



**Great Northwest Athletic Conference
Indoor Track and Field Championships
Saturday, February 20, 2010
Meet Schedule**

<u>Time</u>	<u>Event</u>	<u>Round</u>
9:00 AM	Women's Shot Put	Finals
9:00 AM	Women's High Jump	Finals
10:00 AM	Women's Pole Vault / Men to Follow	Finals
10:00 AM	Men's Long Jump	Finals
10:30 AM	Women's Long Jump	Finals
10:30 AM	Men's Weight Throw / Women to Follow	Finals
12:00 PM	Men's Triple Jump	Finals
12:30 PM	Women's Triple Jump	Finals
1:45 PM	Men's Shot Put	Finals
1:45 PM	Men's High Jump	Finals

<u>Time</u>	<u>Event</u>	<u>Round</u>
11:00 AM	Women's 60 Meter Hurdles	Semi
11:15 AM	Men's 60 Meter Hurdles	Semi
11:30 AM	Women's 60 Meter Dash	Semi
11:40 AM	Men's 60 Meter Dash	Semi
12:00 PM	Women's Mile Run	Finals
12:20 PM	Men's Mile Run	Finals
12:35 PM	Women's 60 Meter Hurdles	Finals
12:45 PM	Men's 60 Meter Hurdles	Finals
1:00 PM	Women's 400 Meter Run	Finals
1:15 PM	Men's 400 Meter Run	Finals
1:25 PM	Women's 60 Meter Dash	Finals
1:30 PM	Men's 60 Meter Dash	Finals
1:40 PM	Women's 800 Meter Run	Finals
1:50 PM	Men's 800 Meter Run	Finals
2:00 PM	Women's 200 Meter Dash	Finals
2:10 PM	Men's 200 Meter Dash	Finals
2:20 PM	Women's 5000 Meter Run	Finals
2:45 PM	Men's 5000 Meter Run	Finals
3:05 PM	Women's 1600 Meter Relay	Finals
3:15 PM	Men's 1600 Meter Relay	Finals
3:25 PM	Women's Distance Medley Relay	Finals
3:40 PM	Men's Distance Medley Relay	Finals
4:00 PM	Team Awards	



2010 GREAT NORTHWEST ATHLETIC CONFERENCE
Indoor Track & Field Championships
Advance Information

- Location:** Nampa, ID (Jackson's Indoor Track at the Idaho Center)
- Directions:** Driving directions to the **Idaho Center Jackson Track Facility** (208-468-1000, 16200 Can Ada Rd., Nampa, ID 83687) from I-84:
- Take I-84 exit #38. Head north on Garrity/Can Ada Road past the car dealerships. Turn right onto Franklin Road. Drive past the Hampton Inn and turn left onto Equine Drive. The Jackson Track Facility will be on your right.
- Driving directions to the **Hampton Inn & Suites** (contact Erica Hernandez, 208-442-0036, 5750 E. Franklin Rd., Nampa, ID 83687) from I-84:
- Take I-84 exit #38. Head north on Garrity/Can Ada Road past the car dealerships. Turn right onto East Franklin Road. Turn left into the Hampton.
- Driving directions to the **Mr. Sandman Inn & Suites** (contact Toni Butterfield, 208-887-2062, 1575 S. Meridian Rd, Meridian, ID 83642) from I-84:
- Take I-84 exit #44. Turn right onto S. Meridian Rd. Turn right into the Mr. Sandman.
- Transportation:** Schools may make arrangements with Enterprise Rental Car for vans or cars to be dropped off at the hotel for your use. Contact Enterprise at 208-468-2330. Enterprise also has an office at the Boise airport for your use. They may also be reached at 208-381-0650. Make sure you use your GNAC ID number when renting these vehicles.
- Meet Date:** Saturday, February 20, 2010
- Meet Director:** Rich Sanders, Northwest Nazarene University Athletic Director (*Office phone* 208-467-8825).
- Meet/Appeals Committee:** Richard Hannan, Bob Guptill and Meet Referee (TBD).
- Appeal Process:** Any appeal must be made in writing to the meet director within 30 minutes following the posting or announcement of the official results of that event. The appeal must detail the rule and reason for the petition and the expected resolution and a \$50 fee. The fee will be returned if the protest is upheld.
- Meet Officials:** USA Track & Field Snake River Association
- Results & Awards:** Individual event awards will be presented as time permits during the meet. The team championship plaques will be presented and the *Outstanding Male and Female Athlete-of-the-Meet* will be announced in a special ceremony to begin as soon as possible at the conclusion of the meet. Balloting for the *Outstanding Male and Female Athlete-of-the-Meet* will be conducted immediately following the completion of the final event. Balloting for *Newcomer-of-the-Year, Freshman-of-the-Year and Coach-of-the-Year* will be conducted via e-mail following the national meet.
- Hotel Information:** Conference office has provided hotel information to coaches.
- Admission:** General admission tickets will be sold in the new South foyer entrance. Prices will be:

Adults - \$5.00. **Students** - \$3.00. **Children Under 12** – Free. No complimentary passes. GNAC passes will be accepted.

Coaches, athletes and athletic trainers will enter through the new South foyer entrance and will receive gate passes, which will be distributed Friday night at the coaches meeting. Athletic trainer passes will allow field access. Passes are not transferable.

Entries: Final updates on season-best performances are due to the conference office no later than **Monday, Feb. 15 at 10 a.m. (Pacific Time)**. The final performance list will be e-mailed to coaches and posted on the conference web site **no later than 2 p.m. Monday**. Final scratches must be sent to the conference office **no later than 11 a.m. Tuesday**. Any subsequent scratches will result in removal of the athlete from the meet. The conference office will send the final entries to each school by **Tuesday at 2 p.m.** Heat and flight sheets will be e-mailed to coaches and also will be distributed at Friday's coaches meeting.

Coaches Mandatory

Technical Meeting: The coaches meeting will be Friday, Feb. 19 at 5 p.m. (MST) in the conference room in the new South foyer addition at the track. Meet packets will be issued at this time. Attendance by at least one coach from each school is required. Additional coaches are welcome.

Meet Schedule: *See attached meet schedule.*

Scoring: Scoring in individual events and relays will be on a 10, 8, 6, 5, 4, 3, 2, 1 basis.

Facilities: The Jackson's track is a 200-meter banked track with Mondo surfacing. The pole vault and high jump are located on the infield. Lanes 1-6 will be used for all running events on the oval, with the exception of the 200 meters which will be run in lanes 2-6. Lanes 1-8 will be used on the straight.

There are large restrooms located just off the track. Locker rooms and showers are available at the track. Please bring your own towels.

Athletic Training Staff will be available before, during and after the meet. Special requests can be made by contacting the Director of the NNU Athletic Medicine Clinic Ken Becker at 208-467-8344.

Implement Weigh-In:

Each school shall list their implements on a form provided at the sign-in table. Weigh-in for all implements will begin at 8:00 a.m. the morning of the meet. Please have all implements clearly marked with your institutions name. The GNAC, NNU and the Idaho Center will not be responsible for any lost or misplaced equipment. Officials will bring the certified implements to the event area in time for warm-ups. Those implements that do not meet specifications will be impounded and need to be picked up at the conclusion of the event. Only meet certified implements are allowed at the event area.

Calls: **First call** for track events will be 20 minutes before the event. **Final call** will be 10 minutes prior to the event. All athletes should be checked in at this time.

Field events check in directly at the event 45 minutes prior to the start.

Starting Heights/ Increments:

Starting heights and increments for the men's and women's pole vault and high jump will be determined by Standards committee and e-mailed to coaches Wednesday night prior to the meet.

Event Qualifying

For the Finals: In the 60 meter and 60 meter hurdles, qualifying for the final will be based on time. The eight fastest times in the semis will advance to the finals. In the field events (LJ, TJ, SPU, WT), the top nine marks will advance to the final.

All other races will be considered a timed final. The seeding for those races will move from slowest to fastest heats according to conference and NCAA regulations. The preferred lanes are 4 and 5.

Practice Times: The Jackson's track will be available Friday night from 4 to 6:30 pm. Needle spikes are not allowed on this track. The marshal will be present on both days to enforce this rule. Your athletes may be asked to present their shoes for inspection. The facility will be closed at 7 p.m. sharp to make final preparations for the meet. **(maximum spike length=1/4")**

Trainers: Information will be provided at the coaches meeting. Trainers who will be attending the championship event may request credentials from the conference office prior to February 5.