

2019 Great Lakes NCAA Final Qualifying Meet

Hosted by Ohio Wesleyan University

May 16, 2019

MEET INFORMATION

Entries: Only performances from the 2018-2019 indoor and outdoor seasons will be accepted. No relay splits or projected performances. We will use the TFRRS database to check performances. Entries will be accepted from outside the Great Lakes Region in order to create the best possible competitive fields.

Entry Fee: The entry fee is \$200 per gender (\$400.00 for both teams). Individual and relay entries will be \$20 up to ten competitors. If you are paying by check, please make the check payable to "OWU Track & Field." This helps to offset the cost of officials, timing and workers.

INFORMATION ON DOING ENTRIES THROUGH DIRECT ATHLETICS

We will be using Direct Athletics (www.directathletics.com) for entering the meet. Once your entries are complete in Direct Athletics, please print a copy of your entries and review them thoroughly. This is your responsibility as the coach for your school doing the data entry. All entries need to correspond to the performances listed on TFRRS.

Entries: Open on Monday, May 6 @ 12:01 AM and close at Noon on Tuesday, May 14. If your entries are not in by 9:00pm on Tuesday, you will not have the opportunity to enter your athletes in the meet. The performance list will be emailed by 3:00pm Tuesday and the meet program will be published by noon Wednesday.

Conducting the Running Events

The following events will be run as finals: 200m; 400m; 400H; 800m; 1500m; 5K/10K/Steeple; and all relays. If sections are needed for any of these events, the fast heat will be run first. There will be semi-finals in all other running events unless any event scratches down to a final.

Format for setting up the 100m, 110H:

- a) Heats will be formed by splitting competitors by times
- b) Competitors will be randomly assigned to lanes within their heat
- c) Heat winners and the next fastest times to a total of eight (8) qualify for the final
- d) Preferred lanes for finals (4,5,3,6,2,7,1,8)

Format for setting up the 200/400m:

- a) Heats will be formed by time
- b) Lanes will be assigned by time
- c) Preferred lanes (4,5,6,3,7,2,8,1)

Format for setting up the 800m:

- a) We will run as many sections as needed (fastest first) based on times (9 runners and ties in the first section and the remainder in the following sections divided equally; no more than 9 in any one section) with runners in alleys, and random positioning.

Format for setting up the 1500m run:

- a) We will run as many sections as needed (fastest first) based on times (12 runners and ties in the first section and the remainder in the following sections divided equally; no more than 15 in any one section). Waterfall start for both heats and random positioning.

Format for setting up the steeple chase:

- a) If there are more than 20 entries, two sections will be run with 12 in the first section and the remainder in the second section.

Format for setting up the 5000/10000:

- a) One section will be run using a double waterfall (2/3 – 1/3 split)

Format for setting up the 400/1600 relay:

- a) Preferred lanes (4,5,6,3,7,2,8,1)
- b) Top 8 entries in the first section, and equally divided for the remaining section based on entries

Conducting the Field Events

Format for setting up the long jump, triple jump, shot put, discus, javelin and hammer throw:

Competitors will be randomly assigned within one flight not larger than 12. If we have more than 12 competitors, we will have two (2) flights. Each competitor will receive three (3) preliminary attempts. The top nine- (9) performances in each event will qualify for the finals where the order will be in reverse of the performances in the preliminaries. Ties will be broken in accordance with NCAA rules. There will be a ten-minute warm-up period between flights and between preliminaries and finals.

Format for setting up the high jump:

The order of competition will be random. Both the starting height and the incremental changes will be set with the NCAA qualifying standard in mind. When there is a large field the five alive procedure will be used. The games committee reserves the right to adjust the starting height and progression.

Format for setting up the pole vault:

The order of competition will be random. Both the starting height and incremental changes will be set with the NCAA qualifying standard in mind. When there is a large field the five alive procedures will be used. The games committee reserves the right to adjust the starting height and progression.

Scoring: This meet will not be scored as the intention at this time is not to win the region, but to advance as many of our student-athletes as possible.

Protests: Need to go through the meet referee

Implement Certification: Shed at long throws field – beginning at 9:30am.

Team Camp Area: All camps need to be in or beneath the stands. If bringing a tent, please set up outside the fence. Do not set up team camps in equipment rooms.

Trainer: Trainers will be available in the Selby Field training room beneath the west stands. Athletic Training questions should be directed to Todd Miller at Ohio Wesleyan (740-368-3747).

Spikes: Maximum of 1/4" pyramid exposed will be permitted on the track and 3/8" on the javelin approach.

Hip Numbers: Will be worn on both sides of each athlete. 5 & 10K athletes will also wear one on the left side of their chest.

Results: Finish Lynx will be used for timing. Results will be available on www.onthemarktiming.com. We will post event on the results board in each tunnel. Meet results will be uploaded to the TFRRS database following competition.

Locker Rooms: Will be available in the stadium beneath the stands.

Facility:

Pole Vault: 2 North D area - Approaches can be made from east or west. Can be moved indoors if needed.

Long/Triple Jump: 2 runways just outside of the east stands with pits at both the north and south ends
Women's long jump board is placed at 7 feet and triple boards at 28' and 32'
Men's long jump board is placed at 9 feet and triple boards at 36' and 40'

Discus: Contested at the long throws field

Shot Put: We will use the sector in the SE corner of the stadium

High Jump: Contested at the south D area. Can be moved indoors if weather necessitates.

Hammer: Contested at the long throws field

Javelin: Synthetic runway near the hammer sector at the long throws field

Sprints and Hurdles can be run both directions.

The javelin, hammer and discus facility is located on Hayes Street, less than ¼ mile from Selby Stadium. Proceed south on Branch Rickey Way and make the first left onto Hayes St. near the tennis courts. Transportation will not be provided. Parking is available at the Haycock art annex lot, as well as in the grass near the javelin runway at the end of Hayes St.

Admission: General admission will be \$5.00 per person / children under 5 free