



***NEW YORK STATE
COLLEGIATE TRACK CONFERENCE***

2004 INDOOR CHAMPIONSHIPS

Newell Field House

**ST. LAWRENCE
UNIVERSITY**

February 27th & 28th, 2004

N E W Y O R K S T A T E
C O L L E G I A T E
T R A C K C O N F E R E N C E

2 0 0 4 I N D O O R
C H A M P I O N S H I P S

HOSTED BY: ST. LAWRENCE UNIVERSITY
 CANTON, NY
 FRIDAY & SATURDAY, FEBRUARY 27th & 28th, 2004

St. Lawrence University is proud to be hosting the 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 27th and 28th.

MEET DIRECTORS:		<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
	Erin Newman	315-229-5781	enewman@stlawu.edu
	Justin Sievert	315-229-2781	jseivert@stlawu.edu

Augsbury Center
 St. Lawrence University
 Canton, NY 13617
 Fax number:

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 13, 2004. Each roster additions after February 13, 2004 will be subject to a \$50.00 fine. No roster additions will be accepted after Wednesday, February 25, 2004 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 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 23rd 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 24th at noon.
NYSCTC Web Site Address:
<http://web.stlawu.edu/sports/nysctc/nysctcpage04.htm>
3. Fax or email your final declarations to John Newman (fax: 315-229-5589 or 315-229-7433) on Wednesday, February 25th between 9:00 A.M. and 12:00 noon. Final Declarations may be made by e-mail using the enclosed declaration form. St. Lawrence will e-mail their declarations to Larry Cottrell, Union 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 25th, 2004).
5. A final list of entries will be made available electronically to coaches by 12:00 Noon on Thursday, February 26th, 2004.

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 25th, 2004 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 18 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 18th, 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 20th 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 2 athletes in the top 18 are not declared or you can 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 27th, 2004, 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 on Friday, February 27th, 2004. 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. 8-UCS Olympic style blocks will be provided
7. 1-Moye style blocks will be provided

SHOE LIMITATIONS: Spikes with or without a rigid spikeplate may be used. The maximum allowable "exposed" spike length is 1/4 of an inch. Pyramid or Christmas Trees **only**, no pins!

- 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 26th, 2004.
- 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 8 finishers in each event and the top 8 relay teams. Trophies will be presented to the Men's and Women's Team Champions as well as the 2nd and 3rd Place 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 27th and by 8:00 A.M. on Saturday, February 28th. Please bring your own tape and supplies. If other arrangements are necessary, you should have your athletic trainer contact Ron Waske at 315-229-5759. 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 eight "8" 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 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:

- Meet Schedule
- Advancement procedures & starting heights
- Athletic Training Room Letter
- Go to Meet forms on the NYSCTC Web Site to access:
 - Initial Entry Form
 - Final Declaration Form
 - Delete from Performance List Form
 - NYSCTC Indoor Qualifying Standards
 - NYSCTC Indoor Meet Records
 - Travel Information
 - 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 13th -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 23rd -Fax or e-mail final performances & updates to John Newman by 6:00 P.M. for the Performance List.
- Tuesday, February 24th -Check Final Performance List after 12:00 noon.
- Wednesday, February 25th between 9:00 A.M. and 12:00 noon -Fax or e-mail Final Declarations to John Newman.
- Thursday, February 26th -Check e-mail for final list of entries and heat sheets after 12:00 noon.

NEW YORK STATE
COLLEGIATE TRACK CONFERENCE

2004 INDOOR
CHAMPIONSHIPS

HOSTED BY: ST. LAWRENCE UNIVERSITY
Friday and Saturday, February 27th & 28th, 2004

MEET SCHEDULE

FRIDAY, FEBRUARY 27th, 2004

<u>TIME</u>	<u>FIELD EVENTS</u>
2:00 PM	LONG JUMP (men)
2:00	35# WEIGHT (men)
2:00	HIGH JUMP (women)
4:00	LONG JUMP (women)
4:00	20# WEIGHT (women)
4:00	HIGH JUMP (men)

<u>TIME</u>	<u>RUNNING EVENTS</u>
2:35 PM	3000m RACEWALK (women and men)
3:00	55m HURDLE TRIALS (women)
3:20	55m HURDLE TRIALS (men)
3:40	400m DASH TRIALS (women)
3:55	400m DASH TRIALS (men)
4:10	55m DASH TRIALS (women)
4:25	55m DASH TRIALS (men)
4:40	DISTANCE MEDLEY RELAY SECTIONS (women)
5:00	DISTANCE MEDLEY RELAY SECTIONS (men)
5:15	200m DASH TRIALS (women)
5:35	200m DASH TRIALS (men)
5:55	5,000m RUN SECTIONS (women)
6:20	5,000m RUN SECTIONS (men)
6:40	4 x 200m RELAY SECTIONS (women)
6:55	4 x 200m RELAY SECTIONS (men)

If 18 or fewer athletes are declared in the 55m or 55m hurdles there will be only two rounds of competition in that event.

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SATURDAY, FEBRUARY 28th, 2004

<u>TIME</u>	<u>FIELD EVENTS</u>
10:00 AM	POLE VAULT (men)
10:00	SHOT PUT (men)
10:00	TRIPLE JUMP (women)
12:00 NOON	TRIPLE JUMP (men)
12:00	SHOT PUT (women)
12:00	POLE VAULT (women)

<u>TIME</u>	<u>RUNNING EVENTS</u>
10:00 AM	55m HURDLE SEMI (if needed) (women)
10:10	55m HURDLE SEMI (if needed) (men)
10:20	55m DASH SEMI (if needed) (women)
10:30	55m DASH SEMI (if needed) (men)
10:40	1500m RUN SECTIONS (women)
10:55	1500m RUN SECTIONS (men)
11:10	55m HURDLE FINAL (men)
11:20	55m HURDLE FINAL (women)
11:30	400m DASH FINAL (women)
11:40	400m DASH FINAL (men)
11:50	500m DASH FINAL (women)
12:10	500m DASH FINAL (men)
12:30	55m DASH FINAL (women)
12:40	55m DASH FINAL (men)
12:50	800m SECTIONS (women)
1:05	800m SECTIONS (men)
1:20	1000m SECTIONS (women)
1:35	1000m SECTIONS (men)
1:50	200m FINAL (women)
2:00	200m FINAL (men)
2:10	3000m RUN SECTIONS (women)
2:40	3000m RUN SECTIONS (men)
3:10	4 x 800m RELAY SECTIONS (women)
3:40	4 x 800m RELAY SECTIONS (men)
4:00	4 x 400m RELAY SECTIONS (women)
4:20	4 x 400m RELAY SECTIONS (men)

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

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2004 INDOOR
CHAMPIONSHIPS

HOSTED BY: ST. LAWRENCE UNIVERSITY

Friday and Saturday, February 27th & 28th

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, heat winners and the next fastest times will advance to the championship race.

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 or beyond, 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.

Heat winners 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

Will be run in sections.

Heats will be limited to 12 competitors.

Will start with a 1-turn alley

1500m Run / 3000m Run / 5000m Run

Shall be run in sections if more than 15 competitors are declared. 12 will run in the fast heat.

Will start with a 1-turn alley

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:

9 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

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.

Head Coach's Name: _____ Coach's email: _____
 Office Phone: _____

Address: _____ Home Phone: _____

Zip Code: _____ Assistant Coaches _____

<i>Last Name</i>	<i>First Name</i>	<i>Class</i>	<i>C'ptn</i>	<i>Last Name</i>	<i>First Name</i>	<i>Class</i>	<i>C'ptn</i>
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, February 13, 2004.

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

Mail or Fax to:
 Mike Howard, 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

NEW YORK STATE
COLLEGIATE TRACK CONFERENCE2004 INDOOR
CHAMPIONSHIPS**HOSTED BY: ST. LAWRENCE UNIVERSITY**

Friday and Saturday, February 27-28, 2004

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 hrs. prior to competition on Friday and Saturday, February 27 and 28.
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 315-229-5759
Augsbury PE Center 315-229-5589 (fax)
St. Lawrence University
Canton, NY 13617

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

Ron Waske