

NEW YORK STATE
COLLEGIATE TRACK & FIELD CONFERENCE

2003 INDOOR
CHAMPIONSHIPS

HOSTED BY: ST. LAWRENCE UNIVERSITY
Friday and Saturday, February 28th & March 1st

ADVANCEMENT PROCEDURES

NYSCTC Article IX, Section 3

- ❑ If 18 or fewer athletes are declared in the 55m or 55m hurdles there will be only two rounds of competition in that event.
- ❑ In 200m & 400m there will be no more than two rounds of competition.
- ❑ Final time schedule will be based on the number of entries in each event.
- ❑ Opening heights for the pole vault and high jump will be two heights below the established qualifying standard. The executive committee has the authority to change the opening heights based on the final performance list. (see projected opening height below)
- ❑ Following general warm-up, the warm-up period between flights in all field events must be equal

NYSCTC Article IX, Section 6

In the indoor and outdoor championships, the number of competitors advancing to the final round in the horizontal jumping events and the weight events shall be the greater of the following:

1. The number of final competitors in the longest track race run in lanes.
2. One more than the number of scoring places in the meet.

NYSCTC Article IX, Section 7

In the Indoor and Outdoor Championships, in all running events having more than two rounds of competition, advancement shall be on a combined place-time basis, with at least fifty percent (50%) for the next round advancing by place. In events having only two rounds of competition, NCAA Championship rules will determine advancements (Rule 5, Section 11, Article 9), which reads as follows: "In races run entirely in lanes, the heat winners shall advance to the championship race. All other qualifiers shall advance on the basis of time in the preliminary heats..."

NYSCTC Article IX, Section 8

In events where two or three rounds of competition need to be run, the first round WILL ALWAYS BE COMPETED AT THE FIRST SCHEDULED TIME FOR THAT EVENT. If originally scheduled races are eliminated, the order of elimination will be semi-finals, trials. Rounds are limited to the fewest needed within NCAA rules and facility potential. On a six-lane track, in running events which start in lanes if 13 or 14 athletes are declared the event will be run in two rounds of competition.

RUNNING EVENTS:

Procedure for oval races on an 8-lane track with the 8th lane incorporating the LJ, TJ runway:
7 or fewer competitors will run in qualifying heats (lane 8 will remain empty).

8 competitors will advance to the finals

Ties: Broken first by reading FAT to the thousandths, then by Run-off

55m, 55 HH

Two rounds.

Heat winners and the next fastest times will advance.

Advance 8 to the finals.

200m

Two rounds.

Heat winners in heats of 7 and the next fastest times will advance.

Advance 8 to the finals.

400m

Two rounds.

Top two finishers in heats of 7 and the next fastest times will advance.

Advance 8 to the finals.

The 400 will start in lanes with a 2-turn stagger

500m Run

Will be run in sections of 7 with the fastest heat having 8 competitors.

Will start in lanes with a 2-turn stagger

800m Run

Will be run in sections of 7 with the fastest heat having 8 competitors.

Will start in lanes with a 1-turn stagger

1000m Run / 1500m Run

Will be run in sections.

Heats will be limited to 12 competitors.

3000m Run / 5000m Run

If 15 or fewer declare, then the event will be run as one section.

If 16 or more declare, then the event will be run as two sections.

4 x 200m Relay, 4 x 400m Relay, 4 x 800m Relay

Will be run in sections of 7 with the fastest heat having 8 teams.

All will start in lanes with the following starts:

- 4 x 800 will be a 1-turn stagger
- 4 x 400 will be a 2-turn stagger
- 4 x 200 will be a 3-turn stagger

Distance Medley Relay

Will be run in sections.

Will start in alleys or waterfall

FIELD EVENTS:

8 Competitors shall advance to the finals in the Long Jump, Triple Jump, Shot Put and Weight Throw

OPENING HEIGHTS -POLE VAULT / HIGH JUMP

The projected starting heights are as follows:

	<u>Men</u>	<u>Women</u>	<u>Increments</u>
High Jump	1.80m	1.42m	5cm
Pole Vault	3.66m	2.44m	15cm