

**NEW YORK STATE
COLLEGIATE TRACK CONFERENCE**



**2003
OUTDOOR TRACK AND FIELD
CHAMPIONSHIPS**



**ST. LAWRENCE
UNIVERSITY**

**CANTON, NY
MAY 2^ND AND 3^RD, 2003**

NEW YORK STATE COLLEGIATE TRACK CONFERENCE

2003 OUTDOOR CHAMPIONSHIPS

**HOSTED BY: ST. LAWRENCE UNIVERSITY
FRIDAY AND SATURDAY, MAY 2ND - 3RD, 2003**

St. Lawrence University is honored to be hosting the New York State Collegiate Track & Field Conference Outdoor Championship for the third time at the Merrick-Pinkard Track and Field. The Merrick-Pinkard Track and Field Complex will also play host to the final meet of the Division III schedule later this month, with the NCAA Outdoor Track and Field Championships. 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 May 2nd and 3rd.

MEET DIRECTORS:

Mike Howard

Phone:

315-229-5883

E-mail

mhoward@stlawu.edu

Assistant Meet Directors:

Deb Lyndaker

315-229-5813

dlyndaker@stlawu.edu

John Newman

315-229-5779

jnewman@stlawu.edu

Bridget Reichhart

315-229-5368

breichhart@stlawu.edu

Kristenne Robison

315-229-5875

krobison@stlawu.edu

Augsbury Center

St. Lawrence University

Canton, NY 13617

Fax: 315-229-5589

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, April 18, 2003. Any roster additions after April 18th, 2003 will be subject to a \$50.00 fine. No roster additions will be accepted after Wednesday, April 30, 2003 at 9:00 A.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 \$2.00 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:

Fax any final performance updates or additions to John Newman (fax: 315-229-5589) by Monday, April 28 at 6:00 P.M. Remember that your athlete must appear on the performance list or you will have to use a wild card.

The final performance list will be on the NYSCTC web site and an e-mail notification will be sent to each coach by Tuesday, April 29 at noon.
<http://web.stlawu.edu/sports/nysctc/nysctcpage03.htm>

1. Fax your final declarations to John Newman (fax: 315-229-5589) on Wednesday, April 30 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, University of Rochester by 9:00 A.M.
2. The official seeding of event entries will begin at the close of final declarations (12:30 P.M. on Wednesday, April 30, 2000).
3. A final list of entries will be made available electronically to coaches by 12:00 Noon on Thursday, May 4th, 2003.

LATE DECLARATIONS: Late declaration petitions (forgotten declarations or declaration forms received after 12:00 Noon) may be made until seeding the procedure begins (Wednesday, April 30, 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. List wild card entries on the declaration form.

FILLING FIELDS: We will be filling fields to 24 athletes in the following order of preference:

1. All Qualified Declared Athletes
2. All Non-Qualified Declared Athletes

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 have on declaring your athletes.

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

Example 2: Eighteen athletes on the performance list have met the automatic standard in an event. Your athlete who has not met the automatic standard, but is ranked 24th, 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 28th on the list and has not met the automatic standard, you have two options. Declare him/her as you did in example two and hope that 4 athletes in the top 24 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" and include seed mark if they appear on the performance list
 4. Declare all relays by placing an x in the appropriate place on the form, there is no need to include a seed performance because they are already on the list.
 5. There is no need to list "relay only" athletes on the declaration form if he/she is not competing in an open event.
- HEAT SHEETS:** Heat sheets will be available on the NYSCTC web site on Thursday, May 1, 2003 and in your packet when you register on Friday, May 2, 2003.
- PACKET PICK-UP:** Coaches may pick up meet packets in the lobby of Augsbury Center beginning at 12:00, noon. Refer to the enclosed campus map for location of Augsbury Center.
- 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:** Merrick-Pinkard Track & Field Complex and Leckonby Stadium featuring:
1. 400m Martin ISS 1000 polyurethane track
 2. 9-42" lanes on the straight and oval and a 1 degree bank
 3. Grass infield and a 1500 seat stadium seating
 4. Multi level artificial lighting
 5. Integrated Fairplay Scoreboard with lane, place and time designation
 6. Multiple synthetic runway's for the following:
 - 2 Long Jump pits, East/West orientation with 165' approaches and 1m take-off boards
 - 2 Triple Jump pits, East/West orientation with a 220' approaches and 28' and 36' take-off boards
 - 1 High Jump 60' x 120' apron
 - 4 way Pole Vault orientation, N/S/E/W with a 150' approaches
 - 2 Javelin areas, East/West with 120' approaches
 7. Brushed concrete throwing circles for the following:
 - 2-Shot Put circles, East/West on outside corner of track
 - 1-Discus circle and AAE certified cage, East on infield of track and
 - 1-Hammer circle with a UCS Hammer Cage, located at the field at the south side of the team parking area.
 8. 9-UCS Olympic style blocks will be provided
 9. 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 1500 people is available at the Leckonby Stadium as well as a limited number of portable seating at some of the event areas.
- 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 and posted on the NYSCTC Web Site by Thursday, May 1, 2003 at noon.
- IMPLEMENT CERTIFICATION:** All implement inspections will take place in Burkman Gymnasium with the use of a Trackmaster Implement Certification Unit. Implements for Fridays throwing events will take place between 12:00 noon and 1:00 PM on Friday. Implement certification for Saturdays throwing events will take place between 8:00 AM and 9:00 AM on Saturday. Only meet certified implements may be used 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 final meet information packet.
- RESTAURANTS & LODGING:** See enclosed sheets.
- CONCESSIONS:** Will be available in Newell Center and outside Leckonby Stadium.
- COACHES' SOCIAL:** Will take place at the conclusion of Fridays Competition in the Augsburgy Physical Education Center (pizza, wings and soda).
- LOCKER ROOMS:** Locker rooms are located on the lower level of the Augsburgy P.E. Center behind the Leckonby Stadium. Towels and Locks are the responsibility of the visiting teams.

- WARM-UP AREAS:** Warm-ups are to take place on the adjacent turf field, additional starting blocks and hurdles will be provided. Newell Field House will also be available with starting blocks and hurdles if weather or preference requires such use.
- AWARDS:** Medals will be presented immediately following official results in each event. Medals will be awarded to the top 8 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 Center. The Athletic Training Room will be open by 11:00 A.M. on Friday, May 2nd and by 8:00 A.M. on Saturday, May 3rd. Please bring your own tape and supplies. If other arrangements are necessary, you should have your athletic trainer contact Jason Panella at 315-229-5759. See enclosed letter from the St. Lawrence Athletic Training Room.
- INSURANCE:** Insurance coverage shall be the responsibility of each participation 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 eight places: 10, 8, 6, 5, 4, 3, 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 adjacent to the Merrick-Pinkard Track & Field Complex. 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:** Available on Apple Raceberry JaM Web Site
<http://www.raceberryjam.com/ncaaoutdoor.php3>.

ENCLOSURES:

Advancement procedures & starting heights
 Meet Schedule
 Initial Entry Form
 Athletic Training Information

EMAIL ATTACHMENTS:

Delete from Performance List Form
 Final Declaration Forms

- Men
- Women

NYSCTC**WEB SITE DOCUMENTS:**

NYSCTC Outdoor Qualifying Standards
 NYSCTC Outdoor Meet Records
 Directions to St. Lawrence
 List of area restaurants
 List of area lodging
 Merrick-Pinkard Track & Field Complex Map
 St. Lawrence Campus Map

COACHES CHECKLIST:

- Friday, April 18 -Initial Roster due (one copy to John Newman at St. Lawrence & one copy to Jim Nichols at Ithaca).
- Process paperwork for "user fee" (must pay prior to start of championship).
- Monday, April 28 -Fax or e-mail final performances & updates to John Newman by 6:00 P.M. for the Performance List.
- Tuesday, April 29 -Check Final Performance List after 12:00 noon.
- Wednesday, April 30 between 9:00 A.M. and 12:00 noon -Fax or e-mail Final Declarations to John Newman.
- Thursday, May 1 -Check e-mail for final list of entries after 12:00 noon.

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ADVANCEMENT PROCEDURES

LONG JUMP / TRIPLE JUMP / THROWS

Advance 9 to the finals. As per Article IX, Section 6.

100m / 110 HURDLES / 110 HURDLES

If 18 or fewer athletes are declared, then there will be only two rounds of competition in that event.

When **more than two rounds** of the **100m / 110 HURDLES / 110 HURDLES** are necessary the following formula will apply to advancement: *NYSCTC Article IX, Section 7* -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 7

"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..."

200m / 400m

Two rounds.

Heat winners and the next fastest times will be advanced to the finals. Advance 9 to the finals.

400m HURDLES / 800m RUN / 1500m RUN

Will be run in sections.

3000m STEEPLECHASE / 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.

10,000m RUN

Event will be run as one section only.

OPENING HEIGHTS -POLE VAULT / HIGH JUMP

The opening height 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.

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 |

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MEET SCHEDULE

FRIDAY, MAY 2, 2003

| TIME | FIELD EVENTS |
|-------------|---------------------|
| 2:00 PM | LONG JUMP (women) |
| 2:00 | HAMMER (men) |
| 2:00 | JAVELIN (women) |
| 2:00 | POLE VAULT (men) |
| 4:30 | LONG JUMP (men) |
| 4:30 | HAMMER (women) |
| 4:30 | JAVELIN (men) |
| 4:30 | POLE VAULT (women) |

| TIME | RUNNING EVENTS |
|-------------|---------------------------------------|
| 3:00 PM | 100m HURDLE Trials (women) |
| 3:20 | 110m HURDLE Trials (men) |
| 3:40 | 400m DASH Trials (women) |
| 3:55 | 400m DASH Trials (men) |
| 4:10 | 100m DASH Trials (women) |
| 4:25 | 100m DASH Trials (men) |
| 4:40 | 4 x 800m RELAY (women) |
| 5:00 | 4 x 800m RELAY (men) |
| 5:20 | 200m DASH Trials (women) |
| 5:35 | 200m DASH Trials (men) |
| 5:50 | 10,000m RUN (women) |
| 6:40 | 10,000m RUN (men) |
| 7:30 | 100m DASH Semis, if needed (women) |
| 7:45 | 100m DASH Semis, if needed (men) |
| 8:00 | 110m HURDLES Semis, if needed (men) |
| 8:15 | 100m HURDLES Semis, if needed (women) |

NEW YORK STATE COLLEGIATE TRACK CONFERENCE

SATURDAY, MAY 3, 2003

| TIME | FIELD EVENTS |
|-------------|---------------------|
| 10:00 AM | SHOT PUT (men) |
| 10:00 | HIGH JUMP (men) |
| 10:00 | TRIPLE JUMP (men) |
| 10:00 | DISCUS (women) |
| 12:30 PM | SHOT PUT (women) |
| 12:30 | HIGH JUMP (women) |
| 12:30 | TRIPLE JUMP (women) |
| 12:30 | DISCUS (men) |

| TIME | FIELD EVENTS |
|-------------|--------------------------------------|
| 10:00 AM | 3000m STEEPLE CHASE Sections (women) |
| 10:40 | 3000m STEEPLE CHASE Sections (men) |
| 11:10 | 4 x 100m RELAY Sections (women) |
| 11:25 | 4 x 100m RELAY Sections (men) |
| 11:40 | 1500m RUN Sections (women) |
| 12:00 | 1500m RUN Sections (men) |
| 12:20 | 100m HURDLE Final (women) |
| 12:30 | 110m HURDLE Final (men) |
| 12:40 | 400m DASH Final (women) |
| 12:45 | 400m DASH Final (men) |
| 12:50 | 100m DASH Final (women) |
| 12:55 | 100m DASH Final (men) |
| 1:00 | 800m RUN Sections (women) |
| 1:15 | 800m RUN Sections (men) |
| 1:30 | 400m HURDLES Sections (women) |
| 1:50 | 400m HURDLES Sections (men) |
| 2:10 | 200m DASH Final (women) |
| 2:15 | 200m DASH Final (men) |
| 2:25 | 5000m RUN Sections (women) |
| 3:15 | 5000m RUN Sections (men) |
| 3:55 | 4 x 400m RELAY Sections (women)** |
| 4:10 | 4 x 400m RELAY Sections (men)** |

** -Events will be moved up if two sections per gender in the 5000m are not needed.

Note -Final time schedule will be based on the number of entries in each event.

NYSCTC INITIAL ROSTER FORM

I, _____, Athletic Administrator of _____

College (or University) hereby certify that the entries herewith are qualified under the rules of the New York State Collegiate Track Conference.

Coach's email: _____

Head Coach's Name: _____ Office Phone: _____

Address: _____ Home Phone: _____

Zip Code: _____ Assistant Coaches _____

| Last Name | First Name | Class | C'ptn | Last Name | First Name | Class | C'ptn |
|-----------|------------|-------|-------|-----------|------------|-------|-------|
| 1. _____ | _____ | _____ | _____ | 25. _____ | _____ | _____ | _____ |
| 2. _____ | _____ | _____ | _____ | 26. _____ | _____ | _____ | _____ |
| 3. _____ | _____ | _____ | _____ | 27. _____ | _____ | _____ | _____ |
| 4. _____ | _____ | _____ | _____ | 28. _____ | _____ | _____ | _____ |
| 5. _____ | _____ | _____ | _____ | 29. _____ | _____ | _____ | _____ |
| 6. _____ | _____ | _____ | _____ | 30. _____ | _____ | _____ | _____ |
| 7. _____ | _____ | _____ | _____ | 31. _____ | _____ | _____ | _____ |
| 8. _____ | _____ | _____ | _____ | 32. _____ | _____ | _____ | _____ |
| 9. _____ | _____ | _____ | _____ | 33. _____ | _____ | _____ | _____ |
| 10. _____ | _____ | _____ | _____ | 34. _____ | _____ | _____ | _____ |
| 11. _____ | _____ | _____ | _____ | 35. _____ | _____ | _____ | _____ |
| 12. _____ | _____ | _____ | _____ | 36. _____ | _____ | _____ | _____ |
| 13. _____ | _____ | _____ | _____ | 37. _____ | _____ | _____ | _____ |
| 14. _____ | _____ | _____ | _____ | 38. _____ | _____ | _____ | _____ |
| 15. _____ | _____ | _____ | _____ | 39. _____ | _____ | _____ | _____ |
| 16. _____ | _____ | _____ | _____ | 40. _____ | _____ | _____ | _____ |
| 17. _____ | _____ | _____ | _____ | 41. _____ | _____ | _____ | _____ |
| 18. _____ | _____ | _____ | _____ | 42. _____ | _____ | _____ | _____ |
| 19. _____ | _____ | _____ | _____ | 43. _____ | _____ | _____ | _____ |
| 20. _____ | _____ | _____ | _____ | 44. _____ | _____ | _____ | _____ |
| 21. _____ | _____ | _____ | _____ | 45. _____ | _____ | _____ | _____ |
| 22. _____ | _____ | _____ | _____ | 46. _____ | _____ | _____ | _____ |
| 23. _____ | _____ | _____ | _____ | 47. _____ | _____ | _____ | _____ |
| 24. _____ | _____ | _____ | _____ | 48. _____ | _____ | _____ | _____ |

Entries are due no later than Friday, April 18, 2003.

Please mark your team captains with an "X" in the C'ptn. Column.

Mail or Fax to:
 John Newman, Track & Field
 Augsbury Center
 St. Lawrence University
 Canton, NY 13617
 Fax: 315-229-5589 or 7433

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

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ATHLETIC TRAINING INFORMATION

On behalf of the St. Lawrence University Athletic Training Staff I would like to extend a warm welcome to each of the participating teams in this years NYSCTC Championships. We are proud to be hosting this event at St. Lawrence and welcome the opportunity to assist you with your Athletic Training needs while you are at the Championships.

The Athletic Training Center is located on the lower level of the Augsbury PE Center, which is located directly behind the Track and Field Stadium. For this year's Championships, we will be providing the following services:

1. The Athletic Training Room will be open 2 hours prior to competition on Friday and Saturday, May 2nd and 3rd.
2. A Certified Athletic Trainer will be on sight throughout the duration of the Track and Field events on both days. Water and ice will also be available on sight.
3. Please bring any needed tape with you and our staff will assist you with taping, wrapping and treatments.

Please take note that it is our policy to require authorization from your Certified Athletic Trainer or Doctor's prescription to provide any form of therapeutic treatments, i.e. ultrasound, whirlpool, etc... Questions regarding the specifics of this policy should be directed to a member of our Athletic Training Staff prior to the championships.

Important Numbers:

Ronald Waske, Head Athletic Trainer
Augsbury PE Center
St. Lawrence University
Canton, NY 13617
315-229-5759
315-229-5589 (fax)

Jason Pennella, Athletic Trainer
315-229-5835

If you have any further questions, please do not hesitate to contact me.

Ron Waske