



***NEW YORK STATE COLLEGIATE  
TRACK & FIELD CONFERENCE***

***2003 INDOOR CHAMPIONSHIPS***

# **Newell Field House**

**ST. LAWRENCE  
UNIVERSITY**

February 28<sup>th</sup> & March 1<sup>st</sup>, 2003

**NEW YORK STATE  
COLLEGIATE  
TRACK & FIELD CONFERENCE  
2003 INDOOR  
CHAMPIONSHIPS**

HOSTED BY: ST. LAWRENCE UNIVERSITY  
CANTON, NY  
FRIDAY & SATURDAY, FEBRUARY 28<sup>th</sup> & March 1<sup>st</sup>, 2003

St. Lawrence University is proud to be hosting the second NYSCTC Track and Field Championships at the state of the art, Newell Field House Track and Field Complex. With that said, we hope that you will find all of the following information helpful when you make your plans to visit St. Lawrence University and the NYSCTC Championships on February 28<sup>th</sup> and March 1<sup>st</sup>.

<b>MEET DIRECTORS:</b>		<u>Phone:</u>	<u>E-mail</u>
	Mike Howard	315-229-5883	mhoward@stlawu.edu
	<i>Assistant Meet Directors:</i>		
	Deb Lyndaker	315-229-5813	dlyndaker@stlawu.edu
	John Newman	315-229-5779	jnewman@stlawu.edu
	Bridget Reichhart	315-229-5421	breichhart@stlawu.edu
	Kristenne Robison	315-229-5875	krobison@stlawu.edu

Augsbury Center  
St. Lawrence University  
Canton, NY 13617  
Fax: 315-229-5589 or 315-229-7433

**INITIAL ENTRIES:**

An initial entry roster of all potential competitors must be postmarked or faxed to the Meet Director and Jim Nichols (NYSCTC Treasurer) at Ithaca College by Friday, February 14, 2003. Each roster additions after February 14, 2003 will be subject to a \$50.00 fine. No roster additions will be accepted after Wednesday, February 26, 2003 at 9:00 P.M. Jim Nichols' contact information is as follows:

Jim Nichols  
Head Track & Field Coach  
Ithaca College  
201 Ceracche Athletic Center  
Ithaca, NY 14850  
Phone: 607-274-3745  
Fax: 607-274-1667

**USER FEE:** A "users" fee of two, (\$2.00) dollars per athlete entered on the initial entry roster must be paid prior to the start of the championship. Checks should be made payable to NYSCTC and will be collected at the championship registration.

**QUALIFYING STANDARDS:** See enclosed sheet.

**FINAL DECLARATIONS:** The final declaration procedure is as follows:

1. Fax any final performance updates or additions to John Newman (fax: 315-229-5589 or 7433) by Monday, February 24<sup>th</sup> at 6:00 P.M. Remember that your athlete must appear on the performance list or you will have to use a wild card.
2. The final performance list will be posted on the NYSCTC Web Site and an e-mail notification will be sent to each coach by Tuesday, February 25<sup>th</sup> at noon.  
*NYSCTC Web Site Address:*  
<http://web.stlawu.edu/sports/nysctc/nysctcpage03.htm>
3. Fax or email your final declarations to John Newman (fax: 315-229-5589 or 315-229-7433) on Wednesday, February 26<sup>th</sup> between 9:00 A.M. and 12:00 noon. Final Declarations may be made by e-mail using the same format as the enclosed declaration form. St. Lawrence will fax their declarations to Barb Hartwig, Rochester by 9:00 A.M.
4. The official seeding of event entries will begin at the close of final declarations (12:30 P.M. on Wednesday, February 26<sup>th</sup>, 2003).
5. A final list of entries will be made available electronically to coaches by 12:00 Noon on Thursday, February 27<sup>th</sup>, 2003.

**LATE DECLARATIONS:** Late declaration petitions (forgotten declarations or declaration forms received after 12:00 Noon) may be made until the seeding process begins on (Wednesday, February 26<sup>th</sup>, 2003 at 12:30 P.M.). If the late entry or declaration petition is approved by the Executive Committee, a \$50.00 fine will be assessed.

**WILD CARDS:** Each institution will be allowed two wild card entries per gender. List wild card entries, as such, on the declaration form.

**FILLING FIELDS:** The field size will be filled to 16 athletes per event in the following order of preference:

1. All Qualified Declared Athletes
2. All Non-Qualified Declared Athletes that are listed on the performance list

Wild Card entries will automatically be added to the field regardless of field size.

If you want an athlete to compete, he/she must be declared, even if he/she has not met the standard. The following examples should help answer any questions you might have on declaring your athletes.

**Example 1:** Qualified athletes that are declared receive automatic entry into field.

**Example 2:** Twelve athletes on the performance list have met the standard in an event. Your athlete who has not met the automatic standard, but is ranked 16<sup>th</sup>, will be picked up for the field if he/she is declared. There is no need to use a wild card for this athlete.

**Example 3:** If your athlete is 20<sup>th</sup> on the list and has not met the qualifying mark, you have two options. Declare him/her as you did in example two and hope that 4 athletes in the top 16 are not declared or use a wild card to guarantee he/she gets in.

**DECLARATION FORM:**

Please reference to the following guidelines when completing your declaration form:

1. Alphabetize all entries
2. Type all entries
3. Indicate wild card entries as "WC".
4. Declare all relays by placing an x in the appropriate place on the declaration form.
5. There is no need to list "relay only" athletes on the declaration form if he/she is not being entered in an open event.

**HEAT SHEETS:**

Heat sheets will be available in your packet when you register on Friday, February 28<sup>th</sup>, 2003, as well as on the web by noon on Thursday.

**PACKET PICK-UP:**

Coaches may pick up meet packets in the lower level of Newell Field House beginning at 12:00, noon. Refer to the enclosed campus map for location of Newell Field House.

**TIMING and RESULTS:**

Fully automatic timing will be used in all running events. A system including two Finish Lynx cameras will produce the times and will be integrated with Hy-Tek meet management software to produce the results for the championship. Results will be available as soon as possible after the last event of the day. Final results will also be available on the [NYSCTC Web Site](#):

**FACILITIES:**

Newell Field House Track & Field Complex featuring:

1. 200m Martin ISS 1000 polyurethane track and field event surface
2. 8-36" lanes on the oval, 8-42" lanes on the straight
3. Integrated Daktronics Scoreboard with lane, place and time designation
4. Synthetic runway's for the following:
  - Long Jump, Triple Jump, High Jump, Pole Vault
5. Shot Put and Weight Throw will take place from a raised wooden platform inside an AAE indoor throwing cage
6. 9-UCS Olympic style blocks will be provided
7. 2-Moye style blocks will be provided

**SHOE LIMITATIONS:**

Spikes with or without a rigid spikeplate may be used. The maximum allowable spike length is 1/4 of an inch.

- SEATING:** Seating for 500 people is available in the upper level of the Newell Field House as well as a limited number of portable seating at some of the event areas (for coaches only!).
- ORDER OF EVENTS:** A tentative order of events is enclosed. This schedule may be altered based on the actual number of athletes declared per event. Any changes in the schedule will be e-mailed to all coaches by noon, Thursday, February 27<sup>th</sup>, 2003.
- IMPLEMENT CERTIFICATION:** All implement inspections will take place in the Newell Field House Storage Room with the use of a Trackmaster Implement Certification Unit. Implements for Fridays throwing events will take place between 1:30 and 2:30 PM on Friday. Implement certification for Saturdays throwing events will take place between 8:30 AM and 9:30 AM on Saturday. Only meet certified implements are allowed during the championships. All certified implements will be impounded and made available during the allotted warm-up time.
- PROTESTS:** *NYSCTC Article VIII, Section 1.*  
All protests must be submitted in writing by the Head Coach or Authorized Representative to the referee.  
*NYSCTC Article VIII, Section 2.*  
To be officially considered, all protests must be filed within one half hour following the posting of results of an event or ruling associated with the protest.  
*NYSCTC Article VIII, Section 3.*  
All protest of the seeding procedures or petitions for acceptance of late declarations will be heard by the Executive Committee of the Association.  
*NYSCTC Article VIII, Section 4.*  
After the scheduled beginning of competition, the Referee shall be the sole and final arbiter of all protests.  
*NYSCTC Article VIII, Section 5.*  
Finally declared contestants must honestly participate in all the events in which they are declared, or be barred from all remaining events in the current meet.
- Also, protest forms will be available in your meet packet.
- RESTAURANTS & LODGING:** See enclosed sheets.
- CONCESSIONS:** Will be available in upper level of Newell Field House.
- COACHES' SOCIAL:** Will take place 1 hour after the conclusion of Fridays Competition in the Augsbury Classroom 124 (pizza, wings and soda).
- LOCKER ROOMS:** Locker rooms are located on the lower level of the Augsbury P.E. Center adjacent to Newell. Towels and Locks are the responsibility of the visiting teams.
- WARM-UP AREAS:** Warm-ups are to take place in the adjacent Leithead Field House (160m track), additional starting blocks and hurdles will be provided.

- AWARDS:** Medals will be presented immediately following official results in each event. Medals will be awarded to the top 6 finishers in each event and the top three relay teams. Trophies will be presented to the Men's and Women's Championship and Runner-Up Teams, Coach of the Year, Outstanding Field Events Performer, and Outstanding Running Events Performer. "All-NYSCTC" certificates will be awarded to the top 3 finishers in each event and the winning relay teams.
- TRAINING ROOM:** The Athletic Training Room is located on the lower level of the Newell Complex. The Athletic Training Room will be open by 12:00 noon on Friday, February 28<sup>th</sup> and by 8:00 A.M. on Saturday, March 1<sup>st</sup>. Please bring your own tape and supplies. If other arrangements are necessary, you should have your athletic trainer contact Jason Pennella at 315-229-5835. See enclosed letter from the St. Lawrence Athletic Training Room.
- INSURANCE:** Insurance coverage shall be the responsibility of each participating institution.
- EMERGENCY NUMBERS:**
- |                                    |              |
|------------------------------------|--------------|
| SLU Security                       | 315-229-5555 |
| Canton-Potsdam Hospital            | 315-265-3300 |
| Canton Rescue Squad/Village Police | 911          |
| Campus Information Service         | 315-229-7411 |
- SPORTS INFORMATION:** Wally Johnson, Sports Information Director, phone: 315-229-5588
- RULES/SCORING:** NCAA & NYSCTC Rules apply. Scoring is to six places: 10, 8, 6, 4, 2, 1 for all events.
- ADVANCEMENT PROCEDURES & STARTING HEIGHTS:** See enclosed sheet.
- PARKING:** Parking for team vehicles will be available in the main parking area behind the Newell Field House. Bus and overflow parking is available next to Appleton Arena.
- DIRECTIONS TO SLU:** See enclosed sheet.
- T-SHIRTS:** Commemorative T-Shirts will be on sale Friday and Saturday
- NCAA POP FORMS:** NCAA Proof of Performance Forms are available online at [Apple Raceberry Jam](#).

**ADDITIONAL DOCUMENTS: Printable Meet Forms – [Click Here](#)**

- [Meet Schedule](#)
- [Initial Entry Form](#)
- Final Declaration Form ([men's](#) and [women's](#))
- [Delete from Performance List Form](#)
- [Advancement procedures & starting heights](#)

**LINKS TO STANDARDS AND RECORDS:**

NYSCTC Indoor Qualifying Standards ([men's](#) and [women's](#))  
 NYSCTC Indoor Meet Records ([men's](#) and [women's](#))

**LINKS TO TRAVEL INFO:**

[Traveling Directions to St. Lawrence](#)  
[St. Lawrence Campus Map](#)  
[List of area accommodations](#)  
[List of area restaurants](#)  
[Local Weather](#)  
[Campus Visitor's Site](#)

**COACHES CHECKLIST:**

- ❑ Friday, February 14<sup>th</sup> -Initial Roster due (one copy to Mike Howard at St. Lawrence & one copy to Jim Nichols at Ithaca).
- ❑ Process paperwork for "\$2 user fee/athlete" (must pay prior to start of championship).
- ❑ Monday, February 24<sup>th</sup> -Fax or e-mail final performances & updates to John Newman by 6:00 P.M. for the Performance List.
- ❑ Tuesday, February 25<sup>th</sup> -Check Final Performance List after 12:00 noon.
- ❑ Wednesday, February 26<sup>th</sup> between 9:00 A.M. and 12:00 noon -Fax or e-mail Final Declarations to John Newman.
- ❑ Thursday, February 27<sup>th</sup> -Check e-mail for final list of entries and heat sheets after 12:00 noon.