Put	Final
4:00 PM	Women's Long Jump	Final
5:05 PM	Men's High Jump	Final

COMBINED EVENTS

TIME	EVENT	ROUND
9:00 AM	Men's Heptathlon	Final
	60m	
	Long Jump	
	Shot Put	
	High Jump	
9:15 AM	Women's Pentathlon	Final
	60m Hurdles	
	High Jump	
	Shot Put	
	Long Jump	
	800m	

SUNDAY, MARCH 1

TRACK EVENTS

TIME	EVENT	ROUND
12:10 AM	Men's Mile	Final
12:20 PM	Women's Mile	Final
12:40 PM	Men's 60m Hurdles	Final
12:50 PM	Women's 60m Hurdles	Final
1:00 PM	Men's 60m	Final
1:10 PM	Women's 60m	Final
1:30 PM	Men's 400m	Final
1:40 PM	Women's 400m	Final
1:50 PM	Men's 800m	Final
2:00 PM	Women's 800m	Final
2:10 PM	Men's 200m	Final
2:20 PM	Women's 200m	Final
2:30 PM	Men's 5000m Section B	Final
2:50 PM	Men's 5000m Section A	Final
3:10 PM	Women's 5000m Section B	Final
3:30 PM	Women's 5000m Section A	Final
3:50 PM	Women's 4x400m	Final
4:00 PM	Men's 4x400m	Final

FIELD EVENTS

TIME	EVENT	ROUND
10:00 AM	Women's Triple Jump	Final
10:30 AM	Men's Weight Throw	Final
12:30 PM	Men's Triple Jump	Final
12:45 PM	Men's Pole Vault	Final
1:00 PM	Women's Weight Throw	Final
2:30 PM	Women's High Jump	Final

COMBINED EVENTS

TIME	EVENT	ROUND
9:00 AM	Men's Heptathlon	Final
	60m Hurdles	
	Pole Vault	
	1,000m	



DRIVING DIRECTIONS

Corps Physical Training Facility – Virginia Military Institute

GPS Address:

329 North Main Street, Lexington, VA 24450

Corps Physical Training Facility – Virginia Military Institute

Directions:

Traveling north on I-81 -

Take exit 188-B (60 West) and proceed to Lexington (about 3 miles). Turn right on Main St (which is one way north at this point). Stay in right lane. Proceed on Main Street approximately 1/2 mile and the Corps Physical Training Facility will appear on your right.

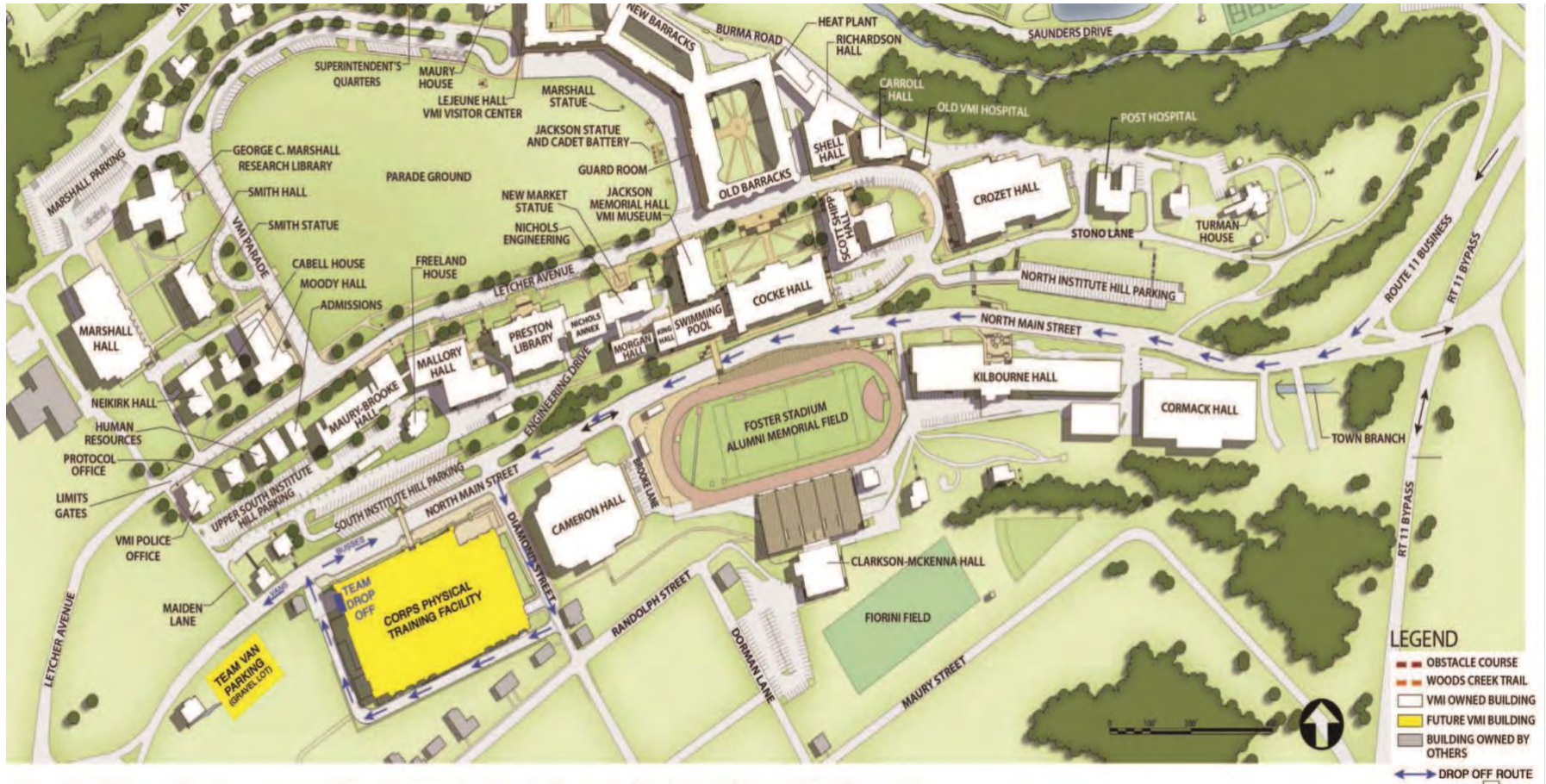
Traveling south on I-81 -

Take exit 195 and turn right at the end of the exit ramp (Route 11 South). Proceed south on Route 11 to Lexington (about 5 miles). Follow the signs to downtown Lexington (Route 11 Business/Main Street). Stay on Route 11 Business/Main Street and the Corps Physical Training Facility will appear on your left as you enter the VMI post.

Traveling east on I-64 -

Take exit 55 and turn right at the end of the exit ramp (Route 11 South). Proceed south on Route 11 to Lexington (about 1 mile). Follow the signs to downtown Lexington (Route 11 Business/Main Street). Stay on Route 11 Business/Main Street and the Corps Physical Training Facility will appear on your left as you enter the VMI post.

CAMPUS MAP



SOUTHERN CONFERENCE RISK MANAGEMENT STATEMENT

The Southern Conference recognizes that the host institution is familiar with the facilities it will be providing for use for the Southern Conference Women's Soccer Championship and that the institution's staff members are in the best position to oversee safety preparations and inspections. Accordingly, on behalf of the host institution, its staff members must agree to perform such preparations and inspections and to provide such facilities free from all defective and hazardous conditions that are known to be reasonably defective. If any conditions cannot be cured before the championship, specifics must be provided to the Southern Conference in writing as far in advance as possible. Receipt of any such notice will obligate the Southern Conference to cure the condition in question or to relieve the host of its legal duties with respect hereto.

CRISIS MANAGEMENT PROTOCOL

1. **Safety and security first. Call Police and 911 immediately if there are injuries.**
2. Assess the situation.
3. Notify Conference representative on site.
 - a. Alert commissioner of situation.
4. Designate person in charge.
5. Notify institution athletics director or senior-most administrator in charge.
 - a. Implement *institutional* Crisis Management Procedures.
 - b. Secure additional help.
 - c. Get Conference representative on site.
 - d. Contact university administrators, parents.
 - e. Have one central contact for releasing information (SID).
6. Contain/control activities around incident.

CONCUSSION PROTOCOL

Concussions

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. **Concussions can occur without loss of consciousness or other obvious signs.** A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

Recognize and Refer: To help recognize a concussion, watch for the following two events among your student-athletes during both games and practices:

1. A forceful blow to the head or body that results in rapid movement of the head.

-AND-

2. Any change in the student-athlete’s behavior, thinking or physical functioning (see signs and symptoms).

SIGNS AND SYMPTOMS

Signs Observed By Coaching Staff

Appears dazed or stunned.
Is confused about assignment or position.
Forgets plays.
Is unsure of game, score or opponent.
Moves clumsily.
Answers questions slowly.
Loses consciousness (even briefly).
Shows behavior or personality changes.
Can’t recall events before hit or fall.
Can’t recall events after hit or fall.

Symptoms Reported By Student-Athlete

Headache or “pressure” in head.
Nausea or vomiting.
Balance problems or dizziness.
Double or blurry vision.
Sensitivity to light.
Sensitivity to noise.
Feeling sluggish, hazy, foggy or groggy.
Concentration or memory problems.
Confusion.
Does not “feel right.”

An athlete who exhibits signs, symptoms or behaviors consistent with a concussion, either at rest or during exertion, should be **removed immediately from practice or competition** and should not return to play until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can get checked.

IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play. Look for the signs and symptoms of concussion if your student-athlete has experienced a blow to the head.** Do not allow the student-athlete to just “shake it off.” Each individual athlete will respond to concussions differently.
2. **Ensure that the student-athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Immediately refer the student-athlete to the appropriate athletics medical staff, such as a certified athletic trainer, team physician or health care professional experienced in concussion evaluation and management.
3. **Allow the student-athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the athlete to establish the appropriate time to return to play. A return-to-play progression should occur in an individualized, step-wise fashion with gradual increments in physical exertion and risk of contact. Follow your institution’s physician supervised concussion management protocol.
4. **Develop a game plan. Student-athletes should not return to play until cleared by the appropriate athletics medical staff.** In fact, as concussion management continues to evolve with new science, the care is becoming more conservative and return-to-play time frames are getting longer. Coaches should have a game plan that accounts for student-athletes to be out for at least the remainder of the day.

For further details please refer to the “NCAA Sports Medicine Handbook Guideline on Concussions” or online at www.NCAA.org/health-safety and www.CDC.gov/Concussion.

FACILITY DIAGRAM

