

GNAC SPORTS REGULATIONS

INDOOR TRACK AND FIELD

Section 1. PARTICIPATION REQUIREMENT

- 1.1 All member institutions fielding teams in indoor track and field shall agree to participate in the championship meet.

Section 2. SCHEDULE

- 2.1 Member institutions shall observe the NCAA starting date for pre-season practice.
- 2.2 Team schedules shall be the responsibility of the institution athletic director or designee.
- 2.3 A conference championship meet will be scheduled each year for all participating institutions.

Section 3. NCAA CHAMPIONSHIPS REPRESENTATION

- 3.1 The NCAA qualification standards will be utilized for conference representation at the National Championships.

Section 4. CONDUCT OF PARTICIPANTS – (See Bylaw Article 10, Section 1).

Section 5. PLAYING RULES

- 5.1 All Conference meets shall be governed by the current NCAA track and field regulations, including scoring and events.

Section 6. OFFICIALS

- 6.1 All officials will be assigned by the host institution and comply by the NCAA regulations and requirements.

Section 7. EQUIPMENT & FACILITIES

- 7.1 The Conference championship meet shall be held on a track which meets all NCAA regulations as outlined in Rule 10.2 of the NCAA Men's and Women's Track and Field and Cross Country Rules.
- 7.2 The host institution shall provide an approved electronic timing system.
- 7.3 The host institution shall be responsible for providing the following for visiting teams at all Conference competition:
- 7.3.1 Water with drinking containers
- 7.3.2 A certified trainer on site for the duration of competition

Section 8. CONDITIONS OF COMPETITION

- 8.1 The host institution will be responsible for the meet scheduling and administration.

Section 9. CONFERENCE CHAMPIONSHIP

- 9.1 The Conference championship meet will be held over two days in February on the Friday and Saturday three weeks prior to the NCAA Division II national meet. The location will be determined at least one year in advance by the conference office. (Revised 5/10)

- 9.2 The conference meet shall be according to the NCAA Division II schedule and include:
- 9.2.1 **Men:** Running events - 60 Meters, 200 Meters, 400 Meters, 800 Meters, Mile, 5000 Meters, 60 Meter Hurdles, Distance Medley Relay, 4x400 Meter Relay. Field events - high jump, long jump, triple jump, pole vault, shot put and 35-pound weight. Heptathlon.
- 9.2.2 **Women:** Running events - 60 Meters, 200 Meters, 400 Meters, 800 Meters, Mile, 5000 Meters, 60 Meter Hurdles, Distance Medley Relay, 4x400 Meter Relay. Field events - high jump, long jump, triple jump, pole vault, shot put and 20-pound weight. Pentathlon
- 9.2.3 The women's pentathlon and men's heptathlon shall be held in conjunction with and one the same week as the rest of the indoor championship meet. (Section Added 5/10)
- 9.3 Entry Procedures
- 9.3.1 Conference performances are compiled using the NCAA TFRRS system.
- 9.3.2 Week of the Meet
- a) Final updates due to TFRRS by Monday at noon.
- b) Ranked lists are available on TFRRS and GNAC web site. Declarations must be submitted to Direct Athletics by Monday at 7 p.m. (Pacific time) (Revised 10/07)
- b) Athletes scratched after Monday at 7 p.m. (Pacific time) will be eliminated from any participation in meet. (Revised 10/07)
- 9.3.3 All entered athletes must have posted a mark during the officially recognized indoor season in their respective events with the following exceptions (Revised 10/07; 11/08; 10/09):
- a) Each school is entitled to two wild cards in each gender
- b) Each school is entitled to one wild card in the heptathlon and pentathlon
- c) No mark is required in the 4x400 relay or the distance medley relay
- d) For the 5,000 meters, a qualifying time in the 3,000 may be used. Athletes in the 5,000 meters who qualify with a 3,000 meter time will be seeded using the International Scoring Table.
- e) The track-and-field coaches standard committee will determine the standards yearly by Dec. 1. The committee may adjust the marks 10 days prior to the conference meet to prevent inequitable situations and to allow up to nine participants (at the time of the adjustment) in those events in which the standard is adjusted.
- f) The maximum number of entries for each individual running and field event shall be 16. To qualify for consideration in an individual event, an athlete must post a mark equal to or better than the provisional qualifying standard.
- g) Entries will be placed into heats in ascending order (slowest to fastest), according to their previous best marks. Heat size will be based upon the number of lanes/positions available in each track event following guidelines in the NCAA rulebook. The meet will use timed finals based on actual performances with no preliminary races except in the 60 meters and 60 meter hurdles in which preliminary and final races will be held.
- h) The Conference meet will be run under the conference regulations (Sections 5 through 9).

Section 10. STATISTICAL INFORMATION

- 10.1 It shall be the responsibility of each host institution to maintain and distribute all individual marks and team scores, and report the results to the Conference SID.