

GNAC SPORTS REGULATIONS

OUTDOOR TRACK AND FIELD

Section 1. PARTICIPATION REQUIREMENT

- 1.1 All member institutions fielding teams in 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 Conference schedules shall be the responsibility of the institution athletic director or designee.
- 2.3 Meet competition between conference institutions as part of the regular season schedule is encouraged, but not required. However, 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 An eight-lane all-weather track will be used for all Conference championship competition.
- 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, including entry registration and distribution of scores.

Section 9. CONFERENCE CHAMPIONSHIP

- 9.1 The conference championship meet will be held on the May weekend two (2) weeks prior to the NCAA Championships. Combined event competition (decathlon/heptathlon) will be held the week prior to allow athletes to compete in both events.
- 9.2 The location of the meet will be determined at least one year in advance via a bid process. Sites shall be approved via the bid process for a three-year period with a two-year option. The process shall include an option out clause pending positive pre- and post-evaluations by the conference office. The multi-events portion of the meet will rotate between CWU and WOU. CWU will host in even-numbered years and WOU will host in odd-numbered years. Other conference members may request to be added to the rotation by submitting a written request to the conference commissioner at least one full calendar year prior to the next conference championship meet. **(Revised 11/08) Note:** Per this regulation, Northwest Nazarene has been awarded the host role for the Multis for 2010, 2011 and 2012.
- 9.3 Track and field events shall be according to the NCAA Division II Schedule.
- 9.3.1 **Men:** Running events (meters) include: 100, 200, 400, 800, 1500, 3000 steeplechase, 5000, 10000, 110 hurdles, 400 hurdles, 4x100 relay, 4x400 relay. Field events include: high jump, long jump, triple jump, shot put, discus, javelin, pole vault and hammer throw. Decathlon will be held one week prior. **Women:** Running events (meter) include: 100, 200, 400, 800, 1500, 3000 steeplechase, 5000, 10000, 100 hurdles, 400 hurdles, 4x100 relay, 4x400 relay. Field events include: high jump, long jump, triple jump, shot put, discus, javelin, pole vault, and hammer throw. Heptathlon will be held one week prior.
- Note:** Steeplechase shall be held on the first day of the two-day meet.
- 9.4 Entry Procedures
- 9.4.1 Conference performances are compiled using the NCAA TFRRS system.
- 9.4.1 Week of the Meet
1. Final updates are due to TFRRSS by Monday at noon.
 2. Declarations must be submitted to Direct Athletics by Monday at 8 p.m. PDT.
 3. Athletes scratched after this time will be eliminated from any participation in the meet.
- 9.5 The track-and-field coaches standard committee will determine the standards yearly no later than Feb. 1. The committee may adjust the marks no later than 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 standard is adjusted.
- 9.6 The maximum number of entries for each individual running and field event (including the multi-events) shall be 16. The number of entries for relay events shall be limited to the number of available lanes. In each relay event, a qualifying mark is required. To qualify for consideration in an individual event an athlete must post a mark equal to or better than the provisional qualifying standard in a sanctioned meet during the NCAA qualifying period. Each school shall be allowed one free entry in the decathlon and heptathlon. Each school is also allowed two additional unrestricted free entries in each gender (in addition to their free entries in the multi-events). In events shorter than 400 meters, hand-held times will be considered for meet qualifications, but not for seeding purposes. **(Revised 10/07; 11/08)**
- 9.7 Scoring for the conference meet shall be consistent with NCAA rules.

9.8 For events with preliminary heats or for timed final events, entries will be placed in heats according to their previous individual marks per NCAA rules. **Note:** In the 800, if 12 or fewer athletes remain after scratches, no preliminary will be held. If no preliminaries are needed in the 800, the time schedule will not be adjusted. (Revised 10/07)

9.9 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.