

Track and Field

Section I - Championship Eligibility

The following schools compete for the conference championship in track and field: Bryn Mawr (women only), Dickinson, Franklin & Marshall, Gettysburg, Haverford, Johns Hopkins, McDaniel, Muhlenberg, Swarthmore and Ursinus.

Section II - Track and Field Committee

Chair: Peter Carroll, Swarthmore.

Liaison: Shawn Carty, Franklin & Marshall.

Section IV - Playing Season Regulations

- A. Length of Playing Season.** The length of an institution's playing season in indoor and outdoor track and field shall be limited to the following:
- (1) An institution that sponsors only indoor or outdoor track and field (but not both) shall be limited to a maximum playing season of 19 weeks.
 - (2) An institution that sponsors both indoor or outdoor track and field shall be limited to a maximum playing season of 24 weeks. (*Adopted 1/12/04*)
- A. Traditional Segment.**
- 1. Preseason Practice.** A member institution shall not commence practice sessions before September 7 or the institution's first day of classes for the fall term, whichever is earlier. Practice in the spring semester shall begin on February 1.
 - 2. First Date of Competition.** An institution shall not engage in its first date of competition (meet or practice meet) with outside competition before September 7 or the institution's first day of classes for the fall term, whichever is earlier. The first date of competition for the spring semester will be March 1, or the preceding Friday if March 1 falls on a Saturday, Sunday or Monday. (*Revised 6/4/03*)
 - 3. Maximum Limitations.** An institution shall limit its playing schedule with outside competition in any one year to 18 dates of competition, except for those contests excluded in the *NCAA Manual*.
- B. Nontraditional Segment**
- 1. Preseason Practice.** Preseason practice may not begin before September 7 or the institution's first day of classes for the fall term, whichever is earlier.
 - 2. First Date of Competition.** An institution shall not engage in its first date of competition (meet or practice meet) with outside competition before September 7 or the institution's first day of classes for the fall term, whichever is earlier.
 - 3. Practice Opportunities.** The Conference permits a maximum of 16 practices with no more than four practices in any one week. (*Revised 6/4/03*)
 - 4. Maximum Limitations.** The Conference permits one date of competition with outside competition that is counted toward the allowable 16 practices (*i.e. 15 practices + 1 DOC = 16; 16 practices + 0 DOC = 16*). (*Revised 6/4/03*)
 - 5. Class/Laboratory Time.** No class or laboratory time may be missed for practice or competition.

Section V - Rules Governing Championship

- A. Determining the Conference Champion.** The conference champion will be determined at a conference championship meet.
- B. Eligibility for Championship.** In outdoor track and field, each Conference school must schedule a minimum of three Centennial schools over two competitive dates during the regular season to be eligible for the Conference championship.
- C. Site and Date for Indoor Championship.** The indoor championships will be conducted over two days (Saturday and Sunday) and held two weeks before the NCAA Division III Championships. Sites for the championship: 2009-Ursinus, 2010-Haverford, 2011-Haverford.
- D. Site and Date for Outdoor Championship.** The outdoor championships will be held on the first weekend in May. Sites for the championship: 2009-Franklin & Marshall; 2010-Ursinus; 2011-Swarthmore; 2012-Muhlenberg; 2013-McDaniel. (*Adopted 6/9/04*)
- E. Suspension of Championship.** The liaison for the committee should be "on call" in the event that an unforeseen emergency causes the suspension of the championship. The liaison will serve as the administrative component in the decision-making process along with the administrators on the games committee. (*Adopted 5/31/06*)

Section VI - Regulations Governing Competition

All NCAA rules apply unless amended below.

- A. Entry Fees.** To defray the expense of operating Conference championship events, the following fee will be assessed: \$10 per individual. The fee must be received by the host institution before that individual can compete. The deadline for entrants is **4 p.m. Thursday for the indoor championship and 4 p.m. Wednesday for the outdoor championship.** Final declarations are Thursday at noon. The performance list can be available Thursday evening. (*Adopted 6/2/99; Revised 6/5/02; Revised 6/4/03*)
- B. Order of Events.** The committee will determine the order of events for the Indoor and Outdoor Championships. Unless the facility demands otherwise, the order of events will be standard.
- C. Championship Events.** The Conference sponsors the following events for the outdoor championship: 100, 100 Hurdles (women), 110 Hurdles (men), 200, 400, 400 Hurdles, 800, 1500, 3000 (women), 3000 Steeplechase (men), 5000, 10000, High Jump, Long Jump, Triple Jump, Discus, Javelin, Shot Put, Pole Vault, 4x100 Relay, 4x400 Relay, 4x800 Relay, Heptathlon (women) and Decathlon (men). The Conference sponsors the following indoor championship events: Long Jump, High Jump, Shot Put, Triple Jump, Pole Vault, 55 Dash, 55 Hurdles, 200, 400, 800, Mile, 3000, 5000, 4x200 Relay, 4x400 Relay, 4x800 Relay and Distance Medley Relay. (*Revised 12/1/98; Revised 6/7/00; Revised 11/30/04*)

D. Tentative Championship Schedule

Indoor Championship

Saturday

12:00 - Long Jump (Men, then Women)
12:00 - Pole Vault (Women, then Men)
12:00 - Mile Final (w)
12:30 - Mile Final (m)
1:00 - 55 Hurdle trials (w)
1:15 - 55 Hurdle trials (m)
1:30 - 55 Dash trials (w)
1:45 - 55 Dash trials (m)
2:00 - Distance Medley Relay Final (w)
2:20 - Distance Medley Relay Final (m)
2:40 - 5000 Final (w)
3:20 - 5000 Final (m)
4:00 - 4 x 200 Relay Final (w)
4:15 - 4 x 200 Relay Final (m)

Sunday

10:30 - 4 x 800 Relay Final (w)
10:30 - Triple Jump (men, then women)
10:30 - Shot Put (women, then men)
10:30 - High Jump (women, then men)
10:45 - 4 x 800 Relay Final (m)
11:00 - 55 Hurdle Final (w)
11:05 - 55 Hurdle Final (m)
11:10 - 400 Final (w)
11:35 - 400 Final (m)
12:00 - 55 Dash Final (w)
12:05 - 55 Dash Final (m)
12:10 - 800 Final (w)
12:30 - 800 Final (m)
12:50 - 200 Final (w)
1:15 - 200 Final (m)
1:40 - 3000 Final (w)
2:05 - 3000 Final (m)
2:35 - 4 x 400 Relay Final (w)
2:50 - 4 x 400 Relay Final (m)
3:30 - Awards Ceremony

Outdoor Championship

Friday

1:00 - Pole Vault (men, then women)
1:00 - Decathlon begins (100 meters)
1:30 - Heptathlon begins (100 hurdles)
6:30 - 10,000 (m)
7:15 - 10,000 (w)

Saturday

8:45 - Decathlon continues (110 hurdles)
9:30 - Heptathlon continues (long jump)
11:00 - Long Jump (w)
12:00 - Steeplechase (m)
12:25 - Steeplechase (w)
12:50 - 100 hurdle trials (m)
1:00 - Discus (w)
1:05 - 110 hurdle trials (w)
1:20 - 400 trials (m)
1:30 - Long Jump (m)
1:35 - 400 trials (w)
1:50 - 100 trials (m)
2:05 - 100 trials (w)
2:20 - 800 trials (m)
2:40 - 800 trials (w)
3:00 - Discus (m)
3:00 - 400 hurdle trials (m)
3:20 - 400 hurdle trials (w)
3:40 - 200 trials (m)
3:55 - 200 trials (w)
4:20 - 4 x 800 relay (m)
4:30 - 4 x 800 relay (w)

Sunday

11:00 - Triple Jump (m)
11:00 - Javelin (m)
11:00 - Shot Put (w)
11:00 - High Jump (w)
11:00 - 4 x 100 relay (m)
11:10 - 4 x 100 relay (w)
11:20 - 1500 final (m)
11:50 - 1500 final (w)
12:20 - 100 hurdles final (m)
12:30 - 110 hurdles final (w)
12:40 - 400 final (m)
12:50 - 400 final (w)
1:00 - Shot Put (m)
1:00 - Javelin (w)
1:00 - High Jump (m)
1:00 - Triple Jump (w)
1:00 - 100 final (m)
1:10 - 100 final (w)
1:20 - 800 final (m)
1:30 - 800 final (w)
1:40 - 400 hurdles final (m)
1:50 - 400 hurdles final (w)
2:00 - 200 final (m)
2:10 - 200 final (w)
2:20 - 5,000 final (m)
3:05 - 5,000 final (w)
3:55 - 4 x 400 relay (m)
4:05 - 4 x 400 relay (w)
4:15 - Awards Ceremony

- E. Outdoor Starting Times.** The 10,000-meter run will be conducted on Friday evening. The women's race will begin at 6:30 p.m. and the men's race at 7:15 p.m. No travel will be done on Thursday. The running events will begin at 11 a.m. on Sunday. (*Adopted 6/5/02*)
- F. Scoring.** Eight places will score in both the indoor and the outdoor championships. (*Revised 6/5/02*)

- G. Field Events.** The number of finalists shall be one more than the number of scoring positions. *(Adopted 6/3/98)*
- H. Implements.** For outdoor track, implementation certification will take place 2 1/2 hours before the first throwing events each day for a one-hour period. Implementation certification will end 90 minutes before the start of the first throwing event. *(Adopted 6/3/98; Revised 6/4/03)*
- I. Heat Advancement.** If there are four or less heats, the heat winners will go to the fast section of the final. If there are five or more heats, the four fastest heat winners go to the fast section and the other heat winners and fastest times fill out heats. If there is a fourth-place tie for heat winners, five runners advance. If there is a tie for eighth place, nine runners advance. *(Adopted 6/5/02)*
- J. Jewelry.** Due to the potential for bodily injury, dismemberment, or even death, this policy regarding the wearing of jewelry, body piercing articles, and symbolic bracelets is recommended for all practices and games of Centennial Conference athletes. Tongue studs, spacers, or other objects are discouraged due to the potential for an obstructed airway or soft tissue damage. Protective mouthpieces are excluded from this policy. A player should not wear any jewelry, including earrings, chains, charms, watches, hair clips, bobby pins, tongue studs or items associated with piercing (visible or not visible), or bracelets. Exception: Medical alert bracelets or necklaces may be worn but should be taped to the body. Religious medals should be removed from chains and may be taped to the body or sewn under the uniform. *(Adopted 6/1/05)*

Section VII - Championship Qualifying Standards

Standards for the Centennial Conference championships will be based on a five-year moving average of the 18th best performance in field events and the 22nd best performance in track events. A minimum of two years in the five-year period should be averaged to create the qualifying standard. For events that do not reach these numbers, Conference qualifying standards established in 2006-07 remain in place. For the indoor championship, NCAA conversion marks for the 60-meter dash, 60-meter high hurdles and the mile may be used. Also, timed conversions may be used for performances made on either banked or oversized tracks for distances between 200 and 5,000 meters. *(Revised 6/5/02; Revised 10/7/03; Revised 6/1/05; Revised 5/30/07; Revised 5/28/08)*

Indoor Events	Men	Women
55 Dash.....	7.12	8.52
200 Dash	24.80	30.10
400 Run	57.69	70.24
800 Run	2:07.77	2:38.83
Mile	4:50.42	5:51.68
3,000 Run.....	9:21.46	11:32.50
5,000 Run.....	16:38.47	21:07.19
55 Hurdles.....	10.24	11.24
High Jump.....	5-5 (1.65)	4-4 (1.32)
Long Jump	17-8 (5.38)	13-5 1/2 (4.10)
Triple Jump	36-1 (11.00)	29-8 3/4 (9.06)
Shot Put	37-4 (11.38)	27-2 (8.28)
Pole Vault.....	11-0 (3.36)	7-6 (2.29)
Outdoor Events	Men	Women
100 Dash	12.41	14.75
200 Dash	24.24	30.47
400 Run	55.08	1:07.85
800 Run	2:07.48	2:39.31
1500 Run.....	4:17.58	5:17.62
5,000 Run.....	16:28.14	19:59.22
10,000 Run.....	36:23.19	48:00
110 / 100 Hurdles	19.74	19.74
400 Hurdles.....	1:09.24	1:20.24
3,000 Steeplechase	10:44.17	14:00.24
High Jump.....	5-5 (1.65m)	4-6 3/4 (1.39)
Long Jump	18-9 1/2 (5.59m)	14-3 (4.34)
Triple Jump	38-0 (11.58m)	27-10 1/2 (8.50)
Shot Put	37-6 1/2 (11.44m)	27-2 (8.28)
Discus.....	97-7 (29.74m)	80-3 (24.46)
Javelin.....	128-11 1/2 (39.31m)	70-8 (21.54)
Pole Vault.....	11-0 (3.36m)	7-6 (2.29)

Section VIII - Awards

- A. All-Conference Team.** The first finisher in each event will be named All-Conference, while the first finishing relay team will also be named All-Conference.
- B. Performer of the Meet.** The Performer(s) of the Meet will be determined by a coaches' vote at the conclusion of the championship meet. The coaches must convene at the conclusion of the meet to select an athlete for the track events and the field events. (*Adopted 6/5/02*)
- C. Determination of Coach of the Year.** For Coach of the Year honors, coaches will be asked to nominate **one** opposing coach for Coach of the Year. Coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. **Once again, coaches may not vote for themselves.** Ties will not be broken and co-winners will be named.
- D. Academic Honor Roll.** To be nominated/selected for the Academic Honor Roll, a student-athlete must meet the following criteria:
1. The student-athlete must be a starter or key reserve on her/his team.
 2. Must be a sophomore or higher in class standing.
 3. Must have a cumulative grade point average of 3.40 or higher (or its equivalent as determined by the institution) based on a 4.0 scale. The GPA must be at least 3.40, not 3.39 and rounded to the nearest tenth of a point.
- E. All-Sportsmanship Team.** All institutions will elect one member from their team who displays good sportsmanship throughout the season to be a member of the All-Centennial sportsmanship team. These individuals will be selected by the team and head coach and submitted to the Conference Office as part of the All-Conference nomination process. Only one student from each team may be selected. All institutions will have one representative on the All-CC sportsmanship team with the final decision made by each institution's head coach. (*Adopted 5/30/07*)

Section IX - Championship Meet

The host institution should pay for all expenses and submit a Championship Expense Report Form to the Conference Office for reimbursement. If expenses are entirely covered through ticket sales and extra revenue remains, it will be returned to the Conference Office to offset deficits from other championships. If the expenses are not covered by the fees, the Conference Office will absorb the deficit, provided the host institution kept expenses within the budget guidelines.

Section X - Calendar

Committee Meeting:	Monday, December 1, 2008
Indoor Championship:	Saturday-Sunday, Feb. 28-March 1, 2009 at Ursinus College.
2009 NCAA Championship:	March 13-14, 2009 at Terre Haute, Ind. (Rose-Hulman, host)
2010 NCAA Championship:	March 12-13, 2010
First Spring Contest:	Saturday, February 28, 2009 (<i>with stipulations</i>) or Sunday, March 1, 2009
Outdoor Championship:	Friday-Saturday-Sunday, May 1-2-3, 2009 at Franklin & Marshall College.
2009 NCAA Championship:	May 21-23, 2009 at Marietta, Ohio. (Marietta, host)
2010 NCAA Championship:	May 27-29, 2010