



Mason-Dixon Conference Outdoor 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 **two hours** prior to the first event of the Championships. Heat sheets will be provided soon after.

For the 2013 Championships, the following deadlines apply:

Preliminary Entries Due:	9:00pm, Tuesday, April 30th
Challenges Due:	5:00pm, Wednesday, May 1st
Final Scratches Due:	3:00pm, Friday, May 3rd

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/900.html>).

For the 10,000m, additional entries are allowed only if **all** entries for that event are in the top 10 season performers among competing teams in **either** the 10,000m **or** the 5,000m 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 performances at altitude or other required adjustments will be automatically converted on the lists



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Track Event Procedures

100m and 100/110m Hurdles

1. Preliminaries will be seeded as determined by NCAA Rules.
2. A single-section final (8 lanes) will be run for each event.
3. 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, 400m, 400m Hurdles

1. The 200m, 400m, and 400m Hurdles will be run as timed finals starting with the slowest seeded section and progressing to the fastest.
2. All available lanes will be used.
3. Preferred Lanes will be (in order) 4-5-3-6-2-7-1-8 (or 5-6-4-7-3-8-2-9-1 for a nine lane track) 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. Each section will consist of at least three (3) contestants with the higher seeded sections consisting of at least six (6) and preferably eight (8) contestants.
3. All sections will start in lanes.

1500m

1. The 1500m 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 fifteen (15) contestants. If more than fifteen contestants are entered in the Championships, the fast section will consist of the top twelve (12) entries and the remainder will run in the slower sections. If more than twelve entries remain for the slower sections, the field-size procedure above will be applied to each remaining section as needed. (*e.g., with 16 entries, 12 will run in the fast heat and 4 in the slow heat; with 27 entries, 12 will run in the fast heat and 15 in the slow heat*).



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Track Event Procedures (continued)

Steeplechase, 5,000m, and 10,000m

1. The Steeplechase, 5,000m, and 10,000m will be run as single-section finals if at all possible.
2. An alley start may be used for large fields in the 5,000m or 10,000m.
3. If the field sizes are deemed too large, the Conference Head Coaches may agree to run the events as timed finals with the slower seeded sections running first. Seeding will be at the discretion of the Conference Head Coaches with *preference* given to posted performances.

4x100m Relay

1. The 4x100m Relay will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. All available lanes will be used.
3. Preferred Lanes will be (in order) 4-5-3-6-2-7-1-8 (or 5-6-4-7-3-8-2-9-1 for a nine lane track) unless an alternate order is agreed upon by the Conference Head Coaches prior to the entry deadline for the Championships.
4. If more teams are entered than the number of lanes on the track, a two-section timed final will be run with the fastest half or half-plus-one teams in the second section with the remainder in the first section.

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. All available lanes will be used.
3. Preferred Lanes will be (in order) 4-5-3-6-2-7-1-8 (or 5-6-4-7-3-8-2-9-1 for a nine lane track) unless an alternate order is agreed upon by the Conference Head Coaches prior to the entry deadline for the Championships.
4. If nine (9) teams are entered in the Championships and the eighth and ninth 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
5. If more than nine teams are entered in the Championships (or nine teams are entered and the affected Head Coaches do not agree to Part (4) above), a two-section timed final will be run with the fastest at least three (3) teams in the first section and at least six (6) teams – and preferably eight (8) – in the second section.



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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 #25 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 #25 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.

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 #25 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 #25 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, Discus, Hammer, Javelin

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.