



Men's & Women's Outdoor Track & Field Championships
Sports Guide and Meet Information

Updated May 1, 2019

Friday May 3rd - Saturday May 4th

Hosted by Carthage College

Entry Procedures (Week of CCIW Championships)

- Monday, April 29th (5pm) - Final outdoor rankings list will be posted (TFRRS)
- Tuesday, April 30th (Noon) - Deadline for challenges to a seed performance
- Wednesday, May 1st (7:00pm) - Entries due
- Final entry list is posted (after entry deadline)
- Wednesday, May 1st (9:00pm) - Deadline for entry corrections.
*\$100 fine for each event omitted (Games Committee discretion);
Only athletes omitted from the meet may be added.
- Thursday, May 2nd (10:00am) - Heat sheets are posted
- Thursday, May 2nd (Noon) - Deadline for any corrections

Entry Information

- All Entries must be entered via website only: www.directathletics.com
- Email, phone, or faxed entries will not be accepted.
- Decathlon/Heptathlon: Entries required for 100M, 110/100 H, 200M, 400M @ Wednesday, May 1st (7:00pm) on CCIW Combined Events account on Direct Athletics.
- 5 entries per individual event; 1 entry per relay event
- Entries must be verifiable during the current outdoor season on TFRRS list.
- If any performance marks are tied, for seeding purposes, the descending order on TFRRS will be used. The higher rank will receive priority for placement. TFRRS ranks in order of 1st best, 2nd best, etc.

Scoring/Awards

- Individuals: 10-8-6-5-4-3-2-1
- Relays: 10-8-6-5-4-3-2-1
- All-Conference Honors: Top-8 individuals & Top-4 relays
- Awards Ceremony: Team, Individual/Relay Champions, and Specials Awards will be announced.

Officials/Games Committee

- 2 Starters: Glen Rauwerdink & Steve Battle
- Referees: Glen Rauwerdink (Track), Matt Dewitt (Field)
- Other officials: Pam Rauwerdink, Jack Rauwerdink, Jim Braun, Brad Fortney, Doug Hamilton, Jim Hankey, Charles Brown, Kevin Plazak, Sue Hallen, Jeff Watry, Pat Pretty
- Timing Services: Sportstats USA: A.J. Mousseau & Aaron Hotovy
- Games committee (Head Coaches will designate a representative from each school):
Geoff Masanet - North Park, Scott Bradley - Wheaton, Jake Shaver - Augustana
- HJ/PV Opening heights/progressions: Scott Bradley (Wheaton), Greg Huffaker (IWU) - Thursday, May 2nd (10:00am)

Coaches Meeting, Check-In & Weigh-in

- Coaches check-in: Friday & Saturday - Finish Line
- Coaches Hospitality: Friday & Saturday - Press Box
- Coaches/Officials meeting: Friday & Saturday - 11:30am - Finish Line
- Weigh-in: Friday & Saturday - TARC Mud Room, 8:00AM - 9:15AM
Illegal implements will be impounded. Coaches may pick up implements after competition.



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Results/Protest

- "Official" print results will be posted in the TARC Mud Room.
- Live results website will be released the week of the meet.
- Final results will be available for pick-up at the Finish Line area.
- Coaches will have 15 minutes after the "Official" print result is posted to file a protest. Official result will have a written time stamp. An NCAA protest form must be brought to the timers table for a Track/Field Referee to review.

Facility

- Facility opens at 8:00AM on Friday and 7:30AM on Saturday for teams.
- Team camps: Stadium Bleachers, Practice Field, and Indoor Track.
- 400m – 8 lanes.
- 100/110m - 8 lanes.
- 2 LJ/TJ runways (Long Jump Boards 9' – Triple Jump Boards 28', 32', 36', and 40').
- TJ runway allows for a 110' approach from the 40' board.
- ¼" pyramid spike (exposed) maximum allowed
- Spiked surface for all running and jumping events
- Tremper High School (maps provided) is reserved as a backup location for the multi discus in case of flooding at the primary throw location.
- 8 lane track preference: 4-5-3-6-2-7-1-8

Athletic Training/Medical

- Athletic Trainer: Jake Dinauer, (262) 551-6107, jdinauer@carthage.edu
- Athletic Training: TARC 1150
- Hours: Friday – 8:00AM to 30 Minutes after last event.
Saturday – 7:30AM to 30 Minutes after last event.

Parking

- Bus parking: Bus parking will be offsite. See attached map for drop off and parking locations.
- Van parking: Vans will be permitted to park in the South Lower Lot nearest the Track & Field facility.

Key Contacts

- Meet Director: Josh Henry, (262) 945-5735(c), jhenry2@carthage.edu
- Meet Director: Steph Domin, (262) 945-8528, sdomin1@carthage.edu
- Director of Athletics: Michelle Manning, (262) 551-5931, mmanning@carthage.edu
- Assistant Director of Athletics: Kelsey Peterson, (262) 551-6177, kpeter12@carthage.edu
- Athletic Communications: David Nelson, (262) 551-6337, dnelson3@carthage.edu
- Office of Public Safety: Erin Mortensen, (262) 551-5911, security@carthage.edu



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Meet Schedule

Thursday, May 2nd – Wheaton College or North Central College

10:00 a.m.	Hammer (Men)
12:30 p.m.	Hammer (Women)
3:00 p.m.	Discus (Men)
5:30 p.m.	Discus (Women)

Friday, May 3rd – Carthage College

10:00 a.m.	Heptathlon
10:15 a.m.	Decathlon
12:00 p.m.	Pole Vault (Men)
1:30 p.m.	Long Jump (Women)
3:30 p.m.	Pole Vault (Women)
4:00 p.m.	Long Jump (Men)
3:00 p.m.	Javelin (Men)
5:00 p.m.	Javelin (Women)

Men run 1st in all events during odd years

2:30 p.m.	100/110 Meter Hurdles Trials
3:00 p.m.	400 Meters Trials
3:30 p.m.	100 Meter Trials
4:00 p.m.	800 Meters Trials
4:30 p.m.	400 Meter Hurdles Trials
5:00 p.m.	200 Meters Trials
7:15 p.m.	3,000 Steeplechase
8:00 p.m.	10,000 Meters

Heptathlon Events: 100 Hurdle, High Jump, Shot Put, 200 Meters

Decathlon Events: 100 Meters, Long Jump, Shot Put, High Jump, 400 Meters

Saturday, May 4th – Carthage College

9:30 a.m.	Decathlon
10:00 a.m.	Heptathlon
10:30 a.m.	Shot (Men)
11:00 a.m.	Triple Jump (Men)
11:00 a.m.	High Jump (Women)
1:00 p.m.	Shot (Women)
2:00 p.m.	Triple Jump (Women)
2:00 p.m.	High Jump (Men)

Men run 1st in all events during odd years.

2:30 p.m.	4 x 100 Meter Relay
2:45 p.m.	1500 Meters
3:25 p.m.	100/100 Meter Hurdles Finals
3:35 p.m.	400 Meters Finals
3:50 p.m.	100 Meters Finals
4:05 p.m.	800 Meters Finals
4:20 p.m.	400 Meter Hurdles Finals
4:35 p.m.	200 Meters Finals
4:50 p.m.	5,000 Meters
5:40 p.m.	4 x 400 Meter Relay
6:20 p.m.	Awards Ceremony

Heptathlon Events: Long Jump, Javelin, 800 Meters

Decathlon Events: 110 Hurdles, Discus, Pole Vault, Javelin, 1500 Meters*

**Decathlon Discus to be contested at Tremper High School (8560 26th Ave, Kenosha, WI) if alternate facility is needed.*



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Outdoor Track & Field Technical Sheet

Event	Seeding	Advancement	Special note
100m (pre)	Serpentine seeding; random lane assignments	At least 1 heat winner + next fastest (total=8)	Augustana-9 advance to finals
100m (final)	Heat winners' times and then by qualifying times		
100m Hurdles (pre)	Serpentine seeding; random lane assignments	At least 1 heat winner + next fastest (total=8)	Augustana-9 advance to finals
100m Hurdles (final)	Heat winners' times and then by qualifying times		
110m Hurdles (pre)	Serpentine seeding; random lane assignments	At least 1 heat winner + next fastest (total=8)	Augustana-9 advance to finals
110m Hurdles (final)	Heat winners' times and then by qualifying times		IWU- 2 heat final (7 +1)
200m (pre)	Serpentine seeding; random lane assignments	At least 1 heat winner + next fastest (total=8)	Augustana-9 advance to finals
200m (final)	Heat winners' times and then by qualifying times		
400m (pre)	Serpentine seeding; random lane assignments	At least 1 heat winner + next fastest (total=8)	Augustana-9 advance to finals
400m (final)	Heat winners' times and then by qualifying times		
800m (pre)	Serpentine seeding; random lane assignments (Max. 12 per heat)	Top 2 finishers in each heat + next fastest (total=8)	Augustana-9 advance to finals
800m (final)	Heat winners (by time), followed by 2 nd auto qualifiers (by time) followed by time qualifiers		Follow the same lane preference as the 400 M Final
1500m	Random order within sections; Slow to fast	Sections against time	Waterfall start; best heat will have 12 athletes
5000m	Seed by time	Sections against time	Waterfall start; best entries on the front row
10,000m	Seed by time	Sections against time	Waterfall start; best entries on the front row
3k Steeplechase	Seed by time		Waterfall start; best entries on the front row
4x100m Relay	Lanes based on seed time	Sections against time	8 lane track: Section 1-3 teams; Section 2-6 teams 9 lane track: 1 section
4x400m Relay	Lanes based on seed time	Sections against time	8 lane track: Section 1-3 teams; Section 2-6 teams 9 lane track: 1 section
Long/Triple	Worst to best flights; random order within flights	Top 9 marks advance to finals	Maximum flight #14; Flight changes need to go thru Games Com. prior to meet
Long/Triple (final)	Worst to best		Cannot change order
Throws (SP, DT, JT, HT) - preliminary	Worst to best flights; random order within flights	Top 9 marks advance to finals	Maximum flight #14; Flight changes need to go thru Games Com. prior to meet
Throws (SP, DT, JT, HT) - final	Worst to best		Cannot change order
Pole Vault	Random order		
High Jump	Random order		
Heptathlon	Seeded by time;		
100 Hurdles, 200 M	Random order; Slow to fast		
Heptathlon	Random order		Cannot change order
HJ, SP, LJ, SP			
Decathlon 100 M, 110 H, 400 M	Seeded by time; Random order; Slow to fast		
Decathlon LJ, SP, HJ, DT, PV, JT	Random order		Cannot change order



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Vertical Height Progressions

<i>High Jump</i>	
<i>Men</i>	<i>Women</i>
1.71	1.41
1.76	1.46
1.81	1.51
1.86	1.56
1.91	1.61
1.96	1.64
2.01	1.67
2.04	1.70
2.07	
2.10	

<i>Pole Vault</i>	
<i>Men</i>	<i>Women</i>
3.71	2.65
3.86	2.80
4.01	2.95
4.16	3.10
4.31	3.25
4.46	3.40
4.61	3.55
4.76	3.70
4.86	3.80



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Track Facility Overview





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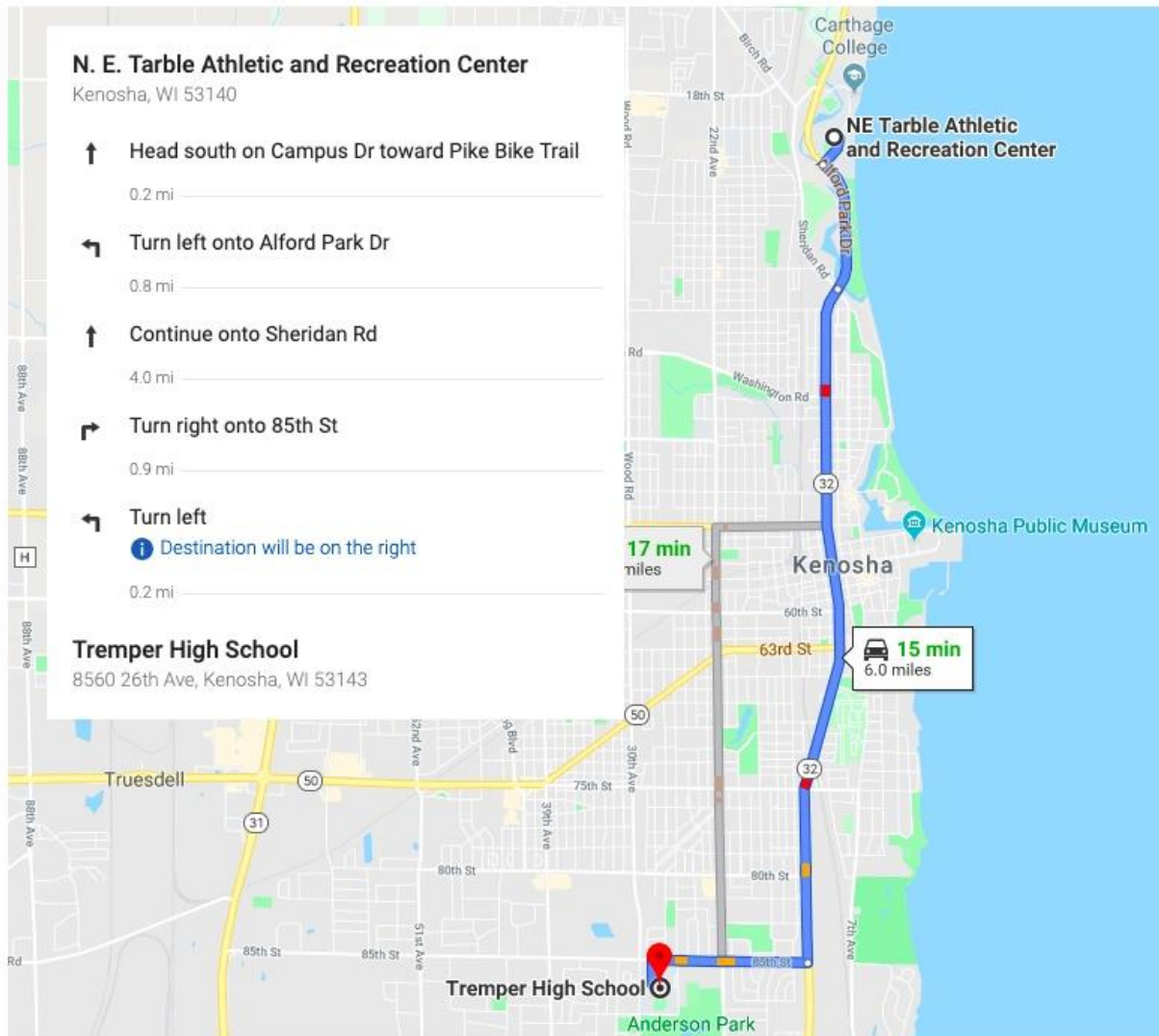
Throws Facility Overview





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Tremper High School Directions





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Bus Drop Off & Parking Location

