



Mason-Dixon Conference Indoor Track & Field Championships Manual

Entry, Qualifying & Event Procedures

Entry & Qualifying Procedures

Preliminary entries are due **three days** prior to the Championships. Performance lists will be posted online immediately following the preliminary entry deadline. **Only official performances as reported to TFRRS may be used for the Championships.** Challenges are due to the Commissioner **two days** prior to the Championships.

Final scratches are due by **10:00am** on the day of the Championships (one hour prior to the start of the first event). Heat sheets will be provided soon after.

For the 2013 Championships, the following deadlines apply:

Preliminary Entries Due:	9:00pm, Wednesday, February 13th
Challenges Due:	5:00pm, Thursday, February 14th
Final Scratches Due:	10:00am, Saturday, February 16th

Each team is allowed 4 entries per individual event and 1 entry for each relay.

Additional individual entries are allowed only if **all** entries for that event are in the top 10 season performers among the competing teams as listed on TFRRS (<http://www.tfrrs.org/lists/825.html>).

For the 5,000m, additional entries are allowed only if **all** entries for that event are in the top 10 season performers among competing teams in **either** the 5,000m **or** the 3,000m as listed on TFRRS.

- Note that the list may be filtered to show only the athletes for the competing teams by selecting them in the Teams box (hold the <Ctrl> key and click on each competing team)
- Note that any 55m or 55m Hurdle performances will be automatically converted and placed on the 60m lists
- Note that any performances from banked or oversized tracks will also be automatically converted on the lists



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Track Event Procedures

60m and 60m Hurdles

1. Preliminaries will be seeded as determined by NCAA Rules.
2. Conversions from 55m events will be allowed as calculated by and posted on TFRRS.
3. A single-section final (6 lanes) will be run for each event.
4. In the event of a tie for the sixth qualifying place (per NCAA Rules), a two-section timed final will be run with the fastest half or half-plus-one finalists in the second section and the remainder in the first section.

200m

1. The 200m will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. Preferred Lanes will be (in order) 4-5-6-3-2 unless an alternate order is agreed upon by the Conference Head Coaches prior to the entry deadline for the Championships. Lane 1 will not be used for any section unless agreed upon by the Conference Head Coaches.

400m Dash

1. The 400m will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. Preferred Lanes will be (in order) 4-5-6-3-2-1 unless an alternate order is agreed upon by the Conference Head Coaches prior to the entry deadline for the Championships.

800m Run

1. The 800m will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. The start will use lanes or alleys depending upon field size.
3. Each section will consist of no more than nine (9) and no fewer than three (3) contestants. The faster section(s) will consist of at least six (6) and preferably nine (9) contestants with the remaining entries placed in the slower heats. (*e.g., with 10 entries, 7 will run in the fast heat and 3 in the slow heat; with 20 entries, 9 will run in the fast heat, 8 in the second heat, and 3 in the slow heat*).

Mile

1. The Mile will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. Each section will consist of no more than twelve (12) and no fewer than four (4) contestants. The faster section(s) will consist of at least nine (9) and preferably twelve (12) contestants with the remaining entries placed in the slower heats. (*e.g., with 13 entries, 9 will run in the fast heat and 4 in the slow heat; with 27 entries, 12 will run in the fast heat, 11 in the second heat, and 4 in the slow heat*).



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Track Event Procedures (continued)

5,000m

1. The 5,000m will be run as a single-section final if at all possible.
2. If the field size for the 5,000m is deemed too large, the Conference Head Coaches may agree to run the event as a timed final with the slower seeded section running first. Seeding will be at the discretion of the Conference Head Coaches with *preference* given to posted performances.

4x400m Relay

1. The 4x400m Relay will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. Preferred Lanes will be (in order) 4-5-6-3-2-1 unless an alternate order is agreed upon by the Conference Head Coaches prior to the entry deadline for the Championships.
3. If seven (7) teams are entered in the Championships and the sixth and seventh seeded teams' Head Coaches agree, both teams may start in Lane 1 without blocks so that the event may be run as a single-section final
4. If more than seven teams are entered in the Championships (or seven teams are entered and the affected Head Coaches do not agree to Part (3) above), a two-section timed final will be run with at least two teams in the first section and the fastest six (or five) teams in the second section.

Distance Medley Relay

1. The Distance Medley Relay will be run as a single-section final regardless of the number of entries.

Field Event Procedures

High Jump

1. The High Jump will be conducted according to NCAA Rules.
2. Opening height will be determined so that the progression of heights includes the current #20 performance on the NCAA Descending Order List (as shown on TFRRS the Monday prior to the Championships).
 - a. For the Men's High Jump, opening height will be no lower than 1.65m/5-5 and not higher than 1.69m/5-6.5.
 - b. For the Women's High Jump, opening height will be no lower than 1.35m/4-5 and not higher than 1.39m/4-6.75.
3. Heights will progress by 5cm until the #20 performance on the NCAA Descending Order List is reached after which heights will progress by 3cm. The height progressions will be posted by the Tuesday prior to the Championships. The height progressions may be modified by agreement of all the Head Coaches and will be made by the Thursday prior to the Championships.



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Pole Vault

1. The Pole Vault will be conducted according to NCAA Rules.
2. Opening height will be determined so that the progression of heights includes the current #20 performance on the NCAA Descending Order List (as shown on TFRRS the Monday prior to the Championships).
 - a. For the Men's Pole Vault, opening height will be no lower than **3.00m/9-10** and not higher than **3.14m/10-3.5**.
 - b. For the Women's Pole Vault, opening height will be no lower than **1.83m/6-0** and not higher than **1.97m/6-5.5**.
3. Heights will progress by 15cm until the #20 performance on the NCAA Descending Order List (as shown on TFRRS as of the Monday prior to the Championships) is reached after which heights will progress by 5cm. The height progressions will be posted by the Tuesday prior to the Championships. The height progressions may be modified by agreement of all the Head Coaches and will be made by the Thursday prior to the Championships.

Long Jump, Triple Jump, Shot Put, and Weight Throw

1. Flights will be seeded from worst to best with random order within the flights.
2. Each flight will consist of no more than twelve (12) and no fewer than five (5) contestants. If more than twelve contestants are entered in the Championships, the top-seeded section will consist of no fewer than eight (8) entries with break points for the flights determined by the meet manager. If the top seeded flight has fewer than twelve (12) contestants, the coaches of the highest remaining seeds may petition to move their athletes in to the top seeded flight provided at least five (5) contestants remain in the lower seeded flight.
3. Eight (8) contestants will qualify for finals. All ties for the final qualifying position will advance to finals.