

2015

OUTDOOR TRACK & FIELD

CHAMPIONSHIPS

**NORTHEAST
CONFERENCE**



Northeast Conference Championship Handbook



 **OUTDOOR
TRACK & FIELD**

**Men's and Women's
Outdoor Track & Field
May 2-3, 2015**

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Championship Personnel

Northeast Conference Staff

Name	Title	Email	Phone – 732-469-0440
Noreen Morris	Commissioner	nmorris@northeastconference.org	Ext 201
Ron Ratner	Sr. Assoc. Commissioner/Ext. Relations	rratner@northeastconference.org	Ext 206
Benjamin Shove	Asst. Commissioner/Sport Services	bshove@northeastconference.org	Ext 203
Andy Alia	Assoc. Commissioner/Marketing	aalia@northeastconference.org	Ext 204
Lisa Archbald	Asst. Commissioner/Compliance	larchbald@northeastconference.org	Ext 202
Caitlin Hughes	Director of Sport Services– OTF Admin	chughes@northeastconference.org	Ext 205
Ralph Ventre	Director of Communications & Social Media - OTF	rventre@northeastconference.org	Ext 207
Kyle Turner	Director of New Media and Communications	kturner@northeastconference.org	Ext 210
Teneshia Ruff	Director of Events and Operations	truff@northeastconference.org	Ext 209
Meghan Kelly	Media Relations Intern	mkelly@northeastconference.org	Ext 208

Mount St. Mary's University Staff

Name	Title	Email	Phone
Lynne Robinson	Director of Athletics	lrobinso@msmary.edu	301-447-3808
Mike Hardisky	Assoc. AD – Meet Director	hardisky@msmary.edu	301-447-5227
Mark Vandergrift	Asst. AD/Communications	vandergrift@msmary.edu	301-447-5384
Doug White	Asst. AD/Facilities	dwhite@msmary.edu	301-447-5385
John Hoffman	Head ATC	jahoffman@msmary.edu	Office: 301-447-5386 Cell: 240-315-6955
Tim Nickas	Interim Head Track & Field Coach	nickas@msmary.edu	Office: 301-447-6724 Cell: 609-846-5621

NEC Track & Field Sport Committee

Megan O'Brien, SWA – St. Francis Brooklyn

Jason Sullivan, Assoc. AD – Bryant

Sharlene Milwood-Lee, Head Coach – Fairleigh Dickinson

Outdoor Track & Field Championships – Quick Reference

Date: May 2-3, 2015
Location: Mount St. Mary's University Morgan Track and Field Facility
16300 Old Emmitsburg Road, Emmitsburg, MD 21727
Start times: Saturday – Field 10:00 a.m., Track 11:00 a.m. (10K at 8:45a.m.)
Sunday – Field 9:30 a.m., Track 12:00 p.m.

2015 Outdoor Track and Field Schedule of Events

<u>Saturday Track</u>	<u>Saturday Field</u>
8:45 am F 10,000 Meters	10:00 am T/F Women Discus
11:00am T 1500 Meters	10:00 am T/F Men Shot Put
11:45am T 110/100 Hurdles	10:00 am T/F Women Long Jump
12:15pmT 400 Meters	10:00 am T/F Men Long Jump
12:45pmT 100 Meters	1:00 pm T/F Men Discus
1:15 pm T 800 Meters	1:00 pm T/F Women Shot Put
1:45 pm T 400 Hurdles	1:00 pm F Women Pole Vault
2:15 pm T 200 meters	1:00 pm F Men High Jump
2:45 pm F 4x800 Relay	
<u>Sunday Track</u>	<u>Sunday Field</u>
12:00pm F Steeple	9:30 am T/F Men Hammer
12:45pm F 4x100 Relay	9:30 am T/F Women Javelin
1:05 pm F 1500 Meters	9:30 am T/F Men Triple Jump
1:25 pm F 110/100 Hurdles	9:30 am T/F Women Triple Jump
1:45 pm F 400 Meters	12:30 pm T/F Women Hammer
2:05 pm F 100 Meters	12:30 pm T/F Men Javelin
2:15 pm F 800 Meters	12:30 pm F Women High Jump
2:30 pm F 400 Hurdles	12:30 pm F Men Pole Vault
2:45pm F 200 Meters	
2:55 pm F 5000 Meters	T= Trial S=Semi F=Final
3:45 pm F 4x400 Relay	<u>All track events will be women then men</u>
4:15 pm Medals and Closing Awards ceremony	

2015 Championship Important Deadlines

Thursday, April 16	Noon	Rosters are due – emailed to Caitlin from DA website
Friday, April 24	Noon	Hotel Info/Contact Form due http://northeastconference.org/sb_output.aspx?form=118
Friday, April 24	Noon	Credentials Request List due http://northeastconference.org/sb_output.aspx?form=117
Monday, April 27	Noon	Additional participant gift numbers due to Caitlin
Tuesday, April 28	10:00 am	Performance List must be updated on Direct Athletics
Wed., April 29	8:00 pm	Declared Entries Due on DA and emailed to Caitlin
Thursday, Apr 30	6:00 pm	Meet scratches due: email or text to Caitlin (860-614-8814)
Thursday, Apr 30	7:00 pm	Seeding Meeting teleconference
Friday, May 1	6:00 pm	Coaches Technical Meeting (all head coaches must be present)

Timing Service

Cleon Fowler, C.F.P.I. Timing, Email: cleon@cfpfitiming.com, www.cfpfitiming.com

Participating Schools

Bryant University

Bill Smith, Director of Athletics
Beth Wandyes, Senior Woman Administrator
Mitchell Switzer/Melissa Daly, Interim Head Coach
Tristan Hobbes, SID
Patrick O'Sullivan, Athletic Trainer

Central Connecticut State University

Paul Schlickmann, Director of Athletics
Amy Strickland, Senior Woman Administrator
Eric Blake, Head Coach
Tom Pincince, SID
Kathy Pirog, Athletic Trainer

Fairleigh Dickinson University

David Langford, Director of Athletics
TBA, Senior Woman Administrator
Sharlene Milwood-Lee, Head Coach
Thomas Meade, SID
Amanda Livsey, Athletic Trainer

LIU Brooklyn

Brad Cohen, Interim Director of Athletics
Margaret Alaimo, Senior Woman Administrator
Simon Hodnett, Head Coach
Emily Nassi, SID
Gina Siracusano, Athletic Trainer

Mount St. Mary's University

Lynne Robinson, Director of Athletics
Lily Otu, Senior Woman Administrator
Tim Nickas, Interim Head Coach
Mark Vandergrift, SID
John Hoffman, Athletic Trainer

Robert Morris University

Craig Coleman, Director of Athletics
Addie Muti, Senior Woman Administrator
Michael Smith, Head Coach
Jim Duzyk, SID
Mike Vittorino, Athletic Trainer

Sacred Heart University

Bobby Valentine, Director of Athletics
Meghan Miller, Senior Woman Administrator
Christian Morrison, Head Coach
Chris O'Connor, SID
Leo Katsetos, Athletic Trainer

St. Francis Brooklyn

Irma Garcia, Director of Athletics
Meghan O'Brien, Senior Woman Administrator
Kyle Brown, Head Coach
David Gansell, SID
Andrew Cornicello, Athletic Trainer

Saint Francis University

Bob Krimmel, Director of Athletics
Erika Renwick, Senior Woman Administrator
Doug Hoover, Head Coach
Barry Beal, SID
Terry Bennett, Athletic Trainer

Wagner College

Walt Hameline, Director of Athletics
Peg Hefferan, Senior Woman Administrator
Joe Stasi, Head Coach
John Beisser, SID
Javier Jimenez, Athletic Trainer

Championship Policies

Administration of Championships

Administration of the championship is the responsibility of the conference representative and the athletics director of the host institution. They shall delegate duties and responsibilities to staff members and officials, as necessary, to ensure the efficient administration and promotion of the meet. The following groups and individuals shall be used for support in the capacities indicated:

The Conference Representative: The on-site representative of the conference office, using all appropriate resources available shall serve as the final authority on any changes, additions, deletions and/or interpretation of NEC policy as necessary, during and/or after all NEC championships.

The Meet Administrator: The meet administrator shall be appointed by the Conference office with responsibilities of obtaining meet officials, coordinating the meet's schedule, and generally ensuring that the meet follows prescribed NCAA and NEC guidelines. The duties and responsibilities of the meet administrator are outlined in NCAA Rule (3.4.2).

The Meet Director: The athletics director of the host institution shall appoint the meet director. The meet director also should be knowledgeable of the Conference's championships guidelines. The meet director will not be a head coach of a team participating in the championships.

The Meet Referee: The meet referee(s) shall play a central role in the administration of the championships. The duties and responsibilities of the meet referee are outlined in NCAA Rule (3.4.1-3).

The Games Committee: The primary purpose of the Games Committee is to give specialized assistance and guidance to the meet administration and conference representative in the preparation of the meet. The games committee shall consist of the meet administrator, meet director, NEC representative and members of the NEC Track & Field Committee.

Seeding Committee: The seeding committee is responsible for determining the number of heats, flights, qualifying procedures and staggers for championship events, per provisions outlined in this handbook. In setting up heats, the policies of this handbook shall be followed. NCAA rules shall govern when addressing a situation not covered in this handbook. The seeding committee will consist of the host institution's head coach(es), the NEC representative, the meet administrator, the meet director and two-three additional coaches appointed by the conference office. The coaches serving on the seeding committee for 2015 shall be: **from the host MSM – Tim Nickas, Michael Smith (RMU), Doug Hoover (SFU), and Joe Stasi (WAG).** The Conference office will rotate these appointments, annually, by school name alphabetically.

Jury of Appeals: The jury of appeals shall consist of three head coaches, with a yearly alphabetical rotation being used based upon the names of the institutions. **For the 2015 meet, the rotation shall include Eric Blake (CCSU), Sharlene Milwood-Lee (FDU), and Simon Hodnett (LIU).** The duties of the jury of appeals are listed in the NCAA Rule book.

Awards/Participants Gifts

Student-athletes placing first, second and third will receive NEC Medals. Awards will be presented to the top 3 in each event throughout the event on Sunday, see Award Timeline for details. The PA announcer will announce the Top 3 finishers in each event and a medal will be presented with a photo opportunity for spectators.

The following awards will be presented in a brief ceremony that is scheduled to begin immediately following the conclusion of the championship on Sunday.

- Outstanding Track Performer in both women's and men's championships
- Outstanding Field Performer in both women's and men's championships
- Rookie of the Meet in both women's and men's championships
- MVP in both women's and men's championships
- Second-Place team trophy in the women's and men's championship
- First-Place team trophy in the women's and men's championship

Replicas of the championship trophy can also be purchased. Please contact the NEC for details.

Coaching Staff of the Year will be voted on via email ballot following the event. Forms are included in the coaches' packet and will also be emailed following the event. Coaches can return their ballots at the conclusion of the meet or return them by e-mail to NEC Representative. All forms must be returned by Thursday, May 7th at 5:00pm. The winner will be announced in the All-Conference press release.

Participant gifts for track & field student-athletes were distributed after the NEC Indoor Championship. If you have additional athletes on your squad, who only compete during the outdoor season and you did not already include them in your Indoor order, please notify Caitlin Hughes at the NEC office with specific number and sizes of additional gifts you need by Monday, April 27th.

Awards Point System

The selection of the championships' Outstanding Performers, Rookie of the Meet and MVP will be determined via the below outlined point system. Coaches are responsible for making Ralph Ventre aware of their athletes who may be eligible to win these awards.

1. Total individual points scored in the meet.
2. Percentage (%) of points scored for relays
 - a. 4x100, 4x400 & 4x800 relays – 25% for all runners who participated in relays
3. Bonus points for the following:

<u>Accomplishment</u>	<u>Individual</u>	<u>Relays (25%)</u>
ECAC/IC4A Qualifier	1 point	.25 points
Event Winner	2 points	.50 points
*NEC Record Holder	2 points	.50 points

*Surpasses previous NEC record,
but is not new record holder

1 point

.25 points

*Example – 1st & 2nd place people both broke old mark, 1st place gets two bonus points, 2nd place person gets one bonus point

- Only field points will be looked at for field awards and only track points will be looked at for track awards.
- Total track & field points will be looked at for MVP and Rookie of the Meet awards.
- If a record or qualifying standard is set at any point in the meet (trials or finals), the athlete will be awarded bonus points.
- An athlete will only get bonus points for one qualifier per event.

Certification of Eligibility

It is the responsibility of each institution to certify that all student-athletes entered to participate in championship(s) meet all applicable NCAA, Northeast Conference and institutional requirements, and are eligible to represent their respective institution in NCAA and NEC competition.

Championship Meetings

The seeding meeting for the championship will be held via conference call on Thursday, Apr 30th at 7:00 p.m. The call information will be sent to seeding committee members prior to the call. The following are members of the seeding committee: from the host MSM – Tim Nickas, Michael Smith (RMU), Doug Hoover (SFU), and Joe Stasi (WAG).

Please note: scratches MUST be submitted via email
(chughes@northeastconference.org) or text (860-614-8814) to Caitlin Hughes
by 6:00pm on Thursday, Apr 30th.

All scratches made after entries are due will be meet scratches.

A mandatory **technical meeting** to review logistics and procedures for the championship will be held on Friday, May 1st at 6:00 p.m. in the Overlook Area on the second floor of the PNC Sports Complex (ARCC). This meeting is a technical meeting and is not intended to be a business meeting. The meeting will be used to review championship administration, technical information and review heat sheets. If a head coach cannot attend the meeting, a representative of the institution must take his/her place. If challenges are presented the head coach must be able to present the meet results for that time/mark.

Coaches Packets

Coaches' packets will be distributed to coaches at the technical meeting. Packets will contain performance lists, competitor numbers, pins, Coach of the Year voting ballots, Team Sportsmanship voting ballots, protest forms, relay entry forms, overall awards ballot and meet rosters. Heat sheets will be distributed at the conclusion of the meeting.

Code of Conduct

Each participating institution in this championship has the primary responsibility to cultivate and maintain wholesome conditions and behavior for coaches, athletes and spectators by ensuring maximum sportsmanlike conduct throughout the championship(s).

The conference's code of conduct requires coaches and athletes to conduct themselves in a dignified and courteous manner. Negative comments, insults and physical threats to other individuals (i.e., participants, officials, etc.) will not be tolerated and will lead to immediate ejection from the championship and could lead to additional sanctions from the Conference (e.g., letter of reprimand, suspension from subsequent NEC competition).

Competitor Numbers

Each competitor will be assigned one competitor number for the championship that must be worn on the front during all competition (except pole vault and high jump athletes, who will have the choice to wear the competitor number on either the front or back). Please remind your student-athletes to hold onto their competitor numbers for the duration of the championship.

Concession & Food & Restaurants

A concession tent set up behind the fan seating area will be open daily. If your athletes require special food/refreshments, you should bring it with you.

Credentials

All requests for credentials for administrators and the media attending the championship must be directed to Caitlin Hughes at the Conference office. Administrative passes for visiting NEC athletic personnel will be limited to six (6). Use the following URL to submit your credential requests:

http://northeastconference.org/sb_output.aspx?form=117

Declared Entries & Rosters

Please see attached Direct Athletics instructions at the end of this handbook for specific roster and entry procedures. **All rosters and entries for the 2015 NEC Outdoor Track & Field Championships must be submitted via the www.directathletics.com website. Please Note: A copy of your roster and entries must be emailed to chughes@northeastconference.org from the *Direct Athletics* website.** Each coach should already have username and password information, but if you need a new account or need to locate your account information, please contact either Caitlin Hughes at the NEC or customer service at Direct Athletics, via its website. A link to the Direct Athletics website (www.directathletics.com) will be listed on the Men's and Women's Outdoor Track pages on the NEC website.

Rosters must be submitted by Thursday, April 16th at noon.

Roster instructions are attached. All individuals who may compete must be listed on your roster, even people who may only run a relay, so they can be assigned a competitor number. Only student-athletes who are eligible to compete should be listed on your rosters. Since you should already have last season's rosters on the website, you will need to just update the information already on the website and add any new team members. Please remember to adjust class years for your student-athletes and delete any athletes no longer on the team.

Your team's performance list must be updated on the Direct Athletics website by Tuesday, April 28th at 10:00 am.

Official declared entries must be e-mailed to the NEC by 8:00 p.m., Wednesday, April 29th.

Teams are limited to six entrants per event. In the event of a violation to the maximum number of entrants, the meet referee will select the slowest individual and/or randomly select an athlete if no times are listed. Entry directions are attached. All entries must be submitted via the DirectAthletics website (www.directathletics.com), otherwise they will not be accepted.

Running & Field Events

- List actual performances, times as they were run. If you are submitting a hand time, please make sure to list an (h) following the time.
- Hand times **will not be accepted** for the 100 meters, 100/110 meter hurdles and 200 meters. Athletes entered in these events must be entered with times from a fully automated timing device. **NO CONVERSION TIMES WILL BE ACCEPTED.**
- Field event athletes are required to be entered with seed marks. **Field event marks must be metric.** Marks will appear on the heat sheets.
- If you are entering an athlete with a NT, just leave the time/performance blank and it will register the athlete without a time or seed mark.
- **As per NCAA Rules, you may convert mile times to 1,500 meters.** Be sure to use the formula in the NCAA Track & Field Rule Book. Time must be converted to 1,500 meters by dividing by 1.08. Example: Athlete timed in 4:02.70 (242.70 seconds) in the mile. $242.70/1.08=224.72$ seconds (3:44.72) for 1,500 meters.
- The mile to 1,500 meters will be the only conversion accepted.
- In the entry notes section when registering athletes, please be sure to list the meet and date when the performance was recorded.
- Remember that if you enter your athlete with a performance good enough to be on the DirectAthletics Top 15 list, but have not had that student-athlete included on the list during the year, the performance will be listed as NT for seeding purposes.
- Any other changes after the deadline will be meet scratches. The NEC may use discretion to make adjustments, if necessary (e.g., typo on a submitted entry time).

VERY IMPORTANT: Please be sure to submit your rosters and declared entries by the specific date and time for each deadline. With the computer website system, your access to submitting certain information will be locked once the deadline is approached, and therefore your access will be denied if you try to enter after the deadline. Make sure to get all your information submitted in a timely manner.

Facility

In the event of inclement weather, a tent will be made available for athletes who have reported for competition and/or are warming up/down from competition.

Only athletes who have been called for a particular event or reason will be allowed on the infield or in the Officials' area. Coaches are limited to the coaches' boxes on the infield and may only be present if they have an athlete competing in that specific event. At no other point should a coach, spectator or institutional representative be allowed on the infield.

1/4" pyramid spikes are the only spikes permitted on the track. No spikes are allowed in the bleachers, the ARCC or Waldron Family Stadium.

Distance indicator boards will be located at all field events.

The take-off board for the Triple Jump is located at **35'** and **32'** for women and **39'** for men.

The take-off boards for the Long Jump are located at **12'** for the women and **15'** for the men.

Runway #1, located near the finish line, will be used for the women's long jump (**12'** take-off board) and men's triple jump (**39'** take-off board).

Runway #2, located near the steeplechase water jump area, will be used for the men's long jump (**15'** take-off board) and women's triple jump (**35'** and **32'** take-off boards).

Preferred Lanes shall be assigned as follows:

- a. Straightaway Races – Lanes 5-4-6-3-7-2-8-1
- b. Oval Races – Lanes 5-6-4-7-3-8-2-1

Heats, Qualifying Procedures, Stagers and Flights

Track Events - Qualifying Procedure for 100M, 100MH, 110MH, 200M, 400M and 400MH.

1. Lanes for the prelims shall be drawn by lot.
2. For an eight-lane track (eight in finals).

<u>Number of Entries</u>	<u>Method of Qualifying</u>
1-8	Finals Only.
9-16	Two heats; qualify winner of each heat and the next six fastest times.
17-24	Three heats; qualify winner of each heat and next five fastest times.
25-32	Four heats; qualify winner of each heat and the next four fastest times.
33-40	Five heats; qualify winner of each heat and next three fastest times.

Qualifying Procedures for 800M

1. The number of qualifiers shall be the same as the number of lanes on the track.
2. Lanes shall be assigned by lot for the preliminaries.
3. Preferred lanes will be assigned in the final. See rule 5.1.7
4. Starting in lanes – one-turn stagger.
5. For an eight-lane track (eight in finals).

<u>Number of Entries</u>	<u>Method of Qualifying</u>
1-8	Finals Only.
9-16	Two heats; qualify top two from each heat and the next four fastest times.
17-24	Three heats; qualify top two from each heat and next two fastest times.
25-32	Four heats; qualify winner of each heat and next four fastest times.
33-40	Five heats; heat winner and next three fastest times.

Qualifying Procedures for the 1500M

1. A waterfall start shall be used.
2. Post positions will be assigned by lot for preliminaries and finals.
3. Twelve runners will qualify for the finals

<u>Number of Entries</u>	<u>Method of Qualifying</u>
1-15	Final Only.
16-20	Two heats; qualify top four finishers in each heat and next four fastest times.
21-30	Three heats; qualify top three finishers in each heat and next three fastest times.
31-40	Four heats; qualify top two finishers in each heat and next four fastest times.

Lane Assignments, procedures for 3000-Meter Steeplechase, 5000-M Run, and 10,000-M Run

Post positions for these events shall be drawn by lot unless two rows are needed; if so, seed the front row with the top entered times. The maximum number of competitors on the front row shall be 16.

3000-Meter Steeplechase

In a two section final, the top entrants, based upon seeded entry times, shall compete in the second seeded section. If there is over 20 entrants the seeded section must have no less than 16 athletes. The top seeded runners will be on the front row, with the remaining runners in the second row. A waterfall start with alleys will be used, if the track is marked to accommodate such a start.

The steeplechase barriers will be at identical locations for both genders. The water jump barrier shall be at the same location for men and women. The height of the barrier will be adjusted to 30 inches for the women.

<u>Number of Sections</u>	<u>Method of Qualifying</u>
*One	Final Only.
*Two	Two section final. Slower section runs first.

** Meet management will determine number/quantity of sections based upon entries.*

5000-Meter Run

In a two section final, the top entrants, based upon seeded entry times, shall compete in the second seeded section. A minimum of 16 runners will be in the second seeded section. The top 16 seeded runners will be on the front row, with the remaining runners in the second row. A waterfall start with alleys will be used, if the track is marked to accommodate such a start. As discussed by the coaching group in recent years it is preferred to run ONE section in this event. Coaches are asked to enter athletes accordingly. A discussion will take place during the technical meeting if the entry numbers exceed one heat.

<u>Number of Sections</u>	<u>Method of Qualifying</u>
*One	Final Only.
*Two	Two section final. Slower section runs first.

Check-in for 5000M with the Clerk one hour prior to the scheduled start of the first section and report intent to compete. The scheduled time for the final will be announced

** Meet management will determine number/quantity of sections based upon entries.*

4 x 100m AND 4 x 400m Relays

1. Relays will be run as a final of two sections. One section final will be run if 8 teams or less report.
2. Depending on the number of teams entered, the split in sections will be based upon the natural breakpoint. The fastest teams, based on seed times, will run in the second section.
3. Teams will be seeded into preferred lanes according to their entry times.

- If practical (in the 4x400 relay), teams in the top positions of the team scoring shall be placed in the second section.

4 x 800m Relay

- One heat final.
- Waterfall start with alleys.

Staggers

- The 800M & 4 x 800 will be run using a one-turn stagger.
- The 1500M, 3000M, 3000M Steeplechase will be run from a waterfall start.
- The 5000M and 10,000M will be run from a waterfall start in alleys.
- The 4x400 relay will be run with a three-turn stagger
- The 400M, 4x100 relay and 400MH will be run in the lanes.
- The 100M, 100M Hurdles, 110M High Hurdles & 200M will be run in lanes.
- Track markings/color information: Will also be reviewed at the technical meeting.
 - Women's 100M Hurdle Marks – White
 - Men's 110M Hurdle Marks – Yellow
 - Men's and Women's 400M Hurdle Marks - Blue
 - Start line for 4x100, 400M and 400MH - Blue
 - Start line and exchange for 4x400 - Yellow

General Information for Running Events

- If lanes are vacant, the following will apply (Match preferred lanes at facility):

<i># of Entries</i>	<i>6 lns</i>	<i>7 lns</i>	<i>8 lns</i>
<i>a. 8</i>	<i>-----</i>	<i>-----</i>	<i>1-8</i>
<i>b. 7</i>	<i>-----</i>	<i>1-7</i>	<i>2-8</i>
<i>c. 6</i>	<i>1-6</i>	<i>2-7</i>	<i>3-8</i>
<i>d. 5</i>	<i>2-6</i>	<i>2-6</i>	<i>4-8</i>
<i>e. 4</i>	<i>3-6</i>	<i>3-6</i>	<i>5-8</i>

- Lane assignments are never altered after they have been drawn.
- Failure to Participate (NCAA Rule 4, Section 2, Article 2) - Athletes must participate honestly in all trials and finals of all track or field events in which they legally are declared or they shall be barred from all remaining events in the current meet. Athletes must compete with maximum effort and/or qualify from trials into the finals. Note 1: It is understood that passing on attempts in field events is a strategy available in those events and is not considered a question of honest effort, provided at least one attempt has been made.
- If there is a tie after reading the FinishLynx to 1/1000 second in races where extra lanes are not available, a two section final will be run with the last tied qualifying athletes in the first section and the rest in the second section.
- Coaches are required to enter relay teams on their team's entry form, but are not required to supply the relay personnel cards to meet officials until 15-minutes prior to the start of the three relays.
- Heats will only be redrawn if the element of competition has been eliminated (NCAA Rule 5, Section 11, Article 7).

Shot Put, Hammer Throw, Long Jump, Triple Jump, Discus & Javelin

- Nine (9) competitors (plus ties in the last qualifying position) will qualify for the final.
- Jumping/throwing order will be random. Flights will be seeded according to entry mark.
- Flights will consist of as equal a number of participants as possible with the maximum number in any one flight not to exceed 16 competitors, using natural break mark.
- The take-off board for the Triple Jump is located at 32' and 35' for women and 39' for men.
- The take-off board for the Long Jump is located at 12' for women and 15' for men.

6. Prior to event, each competitor must designate to the chief official for the event which board will be used. Competitors must use the same board for all jumps in that round of the competition.
7. Prior to the beginning of the meet the head field judge will confirm that the landing area for the long jump and the triple jump is filled with sand to the point where the sand is identical in elevation with the take-off board.

Pole Vault, High Jump

1. The order will be drawn by lot.
2. A continuous flight of five may be used until there are approximately nine competitors remaining, where the five alive will be abandoned.
3. The “one hour” rule (NCAA Rule 6, Section 1, Article 9) will be used.

Meet administration will determine the direction of the pole vault runway by 10 a.m. on Saturday and Sunday. The direction of the pole vault runway will not be changed again for the rest of the day.

Suggested Starting Heights – Meet management may adjust listed starting heights up to 15cm above or below for the pole vault and 5cm above or below in the high jump. Meet management reserves the right to make changes as necessary to ensure the best competition possible.

Event Starting	Height	ECAC/IC4A qualifying mark
Men’s High Jump	1.79 m	2.04 m
Women’s High Jump	1.50 m	1.70 m
Men’s Pole Vault	3.60 m	4.85 m
Women’s Pole Vault	2.60 m	3.65 m

Hospitality

There will be a hospitality area near the track available for meet officials, coaches, administrators and select staff.

Hotel

Each institution is responsible for making its own hotel arrangements. Please use the following URL to complete the Hotel and Emergency form: http://northeastconference.org/sb_output.aspx?form=118. Due by Friday, April 24th.

Locker Rooms

General locker rooms for the athletes to change and/or shower will be available in the Knott ARCC or Waldron Family Stadium. Individual lockers are not available. Student-athletes should bring their own locks, towels and shower supplies.

Maps/Drop-off/Parking Instructions

Directions to Mount St. Mary’s Morgan Track & Field Facility are included in the back of this handbook. Team buses, vans, coaches and officials: Park in the Waldron Family Stadium parking lot. DEEGAN WAY IS FOR DROP-OFF OF STUDENT-ATHLETES OR EQUIPMENT ONLY.

Access to Waldron Family Stadium lot and Deegan Way should be via Old Frederick Road.

Spectators: Park in Lots A, B, C, D, E, & F and then walk to the track.

Medical

The training room is located in the Knott ARCC and a training station will be set up in a tent outside the track. The training area(s) will be staffed by a certified trainer from Mount St. Mary's, along with assistance from visiting institutions. Visiting institutions are expected to make good-faith effort to bring athletic trainers to the championship.

An ambulance will be at the track throughout the championship. In the event of medical emergencies student-athletes will be transported to the following hospitals:

Gettysburg Hospital
147 Getty Street
Gettysburg, PA 17325
(717) 337-4357

Please contact John Hoffman, Head ATC, Sports Medicine at Mount St. Mary's University, at (301) 447-5386 or (240) 315-6955 prior to the championships with any specific medical or training questions/issues.

Water, cups and injury ice will be provided. Splinting materials, crutches and OSHA supplies will be available. Heat and modalities will be available to competitors who need it. Visiting teams should bring their own tape, towels, etc.

Meet Results

Championship results will be announced and posted in the vicinity of the entrance to the track as soon as possible after completion of event(s). Please also see Protest Procedures. The announcer also will make regular announcements of the team standings.

Results will be e-mailed to sports information directors following completion of events after each day. Mark Vandergrift, Asst. AD for Athletic Communications at Mount St. Mary's, will be handling SID responsibilities at the championship. The Northeast Conference will have complete championship results on its website each evening following the completion of the event. The Northeast Conference's web site address is www.northeastconference.org. C.F.P.I. Timing & Data, Inc. will also be posting results throughout the meet and after the completion of each day. You can follow the Championship on Twitter @NECtrack

Merchandise & Programs

The Northeast Conference will have merchandise and championship programs on sale at the championships.

Noisemakers

Artificial noisemakers will not be allowed at the Championship. This policy also applies to student-athletes. The meet director reserves the right to confiscate artificial noisemakers that interfere with competition.

Officials/Meet Personnel

Meet Referee. See Rule NCAA RULE (3.5.1-3) for role and duties of the meet referee.

Field Judges. Up to a maximum of three certified field judges for each field event, one will be designated head field judge. Field judges will be assigned to cover multiple events (e.g., assigned to cover Men's High Jump and Women's High Jump), provided the events are not scheduled at the same time. See Rule NCAA RULE (3.12.1-2) for role and duties of the field judges.

Starter. There will be two starters. See Rule NCAA RULE (3.8.1) for role and duties of the starter.

Clerk(s) of the course. There will be up to a maximum of two clerks, one for the men's races and one for the women's races. Two knowledgeable individuals will be assigned to serve as assistant clerks. See Rule NCAA RULE (3.7) for role and duties of the clerks of the course.

Umpires. There will be up to a maximum of 8 umpires, one will be designated as the head umpire. See Rule NCAA RULE (3.6.1-3) for role and duties of the umpires.

Lap Counter. Sufficient lap counters per the meet referees recommendation will be assigned as lap counters, one will be designated as the head lap counter. See Rule NCAA RULE (3.19).

Manual Timers/Finish Line Judges: There will be up to a maximum of 6 for Indoor Track and 8 for Outdoor, one will be designated the head manual timer/finish line judge. See Rule NCAA Rules (3.10.1-3 & 3.11.1-3) for role and duties of the manual judges and manual timers.

Fully Automatic Timing Officials: See Rule NCAA RULE (3.9.1-3) for role and duties of the fully automatic timing officials.

Scorer/Results: See Rule NCAA RULE (3.14) for role and duties of the scorer.

Implements Inspector: The implements inspector shall not be assigned to officiate other events. See Rule NCAA RULE (3.13) for role and duties of the implement inspector.

Wind Gauge. Two wind gauge officials shall be assigned, one to cover the dashes and the other to cover the horizontal jumps. See Rule NCAA RULE (3.18) for role and duties of the wind-gauge operators.

Marshals. Sufficient marshals will be arranged for by host. See NCAA RULE (3.16) for role/duties.

Volunteers. The host will arrange for the following volunteers:

- 2 volunteers to assist officials at Javelin
- 2 volunteers to assist officials at Pole Vault
- 2 volunteers to assist officials at Shot Put
- 3 volunteers to assist officials at Hammer
- 3 volunteers to assist officials at Long Jump and Triple Jump
- 1 volunteer to assist officials at High Jump
- 2 volunteers to assist officials at Discus
- 1 volunteer to assist with posting results
- 1 volunteer to assist with distributing awards
- 1 volunteer at each field event to work indicator boards

Announcer. The host and/or NEC will arrange for a qualified announcer. See NCAA RULE (3.15) for role and duties of the announcer.

Practice/Pre-Competition Protocol/Warm-up Time/Weights, Measures & Implements Inspection

The track and all field events will be available for practice all day on Friday, May 1st.

Athletes participating in field events will have (1) hour to warm-up prior to respective events, with the exception of the pole vault and high jump. The pole vault and high jump will have 1½ hours to warm-up. The official for that event should be present before warm-ups begin. Warm-up protocol as outline in **NCAA Rule 6, Section 1, Article 12** is as follows:

- Maximum of 45 minutes - General warm-up for all athletes entered in the event. Official clear area except for athletes in the first flight.
- Maximum of 15 minutes - Warm-up for athletes before the first flight
- Maximum of 15 minutes - Warm-up for athletes before the following flight(s) and Final

Location for Implement Inspection will be in the shed next to the Morton building on the backstretch of the Track.

Weigh-In Times:

Friday from 3:00pm – 7:30pm

Saturday 8:00am – 3:00pm

Sunday 8:30am – 3:00pm

All implements will be signed in upon drop-off and signed out before departure from the competition site. All implements **MUST** be signed in at least 1 ½ hours before respective event. All hammers signed in by 4:00pm on Friday will be checked and athletes can check in to see if pass/fail after 7:00pm on Friday. All other illegal implements will be impounded until that event has concluded. Only legal inspected competition implements are allowed at the competition site.

Weigh-In times will be 1 1/2 hours before respective event. Illegal implements will be impounded until that event has concluded. Only legal inspected competition implements are allowed at the competition site.

Protest Procedures

Track and/or field protests must be lodged within **15** minutes of official results being posted and announced. A copy of the protest will be posted with results. All protests must be lodged on a Northeast Conference Protest Form that will be available at meet headquarters. All protests will be reviewed by the meet referee. Appeals of meet referee's ruling will be heard by members of the Jury of Appeals. A \$25 fee will be collected for all appeals. This fee will be refunded, if the meet referee's ruling is overturned. Official pictures, from the timing system computers, under protest will be viewed only by the referee. The coach involved may view the picture upon the consent of the referee.

Rosters/Squad Size

There is no minimum squad size for this event (*approved February 2013*). Rosters are due via the www.directathletics.com website and should also be emailed to the NEC office by Thursday, April 16th at

noon. All potential participants in the championship should be listed on the team roster. These rosters will be used to prepare the meet program and also to assign competitor numbers.

Rules

The Northeast Conference Outdoor Track & Field Championships will be governed by 2015-16 NCAA Track & Field/Cross Country Rule Book, except as amended by this handbook. Please also take special note of the NCAA Misconduct Rule listed on page 40, Rule 40, Section One. **Meet management reserves the right to make changes as necessary to ensure the best competition possible.**

Schedule of Events

The schedule will follow the NEC Track and Field Outdoor Championships Template with minor adjustments for safety and effectiveness. A schedule for the 2015 Outdoor Track & Field Championships is attached. Events will not begin prior to scheduled time.

Scoring

The top eight finishers in each event will score team points. The point system is as follows: First Place = 10 points; Second Place = 8 points; Third Place = 6 points; Fourth Place = 5 points; Fifth Place = 4 points; Sixth Place = 3 points; Seventh Place = 2 points; Eighth Place = 1 point.

Sportsmanship Counts: A Northeast Conference Initiative

1. Participants in intercollegiate athletics should display proper respect and courtesy, and maintain civility toward opposing coaches and student-athletes, officials and spectators at all contests.
2. Coaches bear the responsibility of teaching the value of sporting conduct in both word and deed to their student-athletes. The use of foul or vulgar language is inconsistent with this responsibility, and is therefore strongly discouraged on the part of coaches and student-athletes alike.
3. There is no place in intercollegiate athletics for taunting, embarrassing or humiliating an opponent or official. Student-athletes who do so, should be disciplined by their head coach in a timely manner. Coaches who do so, should be disciplined by their administration in a timely manner.
4. Representatives of NEC member institutions shall refrain from making any public criticism of other member institutions, their personnel, the Conference in general and its office staff, or any officials.
5. Coaches and administrators shall make every effort to promote the Conference and its member institutions in a positive manner.
6. Coaches and student-athletes should exercise self-control with officials during competition and shall refrain from approaching officials at the end of a period or at the end of a contest to address them in a disrespectful manner, complain about an officiating call, or express their displeasure with the official's performance.
7. Coaches and student-athletes must understand that competing in intercollegiate athletics is a privilege, not a right. Their behavior and attitude toward opponents, officials and members of the media should reflect positively upon the institution they represent.
8. Institutional administrators are responsible for insuring that all parties involved in intercollegiate athletics - including student-athletes, coaches, trainers, managers, band members, cheerleaders and mascots – are informed of the acceptable behavior that is expected of them and are aware of the consequences when failing to abide by the acceptable code of conduct.
9. Coaches and student-athletes should be encouraged to live up to their own highest personal standard of sportsmanship, even when their opponents may not. Personal accountability and respect for one's own standards must come first.

10. The responsibility to demonstrate and develop good character and sportsmanship should never be subordinated to the desire to win. The vital lessons and intrinsic value of sports are acquired through the competition and honorable pursuit of victory, rather than the outcome itself.

Study Room

A designated study area/room will be provided if any student-athletes would like to go to a quiet area to study, while they are not competing at the championship. The study area will be located in the Knott Arena/ARCC Horning Hospitality Suite off the second floor concourse. Exact study room location will be announced at the coaches' technical meeting.

Tents

Teams are more than welcome to bring tents. **No tents will be allowed in the bleachers.** Tents can be pitched in any area of the playing fields next to the track but not in front of the bleachers or between the throwing areas and the track. No tents will be allowed in the infield.

Tickets

Participants will gain admission by dressing in school issued uniforms. Coaches, administrators (a maximum of 6 administrators) and the media will receive credentials.

All NEC students with proper institutional I.D. will be admitted free. All other individuals will be charged admission. Ticket prices are \$6 per day for adults, \$3 per day for those under 18. Children 10 years of age and under will be admitted free. Two-day tickets also will be available, \$10 for adults and \$5 for children 10 to 18 years of age. All tickets will be sold at the entrance of the track.

Tobacco, Alcohol Policy

The use of any tobacco product on or adjacent to an NEC championship playing facility is prohibited. Any use of a tobacco product by any coach or student-athlete discovered by an official or NEC representative at any NEC championship practice or competition shall result in immediate disqualification from the remainder of the championship for the individual committing the violation.

The sale of alcoholic beverages at NEC championships is prohibited unless approved in advance by the Council of Presidents. It is not permissible for alcoholic beverages to be brought to the competition site by spectators, participants, coaches, patrons or facility employees.

Uniforms

The NEC will strictly enforce the NCAA Uniform Rules that are listed in the Men's & Women's Track & Field Rule Book. Please refer to Rule 4 – The Meet, Section 3 – The Competition, Article 1 – Uniform, Article 2 – Relay Uniforms, Article 3 – Logos, Article 4 – Numbers, and Article 5 – Shoes, for more specific information. Field athletes will only be allowed to wear team issued T-shirts while competing in throwing events.

Submitting Online Entries via Direct Athletics

STEP 1—ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

If you already have a DirectAthletics account for your Track & Field team, and know your username and password....

- 1.) Go to www.directathletics.com
- 2.) In the login box, enter your username and password and click Login.
(Remember that your password is case sensitive)

If you do NOT know your username and password...

- 1.) Go to www.directathletics.com
- 2.) Click on the link "New User? Click HERE".
- 3.) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

***NOTE ABOUT ACCOUNTS: Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:*

Sport: Track & Field Team: Plano East HS (M)

This indicates that you are controlling the Plano East HS MEN'S team (M=MEN). To switch to your Women's team, you would select "Plano East HS (W)".

STEP 2—

SETTING UP YOUR ONLINE ROSTER -- DUE THURSDAY, APRIL 16 AT 12:00 PM

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons) you do not need to add him/her again.

- 1.) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2.) If you have used DirectAthletics before, you can click "Import XC Roster" which is listed on the left. You will be able to add athletes from your XC roster to your Track roster. If you do not see this link or you are new to DirectAthletics, skip this step.
- 3.) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4.) Enter your athletes First Name, Last Name and School Year and click "Submit"
- 5.) You may add, edit or delete athletes on your Team Roster at anytime by click the TEAM tab.

STEP 3—

SUBMITTING ONLINE MEET ENTRIES--DUE WEDNESDAY, APRIL 29 AT 8:00 PM

Once your athletes are added to your roster, you must submit your entries.

In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter and follow onscreen instructions.

Schedule of Events

SATURDAY, MAY 2nd

DAY 1 - TRACK EVENTS (ODD YEARS)

Time	Event	Round	Gender
8:45 am	10,000 Meters	Final	Women
9:25 am	10,000 Meters	Final	Men
11:00 am	1,500 Meters	Trial	Women
11:20 am	1,500 Meters	Trial	Men
11:45 am	100 Hurdles	Trial	Women
12:00 pm	110 Hurdles	Trial	Men
12:15 pm	400 Meters	Trial	Women
12:30 pm	400 Meters	Trial	Men
12:45 pm	100 Meters	Trial	Women
1:00 pm	100 Meters	Trial	Men
1:15 pm	800 Meters	Trial	Women
1:30 pm	800 Meters	Trial	Men
1:45 pm	400 Hurdles	Trial	Women
2:00 pm	400 Hurdles	Trial	Men
2:15 pm	200 Meters	Trial	Women
2:30 pm	200 Meters	Trial	Men
2:45 pm	4 x 800 Relay	Final	Women
3:00 pm	4 x 800 Relay	Final	Men

DAY 1 - FIELD EVENTS (ODD YEARS)

Time	Event	Round	Gender
10:00 am	Discus	Trial/Final	Women
10:00 am	Shot Put	Trial/Final	Men
10:00 am	Long Jump	Trial/Final	Men
10:00 am	Long Jump	Trial/Final	Women
1:00 pm	Discus	Trial/Final	Men
1:00 pm	Shot Put	Trial/Final	Women
1:00 pm	Pole Vault	Final	Women
1:00 pm	High Jump	Final	Men

Runway #1, located near the finish line, will be used for the women's long jump (12' take-off board) and men's triple jump (39' take-off board).

Runway #2, located near the steeplechase water jump area, will be used for the men's long jump (15' take-off board) and women's triple jump (35' and 32' take-off boards).

SUNDAY, MAY 3rd

DAY 2 - TRACK EVENTS (ODD YEARS)

Time	Event	Round	Gender
12:00 pm	Steeple	Final	Women
12:25 pm	Steeple	Final	Men
12:45 pm	4 x 100 Relay	Final	Women
12:55 pm	4 x 100 Relay	Final	Men
1:05 pm	1,500 meters	Final	Women
1:15 pm	1,500 meters	Final	Men
1:25 pm	100 Hurdles	Final	Women
1:35 pm	110 Hurdles	Final	Men
1:45 pm	400 Meters	Final	Women
1:55 pm	400 Meters	Final	Men
2:05 pm	100 meters	Final	Women
2:10 pm	100 meters	Final	Men
2:15 pm	800 meters	Final	Women
2:20 pm	800 meters	Final	Men
2:30 pm	400 Hurdles	Final	Women
2:35 pm	400 Hurdles	Final	Men
2:45 pm	200 Meters	Final	Women
2:50 pm	200 Meters	Final	Men
2:55 pm	5,000 Meters	Final	Women
3:20 pm	5,000 Meters	Final	Men
3:45 pm	4 x 400 Relay	Final	Women
3:55 pm	4 x 400 Relay	Final	Men
4:15 pm	Closing (individual and team) awards ceremony		

DAY 2 - FIELD EVENTS (ODD YEARS)

Time	Event	Round	Gender
9:30 am	Hammer	Trial/Final	Men
9:30 am	Javelin	Trial/Final	Women
9:30 am	Triple Jump	Trial/Final	Men
9:30 am	Triple Jump	Trial/Final	Women
12:30 pm	Hammer	Trial/Final	Women
12:30 pm	Javelin	Trial/Final	Men
12:30 pm	High Jump	Final	Women
12:30 pm	Pole Vault	Final	Men

Directions

PLEASE NOTE: Upon entering Maryland from Pennsylvania, do not take any Emmitsburg exits, but stay on US 15. The college is approximately 2 miles south of the Town of Emmitsburg on US 15.

CONNECTICUT

Danbury:

- Take I-84 West to I-81 South. Follow I-81 South (toward Harrisburg) and exit at I-83 South.
- Follow I-83 South to I-283 South. Take I-283 South to the PA Turnpike West (toward Pittsburgh).
- Follow the PA Turnpike to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.

Fairfield:

- Take I-95 South through CT, NY, NJ which turns into the NJ Turnpike.
- Take NJ Turnpike South to exit 6, PA Turnpike connection.
- Follow the PA Turnpike West to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.

MARYLAND

Baltimore:

- Take I-695 Baltimore Beltway to I-795 Northwest Expressway.
- Take Northwest Expressway to end and pick up MD 140 toward Westminster.
- Stay on 140 through Westminster and Taneytown to US 15 at Emmitsburg.
- Take US 15 South for two miles to the College.

Washington D.C./Suburban Maryland:

- Take I-495 Washington Beltway around western side of metropolitan area across the Potomac River to I-270 North to Frederick.
- Follow I-270 North to US 15 North to the College.

NEW JERSEY

South Jersey:

- Take I-295 South to Delaware Memorial Bridge.
- After the bridge take I-95 South toward Baltimore to I-695 Baltimore Beltway.
- Take I-695 toward Towson to I-795 Northwest Expressway.
- Take Northwest Expressway to end and pick up MD 140 toward Westminster.
- Stay on 140 through Westminster and Taneytown to US 15 at Emmitsburg.
- Take US 15 South for two miles to the College.

**Alternate Route:

- Cross Ben Franklin or Walt Whitman Bridges to Philadelphia and take I-76 Schuylkill Expressway to PA Turnpike at Valley Forge.
- Take PA Turnpike West to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.

Northern New Jersey:

- Take the Garden State Parkway South and exit onto I-78 West.
- Follow I-78 West across NJ and PA to junction of I-81. Follow I-81 South (toward Harrisburg) and exit at I-83 South.
- Follow I-83 South to I-283 South. Take I-283 South to the PA Turnpike West (toward Pittsburgh).
- Follow the PA Turnpike to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.

****Alternate Route:**

- Take the Garden State Parkway South.
- Take I-80 West to I-287 South. I-287 South intersects I-78 West.
- Follow I-78 West across NJ and PA to the junction of I-81. Follow I-81 South to I-83 South.
- Follow I-83 South to I-283 South. Take I-283 South to the PA Turnpike West (toward Pittsburgh).
- Follow the PA Turnpike to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.

****Alternate Route:**

- Take NJ Turnpike to PA Turnpike West (toward Pittsburgh).
- Follow PA Turnpike to exit 236, US 15 South to the College.

NEW YORK

Central New York State:

- Take I-81 South and exit at I-83 South (toward Harrisburg).
- Follow I-83 South to I-283 South.
- Take I-283 South to the PA Turnpike West (toward Pittsburgh).
- Follow the PA Turnpike to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.

Long Island:

- Take Southern State Parkway West to Belt Parkway West.
- Cross Verrazano Narrows Bridge to Staten Island Expressway, I-278 West.
- From I-278 West pick up the West Shore Expressway, 440 South, and cross at the Outerbridge Crossing. Continue on to I-287 West to NJ Turnpike South.
- Follow NJ Turnpike to exit 6, PA Turnpike connection. Take PA Turnpike West to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.

New York City:

- Take I-95 South to NJ Turnpike.
- Follow NJ Turnpike to exit 6, PA Turnpike connection.
- Take PA Turnpike West to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.

PENNSYLVANIA

Johnstown:

- Take Rte. 56 to Rte. 220 South
- Follow Rte. 220 South (toward Bedford) and pick up Rte. 30 East.

- Follow Rte. 30 East to McConnellsburg.
- Pick up Rte. 16 East to Emmitsburg.
- From Emmitsburg, take US 15 South to the College.

Lehigh Valley (Allentown, Bethlehem, Easton):

- Take I-78 to the junction of I-81.
- Follow I-81 South (toward Harrisburg) and exit at I-83 South.
- Follow I-83 South to I-283 South. Take I-283 South to the PA Turnpike West (toward Pittsburgh).
- Follow the PA Turnpike to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.

Philadelphia Area:

- Take PA Turnpike West to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College

****Alternate route from Western suburbs of Philadelphia:**

- Take US 30 West through Lancaster and York to the intersection of US 15 just outside of Gettysburg, PA.
- Follow US 15 South to the College.

Pittsburgh:

- Take the PA Turnpike east to exit 161 (Breezewood).
- At Breezewood take I-70 East (to Frederick) and pick up US 15 North to the College.

Scranton:

- Take I-81 South (toward Harrisburg) and exit at I-83 South. Follow I-83 South to I-283 South.
- Take I-283 South to the PA Turnpike West (toward Pittsburgh).
- Follow the PA Turnpike to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.

Reading:

- Take Rte. 222 West to the PA Turnpike West (toward Pittsburgh).
- Follow the PA Turnpike to exit 236, US 15 South (toward Gettysburg).
- Follow US 15 South to the College.