



Feb. 23-25, 2017
University of St. Thomas
St. Paul, Minn.

Entry Information

Posted 2/20/17 @ 2 Noon

The MIAC Track and Field Book supersedes all information on these pages as it relates to policies and procedures. Coaches are responsible for the content of The Book and all championship information not listed within this document. The book can be found at:

http://www.miacathletics.com/playoffs/2016-17/2017_MIAC_Track_and_Field_Book_010917.pdf

COMBINED EVENTS ENTRIES

Monday, February 20: 12:00pm (noon) Deadline to Submit Combined-Event Entries

Legal marks from the 017 MIAC Indoor Honor Roll (TFRRS) for all seven (Hep) and all five (Pent) events will be considered for entry. The athlete's best performance in each will be scored using the NCAA Combined Event Tables and the sum tallied to produce a seed performance. The athletes with the top 18 point totals will be accepted into the Combined Event field regardless of the number of events competed in.

- Entries open Sunday February 18 at 12:00 noon.
- Entries submitted via Direct Athletics at: <https://www.directathletics.com/meets/track/48735.html>
- Entries will be emailed to coaches and posted on the MIAC website after 6:00 PM on Monday.
- Heat/Flight sheets will be emailed to coaches and posted on the MIAC website by 3:00 PM on Tuesday.
- MIAC Website Location: <http://miacathletics.com/playoffs/2016-17/ITF2017/entries>

MEET ENTRIES

Tuesday, February 21: 12:00pm (noon) Deadline to Submit Meet Entries.

- Entries open Sunday February 18 at 12:00 Noon.
- Entries submitted via Direct Athletics at: <https://www.directathletics.com/meets/track/48734.html>
- List of accepted entries will be emailed to coaches and posted on the MIAC website after 6:00 PM Tuesday.
- MIAC Website Location: <http://miacathletics.com/playoffs/2016-17/ITF2017/entries>

Wednesday, February 22: 3:00 pm Heat/section and flights emailed to coaches and posted online.

Thursday, February 23: 12:00pm (noon) Deadline to withdraw from competition due to illness or injury.

Routine entry issues - performance verification, deadline issues, etc. to be handled by the Meet Director and moved to the Games Committee as needed. Per the BOOK: Entry issues impacting participation that arise prior to the start of the Championships, if not explicitly covered by the Track and Field Book, will be handled by the Games Committee (current head track and field coaches). The chairperson of the Games Committee shall be the current Chair of the MIAC Track & Field Coaches.



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Competition Information

Running Events

- 200 meter Mondo SuperX running surface (6 lanes on oval, 8 on straight).
- Spikes subject to inspection: Maximum $\frac{1}{4}$ inch in length: Pyramid or compression style only. GILL International starting blocks provided (non-slipping blocks). No block holders will be allowed.

Vertical Jumps

- High jump and pole vault venues contested on Mondo Sportflex spikable surface.
- Increment progressions for HJ and PV and opening heights shall follow the recommendation of the Vertical Jump Committee.
- Pole Vault Opening Height: 15 to 29 cm lower than the 14th best qualifying mark.
- High Jump Opening Height: 5 to 9 cm lower than the 14th best qualifying mark.

Horizontal Jumps

- Take off boards: Long Jump (wood), Triple Jump (painted Mondo surface).
- | | | |
|--------------------------|-------------------------------|--------------------------------|
| Long Jump | Board = 8'-6" | Runway Length = 117' |
| Men Triple Jump | Board 1 = 35' / Board 2 = 40' | Runway Length = No restriction |
| Women Triple Jump | Board 1 = 26' / Board 2 = 31' | Runway Length = No restriction |

Throwing Events

- Concrete in-ground throwing circle.
- Full drop down safety net with movable doors.
- Laser measurement to be used for all throwing events.

Implement Inspection

Southeast Corner of Field House (near throwing cage)

All implements must be weighed prior to competition at the designated times below. Implements will either be marked or impounded at the discretion of the official.

Friday: 2:30 PM – 3:30 PM Saturday: 10:00 AM – 11:00 PM

Reporting/ Check-In

- **Field Events:** Athletes must report to the head official before the first attempt is made in his/her flight. All competitors are responsible for information the head event judge may give prior to competition.
- **Running Events:** Athletes to check in no later than 15 minutes prior to the start of their event. Initial clerking to be done at the hip number table near the finish line. Relays to check in as a unit at the Clerking table. Final clerking to be done at the starting line location.

Relay Exchange Zones

Details provided to coaches in team packet and officials at the officials meeting.

Warm-Up Area

Warm-up space is limited. Athletes may use the backstretch as long as they do not interfere with competing athletes. Following the completion of the long jump, athletes may warm up at the west end of the field house. A small area on the infield will be designated for athlete warm up, as well. The fitness center on the first floor WILL NOT be available for warm ups.



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Coaches Information

Coaches Meeting

- 3:00 PM Friday: 3rd floor swimming mezzanine (overlooking the track) located above the SE corner of the track.
- This room can be found by going up the stairs at the east end of the main corridor across from the pool.

Credentials

- Team packets and event passes will be issued to teams upon arrival.
- Total number of athlete passes will equal the number of participating athletes (not total roster size). Additional passes for coaches and extras provided. Non MIAC qualifying athletes expected to pay admission

Protests

- The protest table will be located in the NW corner of the track under the video board scoreboard.
- A protest form is included in this document, in the coach's packet and at the protest table near the finish line.

Relay Cards

- Relay card included in this document and in the coaches packet.
- Encouraged to fill out and turn in at the coaches meeting or the

Team Camps

- Team camps will be located on the outside the track along the glass wall in the main hallway corridor.
- This location will provide direct viewing of the entire field house. Athletes are encouraged to warm-up and support teammates from the infield, however personal bags, food, tarps, should remain outside the track in the team camps.

General Information

Bus & Parking Instructions

- **VERY IMPORTANT**
- Print and provide your bus driver with the parking supplement emailed to coaches.

Athletic Training

- The training room will be staffed and available before, during, and after the meet.
- On-site training staff also located near the finish line.
- The training room is located on the first floor (below the indoor track).

T-Shirts

- Championship T-shirts will be for sale on-site. Joe Sweeney will email coaches with more information

Results

- Results posted on in the field house infield and outside the track along glass hallway.
- Officials result to be posted and emailed to coaches by the MIAC office.

- **LIVE and REAL-TIME Results available on any mobile device @ www.TrackMeet.io**

Meet Officials & Personnel

Meet Director/ Host Coach Athletic Operations Host Coaches

Steve Mathre	samathre@stthomas.edu	(651) 338-6723 Mobile, (651) 962-591 Office
Tyler Grey	grey0003@stthomas.edu	(651) 962-5976 Office
Joe Sweeney	jvsweeney@stthomas.edu	(651) 492-6432 Mobile, (651) 962-5914 Office
Pete Wareham	pjwareham@stthomas.edu	(651) 600-7968 Mobile, (651) 962-595 Office

Thursday, February 23

Combined Events

Inspection	1:00-2:00PM	Pat Ahern
Starter-Pent-Hep	2:00, 2:20, 7:00 PM	Mike Beck
Umpire	2:00, 2:20, 7:00 PM	Dave Keller...
High Jump -Pent (Pit 1)	2:40 PM	Tom Boshart
High Jump - Pent (Pit 2)	2:40 PM	Logan Hovie
High Jump - Hep (Pit 1)	5:30 PM	Tom Boshart
High Jump -Hep (Pit 2)	5:30 PM	Logan Hovie
Long Jump - Hep	3:00 PM	Mike Beck
Long Jump -Pent	6:15 PM	Mike Beck
Shot Put - Hep	4:15 PM	Theresa Utecht
Shot Put - Pent	5:00 PM	Theresa Utecht
Referee		Dick Daymont

Friday, February 24

Field Events

Pole Vault-Hep	11:30 AM	Erik Vakula
Inspection	2:30 PM	Tom Torkelson
Pole Vault - W	5:00 PM	Erik Vakula
Triple Jump - W	4:00 PM	Craig Canham
Long Jump - M	6:30 PM	Steve Luzum
20# Weight - W	4:00 PM	Paul Harder
35# Weight - M	6:30 PM	Paul Harder
Throws Marker	4:00/6:30 PM	Logan Hoive

Track Events

Starter-Hep	10:00 AM	John Parsoon
Starter-Hep	3:00 PM	John Parsoon
Starters	4:30 PM	Dan Dornfeld Russ Schmeichel
Finish Line	4:30 PM	Ned O'Doherty
Umpires	4:30 PM	Ken Freeman (Head Umpire) Dave Huebner, Jeff Freeman, John Parsoon, Steve Williams Ross Dugas

Running Referee

Dick Daymont

Field Referee

Michael Karlson

July of Appeals

Gary Wicks, Phil Bastron, TBD

Starters

Dan Dornfeld, Russ Schmeichel, Mike Beck

Timing System 1

Dylan Brooks

Timing System 2

Robbie Williams

Results

Bob Ertl (Fast Finish Results)

Head Umpire

Ken Freeman

Announcer

Tom Hodgson

Clerk

Jack Mayerson

Clerk Assistant

Erika Tipp

Laser Measurement

Rick Ringeinsen

Saturday, February 25

Field Events

Inspection	10:00 AM	Tom Torkelson
Triple Jump - M	10:15 AM	Steve Luzum
High Jump - W	10:15 AM	Tom Boshart
Long Jump -W	1:00 PM	Steve Luzum
Pole Vault -M	1:00 PM	Erik Vakula
Shot Put - W	11:30 AM	Paul Harder
Shot Put - M	2:00 PM	Paul Harder
Throws Marker	11:30/ 2:00 PM	Logan Hoive

Track Events

Starters	1:00 PM	Dan Dornfeld Russ Schmeichel
Finish Line	1:00 PM	Ned O'Doherty
Umpires	1:00 PM	Ken Freeman (Head Umpire) Dave Huebner, Jeff Freeman John Parsoon, Steve Williams. Ross Dugas

Meet Officials: This document is secondary to the officials meet schedule provided. Confirm all information on the meet schedule with times listed.

Relay Card

Men Women

School _____

1. _____

2. _____

3. _____

4. _____

Circle Event: DMR 4 x 200 4 x 400



Relay Card

Men Women

School _____

1. _____

2. _____

3. _____

4. _____

Circle Event: DMR 4 x 200 4 x 400



Relay Card

Men Women

School _____

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Relay Card

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Circle Event: DMR 4 x 200 4 x 400

