



Indoor Track and Field Participant Manual

2011

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SCHEDULE OF EVENTS

Monday, January 31, 2011

Indoor track and field manuals emailed to institutions

Friday, February 11, 2011

Alphabetical Roster Form due to the Conference Office

Official Travel Party Form due to the Conference Office

Participant Gift Form due to the Conference Office

Monday, February 21, 2011

Head coaches' teleconference held at 10:00 a.m. Access by dialing (877) 393-3856; access code 2058653

Final weekend season results due by 5:00 p.m. to Mike Takaha at Flash Results Texas

Tuesday, February 22, 2011

Online entry of names per event due by noon to C.F.P.I. Timing (cfpiteming.com)

Wednesday, February 23, 2011

Coaches review and confirm entries, making necessary corrections/changes by noon

Thursday, February 24, 2011

5:00 p.m. - 8:00 p.m. Facility available for practice

6:00 p.m. Coaches meeting

Friday, February 25, 2011

7:00 a.m. Facility available for warm-ups

8:30 a.m. Southland Conference Indoor Track and Field Championship begins with the heptathlon/pentathlon

3:00 p.m. Beginning of field events

4:00 p.m. Beginning of running events

Saturday, February 26, 2011

7:00 a.m. Facility available for warm-ups

8:30 a.m. Continuation of heptathlon and field events

1:15 p.m. Opening ceremony for the SLC Indoor Track and Field Championship

5:00 p.m. Final awards ceremony and conclusion of championship

Monday, February 28, 2011

Nomination forms due by noon to the Conference office

Thursday, March 3, 2011

Southland Conference Indoor Track and Field awards press release disseminated

CHAMPIONSHIP CONTACTS

Southland Conference

Commissioner	Tom Burnett	(office) 972/422-9500 x101
Associate Commissioner Championships/Sport Administration	Tina Cheatham	(office) 972/422-9500 x102 (cell) 469/853-7705
Associate Commissioner/ Operations	Bruce Ludlow	(office) 972/422-9500 x106 (cell) 214/394-7522
Associate Commissioner/ External Affairs	Jenny McGhee	(office) 972/422-9500 x104 (cell) 214/986-9104
Assistant Commissioner/ Communications	Todd Lamb	(office) 972/422-9500 x107 (cell) 817/287-8393
Assistant Director/ Communications	Jimmy Glenn	(office) 972/422-9500 x110 (cell) 817/846-2712
Administrative Assistant	Teri Franch	(office) 972/422-9500 x100
Communications Intern	Kenny Bybee	(office) 972-422-9500 x110 (cell) 979-451-2123

University of Oklahoma

Facility Coordinator	Danny Haynor	(cell) 405/520-3154
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C.F.P.I. Timing

Official Timer	Cleon Fowler	(cell) 205/394-4372
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MEET GUIDELINES

Admission

The Southland Conference Men's and Women's Indoor Track and Field Championship will utilize the following ticket prices for admission:

Adult All-Session	\$15.00
Adult Single Day	\$10.00
Southland Student Single Day (with ID)	Free
Children 13 and under	\$5.00

Awards

The Conference Championship Awards shall be:

- 1) One (1) Men's and (1) Women's Championship trophy.
- 2) One (1) Men's and (1) Women's Runner-Up trophy.
- 3) Gold, silver and bronze medals, respectively, for the first three (3) finishers in each individual, field and relay event.
- 4) Plaques for High Point male and female athletes of the Championship.
- 5) Plaques for Freshman of the Year, male and female.
- 6) Plaques for Newcomer of the Year, male and female.
- 7) Plaques for Athlete of the Year, male and female.
- 8) Mini-trophies for Coach of the Year, men's and women's.
- 9) Certificates for the first, second and third place finishers in the Championship who have earned All-Conference honors.

Awards ceremonies will be conducted periodically to distribute individual championship event awards. Please refer to the Event Schedule for details. Each institution is responsible for picking up unclaimed awards from the director of championships prior to their departure. At the conclusion of the meet, an awards ceremony will be conducted to recognize the men's high point athlete, the women's high point athlete, the men's team champion and the women's team champion.

On Monday, February 28, coaches will submit nominations for outstanding field and running event athletes, freshman of the year athletes, newcomer of the year athletes, athletes of the year, and coach of the year to the Conference office via facsimile. A press release, announcing the award recipients, will be issued by the Conference office on Wednesday, March 2. Awards will be mailed to institutions.

Championship Dates

The Southland Conference Men's and Women's Indoor Track and Field Championship shall be conducted Friday and Saturday, February 25 & 26, 2011. The Championship will be

conducted on the campus of the University of Oklahoma in the Mosier Indoor Facility, located adjacent to Everest Indoor Football Facility and the outdoor track and field complex.

Championship Director

The Championship Director shall oversee the following general areas:

- 1) Championship personnel (announcers, ushers, security, parking, hospitality room, electrician.)
- 2) Maintenance functions.
- 3) Training room area during competition and sports medicine needs of participating teams.
- 4) Activities held in conjunction with the championship.
- 5) Assignment of officials and individuals involved in the administration of the championship.
- 6) Dissemination of information to the coaches of the participating institutions relative to the championship;
- 7) Addressing the needs of contestants, officials and spectators and all administrative details of the championship in accordance with the rules of the Southland Conference and the NCAA.

Coaches Meeting

The head coaches' meeting shall be held on Thursday, February 24, 2011 at 6:00 p.m. The coaches' meeting will be conducted in Officials/VIP area located in the foyer between the Mosier and Everest Indoor Facilities. Team packets will be distributed at this time, which will include participant credentials, bib numbers and heat sheets.

Check-In

Athletes in running and field events are required to check-in with the Clerk of the Course prior to the scheduled start of each event. Participant numbers must be shown at the time of check-in. Check-in for all events shall be at the Clerk of the Course's table in the southeast end of Mosier Indoor.

Running Events

First Call - Fifteen (15) Minutes Before Event is Scheduled to Begin

Second Call – Ten (10) Minutes Before Event is Scheduled to Begin

Third and Final Call - Five (5) Minutes Before Event is Scheduled to Begin

Field Events

First Call - Thirty (30) Minutes Before Event is Scheduled to Begin

Second Call - Twenty (20) Minutes Before Event is Scheduled to Begin

Third and Final Call - Ten (10) Minutes Before Event is Scheduled to Begin

Athletes may check in prior to first call.

Entry Procedures

The Conference office will email the Championship meet manual, including all forms, on Monday, January 31, 2011.

Each institution must submit an Alphabetical Roster Form on Friday, February 11, 2011. This roster must be TYPED and faxed to the Conference Office and/or emailed to be received by the above stated deadline. The Roster Form can be found on page 19 of this manual.

The Entry Deadline is Noon on Tuesday, February 22, 2011. Entries (names per event only) must be made utilizing the method described in the Appendices.

Entries for the championship shall be limited to the numbers permitted by NCAA rules and must meet SLC qualifying standards. *There shall be a maximum of eight (8) entries per institution in field and running events.*

Performances listed on the entry forms must be for the exact distance of the event the athlete is being entered in which was achieved during the current season and listed in official meet results. Conversions will be assessed to performance times according to NCAA protocol with reference to 55m races, banked tracks, oversized tracks, and altitude by Flash Results Texas ONLY. Relay performances are not acceptable for individual events.

Relay personnel cards must be turned in to the Clerk of the Course fifteen (15) minutes prior to the start of the race. Any eligible member of the track and field team shall be allowed to participate in the relay races.

Heating and flighting shall be accomplished in accordance with the guidelines established by the Southland Conference Operating Code and/or Meet Manual and the NCAA Track and Field Rules Book. Heating and flighting shall be reviewed during the head coaches' teleconference and meeting.

Facility Availability

The facility will be available for practice on Thursday, February 24, 2011 from 5:00 p.m. to 8:00 p.m. On Friday, February 25, the indoor track facility will be available for team warm-ups from 7:00 a.m. On Saturday, February 26, the facility will open for team warm-ups at 7:00 a.m.

Failure to Participate

Competitors or relay teams must participate in the trials and/or finals of all events in which they are declared. Such participation is also required in subsequent rounds as a result of qualifying, or when participation is a criterion for entry in a subsequent meet.

Participation is the expectation that a competitor start the athletic challenge requirements of the event, according to the rules of the event. Qualification to the next round of an event is, in itself, satisfaction of participation.

A failure to participate is considered an assumption that the competitor in violation has abandoned the competition and, therefore, shall be barred from all remaining events in the current meet. Specifically, only failure to appear or check in disqualifies participant from other events.

The referee, upon proper protest, based upon all authorized evidence and with consideration given to circumstances beyond the control of the competitor, including medical, shall determine whether the circumstances clearly demonstrate that a violation of this rule has occurred.

This rule shall not preclude the creation of additional restrictions published in handbooks and manuals by conferences or championships games committees. (NCAA Rules Book, pg. 63)

Fully Automatic Timing

C.F.P.I. Timing will provide timing services for the indoor championship. C.F.P.I. Timing will provide automatic timing for all running events using two fully independent timing systems. Two pictures from different positions shall be provided for each race.

Games Committee

The Games Committee shall consist of the Conference head track and field coaches and the Conference director of championships.

A majority vote by members of the Games Committee is required for implementation of actions and recommendations made by the Committee. The championship director shall not vote on issues brought before the Games Committee unless there is a tie vote.

The primary function of the Games Committee shall be to give specialized assistance and guidance to the championship director when questions and problems arise during the conduct of the championship where authority for resolution of such problems is not covered by the Southland Conference Operating Code, Conference Meet Manual or the NCAA Track and Field Rules Book.

Heats, Flights, Qualifying Procedures

Only FAT performances shall be considered in seeding preliminaries in races 400 meters and shorter.

In events 3000 meters and longer, lapped runners shall be asked to leave the track until the field is reduced to twelve (12) competitors. This policy does not apply to the fastest heat in the 3000 meter run, as all competitors in these races will be permitted to complete the event.

Heating Procedures:

Heating and seeding for preliminary races and all field events shall be accomplished according to the procedures described in the NCAA Track and Field Rules Book, except as may be noted in the Conference Operating Code and/or Conference Meet Manual. Lane assignments shall not be altered after they have been confirmed. If all lanes are filled and one athlete drops out, that lane shall remain vacant, except as stated below.

Only those runners who have posted a time for the event in which they have been entered can be seeded. Coaches may petition the Games Committee relative to an athlete's position on the seeded list of any running event. The Games Committee will, by majority vote, determine the proper seeding. If heats scratch down resulting in a heat with no competitors, heats shall be redrawn.

Implement Weigh-In

Implements shall be impounded at the coaches meeting conducted at 6:00 p.m. on Thursday, February 24 or Friday morning at 8:00 a.m.. Implements will be delivered to the throwing area one (1) hour prior to the start of the event competition.

ONLY SOFT-SHELLED INDOOR IMPLEMENTS MAY BE USED.

Inspectors

There shall be two (2) to four (4) inspectors assigned to each turn. Two (2) inspectors shall be positioned inside the track and two (2) inspectors shall be positioned outside the track. Two (2) inspectors shall judge each straight away, plus a minimum of four (4) others will judge the relay exchange zones. One (1) inspector shall be positioned at the break-point in races not run in lanes for the entire race.

The inspectors shall officiate the straight away races divided evenly between the ends and the sides.

The Head Inspector shall be positioned with the judges and timers.

All other officials and their duties shall be as outlined in the NCAA Track and Field Rules Book, unless otherwise stipulate in the Conference Operating Code and/or Conference Meet Manual.

Jury of Appeals

A Jury of Appeals shall be appointed and shall consist of three (3) persons, approved by the director of championships.

Meet Teleconference

A teleconference of head track and field coaches will be conducted on **Monday, February 21, 2011 at 10:00 a.m.** The teleconference may be accessed by dialing (877) 393-3856 five minutes before the scheduled start of the call. The access code is 2058653. Issues discussed will include the meet schedule, logistics, final declarations and other championship issues. **All head coaches must participate in the teleconference.**

Officials

The Meet Referee, Inspectors and Jury of Appeals shall remain at the championship site thirty (30) minutes after the final results are announced or until dismissed by the director of championships. During the competition, the seeding and heating responsibilities shall be assumed by the Meet Referee.

Parking Information

Parking is available in the eastern most portion of the Duck Pond parking lot located directly north of the John Jacobs Track Facility. You will need to enter the lot from Brooks Street and head to the far east end. A pedestrian gate on the northeast corner of the John Jacobs Track Facility opens to a sidewalk that crosses over to the entryway to the Mosier Indoor Facility. Teams will enter through the main lobby which is on the north side of the facility directly between the Everest Indoor Football and Mosier Indoor Facility. Spectators will use the front entrance of the facility.

Protests

Protests relating to matters which develop during the conduct of the championship shall be made immediately (no later than thirty (30) minutes) after the results have become official. Any such protest must be made in writing by the head coach and submitted to the Meet Referee, who will render a decision. An appeal of the Meet Referee's ruling may be made to the Jury of Appeals. The Jury of Appeals' decision is final and without benefit of appeal.

Results

All meet results shall be posted on the bulletin board located in the northwest corner of the facility with additional copies in a sorting bin in the lobby. The Conference media relations staff shall prepare and disseminate championship meet results. Meet results shall be made available to the head coaches and the media as soon as possible at the conclusion of each day's events.

Rules

All rules and procedures not covered by these championship guidelines and the Conference Operating Code shall be in accordance with the NCAA Track and Field Rules Book.

No rule shall be changed relative to the events contested in the championship meet for a period of one (1) year unless such change is required by the NCAA or is a result of a change in the events sponsored at the NCAA Indoor Track and Field Championship.

Scoring

NCAA rules on scoring shall be followed. The championship shall be scored to eight (8) places for both track and field events. The value of first through eighth place shall be as follows:

10-8-6-5-4-3-2-1

Security and Credentials

Appropriate credentials shall be issued to meet officials, event staff and media. Participating student-athletes will be required to present their bib numbers in order to enter the facility if entering from any other entrance than the team entrance. Entry to the competitive area will be restricted to meet officials and event staff and shall be monitored by facility security. This policy shall be strictly enforced.

Teams shall be allowed to setup videotaping equipment in designated areas within the facility. Each team will be issued one (1) credential for team personnel to setup and oversee videotaping. Entry to this area will be restricted to event staff and team personnel with credentials and shall be monitored by facility security. This policy shall be strictly enforced.

No coach shall be allowed in the area of competition, under the penalty of disqualification, except to file a protest with the Meet Referee.

Sports Medicine

The University of Oklahoma will provide personnel to serve as sports medicine liaisons. Sports medicine personnel and training tables will be available in the southwest corner of the Mosier Indoor Facility. **Each participating team's sports medicine staff will need to be present to provide necessary functions for their team.** The University of Oklahoma's physician consultant will be in attendance or on call throughout the event. Paramedics will be on site throughout the duration of the meet.

Ties in Scoring

Ties in team and individual competition at the championship shall stand, unless specifically addressed in the NCAA Track and Field Rules Book.

Track, Competitive Area and Equipment

The track, competitive area and competitive equipment shall meet NCAA specifications.

The University of Oklahoma has a flat, six-lane, 200-meter Mondo track. There are six (6) lanes on the straightaway. The lanes are 42" wide. The radius of the curves is approximately 9.5 meters (60-meter curves, 40-meter straightaways on the oval). All approach areas for the jumping events are Mondo. One-quarter inch (1/4") is the maximum spike length allowed for all events, including the high jump. The throw ring is plywood. UCS blocks will be provided. No other blocks shall be allowed.

Uniforms

Each institution's athletes shall wear only the institution's official equipment (warm-ups, competition equipment) as outlined in the Conference Operating Code and in the NCAA Track and Field Rules Book. When engaged in competition, each competitor must wear an official team uniform or be disqualified. If an athlete is in violation of this rule, an official shall give one (1) warning to both the coach and the athlete. If the correction is not made, the athlete in violation shall be disqualified by the Meet Referee from all remaining events. Any points earned by the disqualified athlete prior to the disqualification shall stand.

Bare midriff tops are not acceptable. The uniform top must meet or hang below the waistband of the shorts or pants when the competitor is standing.

An institution's official uniform and all other items of apparel worn by student-athletes in competition or practice may bear a single manufacturer's or distributor's normal trademark, not to exceed 2 1/4 square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo.

Warmup Area

The Everest Indoor Football Facility will be available for stretching, warm-up, etc. Hurdles will be available in the warm-up area. Spikes are not allowed in this area. Please review the enclosed "Do-Don't" list for the Everest Indoor Football Facility with your student-athletes. Weather permitting, running may also be done at the outdoor track and field facility.

Water will be provided in the warm-up area and at the field event areas. No food or drinks are allowed on the track or infield areas.

EVENT SPECIFICATIONS

60-Meter Dash and 60-Meter Hurdles

- 1) Event trials and finals shall be conducted.
- 2) The trials will be seeded, and lanes shall be determined by lot.
- 3) The finals shall be seeded and preferred lanes will be assigned.
- 4) Eight (8) runners shall advance to the finals by time [For OU facility- there will be 12 that advance by time with two (2) seeded finals of 6 each].

200 Meters

- 1) Event trials and finals shall be conducted.
- 2) The trials will be seeded and lanes shall be determined by lot.
- 3) Trials to be contested in heats of four (4) runners.
- 4) The finals shall be seeded and preferred lanes (3,4,5,6) will be assigned.
- 5) Eight (8) runners shall advance to the finals by time.
- 6) Events shall be run entirely in assigned lanes and as much of the start and finish line as possible shall be on the straight away.
- 7) In the event of a tie for the last qualifying position, a coin toss will be conducted to determine which runner shall be the eighth seed, with the loser of the coin toss being assigned Lane 2 in one (1) of the heats.
- 8) The finals shall be run in two (2) heats with preferred lanes (5,6,4,3).

400 Meters

- 1) Event trials and finals shall be conducted.
- 2) The trials will be seeded and lanes shall be determined by lot.
- 3) Trials to be contested in heats of four (4) runners.
- 4) The finals shall be seeded and preferred lanes (3,4,5,6) will be assigned.
- 5) Eight (8) runners shall advance to the finals by time.
- 6) Events shall be run entirely in assigned lanes and as much of the start and finish line as possible shall be on the straight away.
- 7) In the event of a tie for the last qualifying position, a coin toss will be conducted to determine which runner shall be the eighth seed, with the loser of the coin toss being assigned Lane 2 in one (1) of the heats.
- 8) The finals shall be run in two (2) heats with preferred lanes (3,4,5,6).

800 Meters

- 1) Event trials and finals shall be conducted.
- 2) Ten (10) runners shall advance to the finals.
- 3) No more than five (5) runners [For OU facility – there will be no more than six (6) runners] shall run in any preliminary heat.
- 4) Lanes shall be utilized to start the race.
- 5) The trials will be seeded with lanes determined by lot.
- 6) The top ten (10) times shall advance to the finals [For OU facility – one (1) heat of 10 with alley start].

One Mile Run

- 1) Ten (10) runners shall advance to the finals.
- 2) A waterfall start shall be used.
- 3) Preliminary starting positions shall be determined by lot.
- 4) No more than ten (10) runners shall run in any preliminary heat.
- 5) The top ten (10) times shall advance to the finals [For OU facility – one (1) heat of 10 with alley start].

1600 Meter Relay

- 1) Finals Only.
- 2) There shall be a maximum of three (3) relay teams per heat: one (1) heat of three and two (2) heats of four for the men; and, three (3) heats of four for the women.
- 3) The finals shall be seeded and preferred lanes will be assigned.
- 4) The event shall be run with a two-turn stagger.
- 5) The final results shall be based upon time.
- 6) All entered teams shall report to the Clerk of the Course fifteen (15) minutes prior to the race to determine the number of teams that will run. If necessary, heats shall be drawn by the Meet Referee.

3000 Meter Run

- 1) If seventeen (17) or more runners are entered, there shall be two (2) heats; sixteen (16) in fast heat, one (1) in slow heat (no fewer than 2).
- 2) If there are two (2) heats, the final heat shall be the fastest heat, composed of the top twelve (12) pre-meet times.
- 3) The top twelve (12) times in each heat shall be awarded front row positions.
- 4) A waterfall start shall be used.

5000 Meter Run

- 1) All runners shall compete in one (1) heat.
- 2) The top ten (10) times shall be awarded front row positions.
- 3) A waterfall start shall be used.
- 4) The race shall lap down to twelve (12) runners.

Distance Medley Relay

- 1) All teams shall run in one (1) heat.
- 2) An alley start shall be used.
- 3) Starting positions shall be determined by lot.
- 4) Relay Order:
 - a) 1200 Meters
 - b) 400 Meter
 - c) 800 Meters
 - d) 1600 Meters

Shot Put, Weight Throw, Long Jump, Triple Jump

- 1) The top nine (9) athletes shall qualify for the finals.
- 2) Flights shall be determined by seed from worst to best. The order of competition within a flight shall be drawn by lot. Flights are to be balanced with no more than twelve (12) competitors per flight.
- 3) Facilities and implements are to be made available at the start of the general warm-up period.
- 4) A minimum fifteen (15) minute general warm-up period shall be made available to all competitors, unless more time is deemed necessary by the games committee.
- 5) A fifteen (15) minute warm-up period shall be available before each flight. This time period shall be limited to the competitors in the upcoming flight.

Pole Vault, High Jump

- 1) The competition order shall be determined by ascending performance height entries.
- 2) A continuous flight of five (5) shall be used.
- 3) High Jump:
 - a) The opening height shall be five (5) centimeters less than the performance by the ninth-ranked performer in the ranked performance list.
 - b) The bar shall be raised in increments of five (5) centimeters.

Pole Vault:

- a) The opening height for men shall be fifteen (15) centimeters less than the performance by the ninth-ranked performer in the ranked performance list. The opening height for the women's competition shall be fifteen (15) centimeters less than the performance by the last-ranked performer unless there are more than nine (9) performers.
- b) The bar shall be raised in increments of fifteen (15) centimeters.
- 4) The games committee may adjust the opening height in order to reach NCAA qualifying standards.



Institution: _____

OUTDOOR TRACK AND FIELD CHAMPIONSHIP

OFFICIAL TRAVEL PARTY (employed personnel)

The official travel party of each team must be submitted to the Conference.

Please list all **employed adults only** traveling with the team below.

Please complete the form below by identifying each travel party member and their role. Also, please identify each member's title by placing an "X" in the appropriate box.

Name		Administration		Coach	Sports Medicine	Manager	Sports Information
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							
16.							
17.							
18.							
19.							
20.							

Alphabetical Roster Form

University:_____

Head Coach: _____

[illegible]

Signature of Head Coach: _____



Protest Form

Race: _____

Protest: _____

Rationale: _____

Institution: _____

Head Coach: _____

=====

Reply: _____

Referee: _____



RELAY CARD

Event: _____

Please Circle Men Women

Athlete _____

Athlete _____

Athlete _____

Athlete _____



RELAY CARD

Event: _____

Please Circle Men Women

Athlete _____

Athlete _____

Athlete _____

Athlete _____

2011 Indoor Track and Field Championship Entry and Declaration Procedures

Below are details related to entering and declaring your athletes for the Southland Conference Indoor Track and Field Championship.

1. **Institutions must forward their final weekend results to Flash Results Texas by 5:00 p.m. Monday, February 21, 2011.** Flash Results Texas site will post “best” season marks following reception of weekend results on the same day.
2. All entries including relay personnel **must be entered by noon on Tuesday, February 22.** Performance marks for the event will be based upon the “best” seasonal mark per NCAA guidelines, found in Part III of the most current NCAA manual. All conversions have been assessed to performance times according to NCAA protocol with reference to 55m races, banked tracks, oversized tracks, and altitude by Flash Results Texas ONLY.
3. Entries must be completed via email (cleon@cfpfitiming). Please copy all entries (by name/event) to tcheatham@southland.org.
4. All team entries will be emailed back to the respective head coach by Tuesday afternoon for review. It is imperative that you email any corrections to C.F.P.I. Timing prior to **noon, Wednesday, February 23.**
5. **Any athlete listed on your entry form as of noon on Wednesday, February 23, 2011 will be considered officially entered in the meet.** It is critical that you submit perfectly accurate information on the entry form. After the entry deadline has passed, no changes to the information submitted will be permitted without penalty. A false declaration will result in the athlete's disqualification from the event.
6. Performance lists and heat sheets will be posted (.pdf files) on the website (<http://www.cfpfitiming.com>) as well as emailed to head coaches by 5:00 p.m. Wednesday, February 23.
7. If you encounter any problems during the entry process, call Cleon Fowler at (205) 394-4372 for technical assistance. If you have any other questions, please contact Tina Cheatham at (972) 422-9500 x102 or (469) 853-7705.
8. As a reminder, **the head coaches' teleconference is scheduled for Monday, February 21, 2011 at 10:00 a.m.** You may access the call by dialing (877) 393-3856, access code 2058653. All head coaches must participate in the call.



Indoor Track and Field Championship

Nomination Form (Male)

*Please submit worthy nominations from your team ONLY. *Freshman are not eligible for Newcomer of the Year.*

Outstanding Field Events (Male) _____

Outstanding Running Events (Male) _____

Freshman of the Year (Male) _____

Newcomer of the Year (Male) _____

Athlete of the Year (Male) _____

Men's Coach of the Year _____

=====

Person Submitting Ballot _____

Institution _____

**Please fax to the conference office no later than noon on Monday, February 28.
FAX: 972-422-9225**



Indoor Track and Field Championship

Nomination Form (Female)

*Please submit worthy nominations from your team ONLY. *Freshman are not eligible for Newcomer of the Year.*

Outstanding Field Events (Female) _____

Outstanding Running Events (Female) _____

Freshman of the Year (Female) _____

Newcomer of the Year (Female) _____

Athlete of the Year (Female) _____

Women's Coach of the Year _____

=====

Person Submitting Ballot _____

Institution _____

**Please fax to the conference office no later than noon on Monday, February 28.
FAX: 972-422-9225**

**2011 Southland Conference
Indoor Track and Field Championship
Head Coaches Meeting**

**Thursday, February 24
6:00pm**

- I. Review Heat Sheets
- II. Scratches
- III. Pentathlon/Heptathlon Issues or Questions
- IV. Field Event Issues or Questions
 - A. Opening Heights
 - 1. Pole Vault
 - 2. High Jump
 - 3. Boards: m/w triple, m/w long
 - B. Warm-up Period
- V. Running Event Issues or Questions
- VI. Facility Schedule
- VII. Honest Effort
- VIII. Coaches in Competition Area
- IX. Implement Check-In
- X. Officials
- XI. Timing Issues or Questions
- XII. Outdoor Championship Schedule
- XIII. Credentials
- XIV. Awards – nominations due by noon on Monday
- XV. Questions



Institution: _____

2011 INDOOR TRACK AND FIELD CHAMPIONSHIP

PARTICIPANT GIFT FORM

The participant gift form must be submitted to the Conference office prior to 5:00 p.m. on Friday, February 11, 2011.

ONLY eligible student-athletes and student managers/trainers participating in the SLC Championship and listed on this form will receive a conference participant gift.

All participants in uniform must be eligible for competition under NCAA and Southland Conference regulations.

Please complete the form below by identifying each travel party member and their size, if applicable. Also, please identify each member's title by placing an "X" in the appropriate box.

Name	Gift Date received 2/26/11		Student Athlete		Student Trainer		Student Manager
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							
16.							
17.							
18.							
19.							
20.							

Southland Conference
Indoor/Outdoor Track and Field
Championship Qualifying Procedures

1. Entry standards to be determined from a 5 year average of the 20th best performance in each event from final Conference rankings.
2. In the event that 20 athletes do not contest an event in a season, the last ranked individual's performance will be included in the data for entry standards.
3. Entry into the Indoor Championship 5000m can be obtained by achieving either the 3000m or 5000m standard
4. Entry into the Outdoor Championship 10,000m can be obtained by achieving the 5000m or 10,000m standard.
5. **There will be an open entry process for the multi-events, i.e. no qualifying standard.**
6. In the vertical jumps, the qualifying standards will round to the next highest bar.
7. **Each event is to have a minimum field size of 12 individuals, to be determined from the entry standard. If 12 individuals do not achieve the entry standard, the field size will be filled from the event's descending order ranking.**
8. All institutions are eligible to enter relays.
9. **Wild Cards**
 - a. **Each institution will be granted 2 wild card entries per gender.**
 - b. **A wild card can be used to enter an athlete in one event, in which they have not previously qualified.**
10. To eliminate the conference requirement that 14 individuals compete in the championship.
11. To eliminate restriction on the number of entries per institution.
12. Emergency Participation Clause
 - a. In the event, that an institution has not met the NCAA minimum meet requirements prior to the Southland Conference Championship, they may petition to have 14 participants admitted into the championship.
 - b. An institution may only be granted emergency participation once in a three year period.
 - c. The institution's administration must submit a petition to the conference office in writing.

APPROVED: 1/25/2010 BY THE ATHLETIC DIRECTORS

2011 Southland Conference
Qualifying Standards

Indoor Event	Women	Men
60m	7.91	7.03
200m	25.93	22.66
400m	59.78	50.35
800m	2:24.12	1:59.24
Mile	5:25.48	4:27.99
3000m	10:43.63	8:50.56
5000m	20:06.82	16:28.75
60m Hurdles	9.31	8.53
High Jump	1.56	1.91
Pole Vault	3.03	4.19
Long Jump	5.27	6.58
Triple Jump	10.30	13.43
Shot Put	10.90	13.20
Weight Throw	12.97	12.57

Outdoor Event	Women	Men
100m	12.25	10.82
200m	25.09	21.85
400m	58.44	49.10
800m	2:19.71	1:56.09
1500m	4:52.63	4:02.38
3000m SC	13:00.04	10:26.02
5000m	18:54.18	15:32.25
10,000m	43:10.05	35:09.69
100m/110m H	14.99	15.57
400m Hurdles	66.34	57.33
High Jump	1.55	1.88
Pole Vault	2.70	4.34
Long Jump	5.44	6.72
Triple Jump	9.78	13.46
Shot Put	11.12	12.40
Discus	35.01	40.45
Hammer	36.88	34.13
Javelin	32.04	41.96

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