

# River States Conference Indoor Track and Field Championships

At Tiffin University February 8, 2019

## Meet Information



### Entry Procedure:

The following timelines/deadlines will be in place for entering athletes in the River States Conference Championship Meet:

1. All athletes must be entered into Direct Athletics four (4) days prior to the meet Monday, February 4, 2019 by 11:59 PM EST. Valid entry marks shall be from the official conference performance list via Direct Athletics/TFRRS of the current indoor season. Any entries without a valid mark from the official performance list must be entered as NM, NH or NT.
2. Performance lists must be disclosed by Noon (Eastern Time) three (3) days prior to the meet. Tuesday, February 5, 2019 by 12 PM EST.
3. All scratches must be submitted by 5 PM, February 5, 2019. (three days prior).
4. Heat sheets must be disclosed/released two (2) days prior to the meet Wednesday, February 6, 2019 by 11:59pm.
5. The meet director Bryan Harmon is responsible for collecting/distributing this information.

### Meet Entry Fee:

An entry fee of \$250 will be collected from each team (and gender) to participate in the championship meet. This has already been billed to your university via your Director. Please check with your Director to confirm it has been paid. Alternatively, an individual entry fee of \$20 will be collected to participate in the championship meet if the team has less than 12 participants. The entry fee will cover facility rental fees and administrative costs (officials' fees, timing/scoring, etc.) of hosting the event. Checks should be payable to River States Conference.

### Packets/Heat Sheets/Results:

Packets can be picked up in the Turf room on the main level.

Results will be posted both on the wall on the second floor of the track.

**Scoring:**

Top 8 places will receive points. 1<sup>st</sup>- 10pts, 2<sup>nd</sup>- 8 pts, 3<sup>rd</sup>- 6 pts, 4<sup>th</sup>- 5 pts, 5<sup>th</sup>- 4 pts, 6<sup>th</sup> - 3 pts, 7<sup>th</sup> – 2 pts and 8<sup>th</sup> – 1 pt. (schools are limited to four (4) entries and all four may score.)

**Entries:**

Each team may enter four (4) individuals per event and all four may score.

Institutions are limited to one relay entry per event. Events requiring multiple heats/flights will be seeded based on valid entry marks from the official conference performance list via Direct Athletics/TFRRS of the current indoor season. Any entries without a valid mark from the official performance list must be entered as NM, NH or NT.

**Seeding:**

Standard NCAA seeding and advancement from prelims to finals will be used for all events. Entrants with no marks are seeded in the slower heat(s) at random.

**Awards:**

The top 3 individuals and relays will be declared All-Conference and receive medals. The Conference Champion in each event will be the first place individual and relay finishers.

**Jumps/Vault Progression:**

The set standard for vertical jumps at RSC Championship Meet: HJ 1.70m for Men, and 1.40m for Women, PV: 3.05m for men, and 2.45m for women. PV will have a 15cm progression and the HJ will have a 5cm up to 1.65m for women and 2.00m for men at which they will progress by 3 cm.

## Facility Information

### Track:

200m Mondo Super- X 13.5mm Surface  
6 Lanes on the Oval  
8 Lanes on the Sprint straight

### Running:

60m Dash and 60m Hurdles will have prelims and finals  
One Heat Final of 8 runners  
All other events are timed finals

### Jumping:

Mondo rubber surface- Two Pits (*Northwest & Southwest*)  
LJ: Wood board at 7' from pit  
TJ: Wood boards at 30'/36'6" and 43'/49'6 from pit.  
PV: Runway is located in the center of the track.  
HJ: One pit with multipurpose Mondo approach, take off surface  
Mondo Super X.

### Throws:

Wooden circle with cage for the weight throw. Wood circle for shotput.  
*Three throws with the top 9 throwers to finals*  
Weigh-in will be in the Turf Room (warm-up area) in the Southeast corner one hour prior to the event.

### Timing:

Finish Lynx  
*New results scoreboard.*

### Locker Rooms:

Lockers and showers available, bring your own towels and Locks. Tiffin University is not responsible for any lost/stolen items.

### **NO FOOD WILL BE ALLOWED ON THE TURF, MONDO OR TEAM CAMP AREA.**

Concession stand is located near the entrance of the facility.

### Parking:

Buses can drop off in front of the Heminger Center and will park behind the Heminger marked Team Parking.

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**Spikes:**

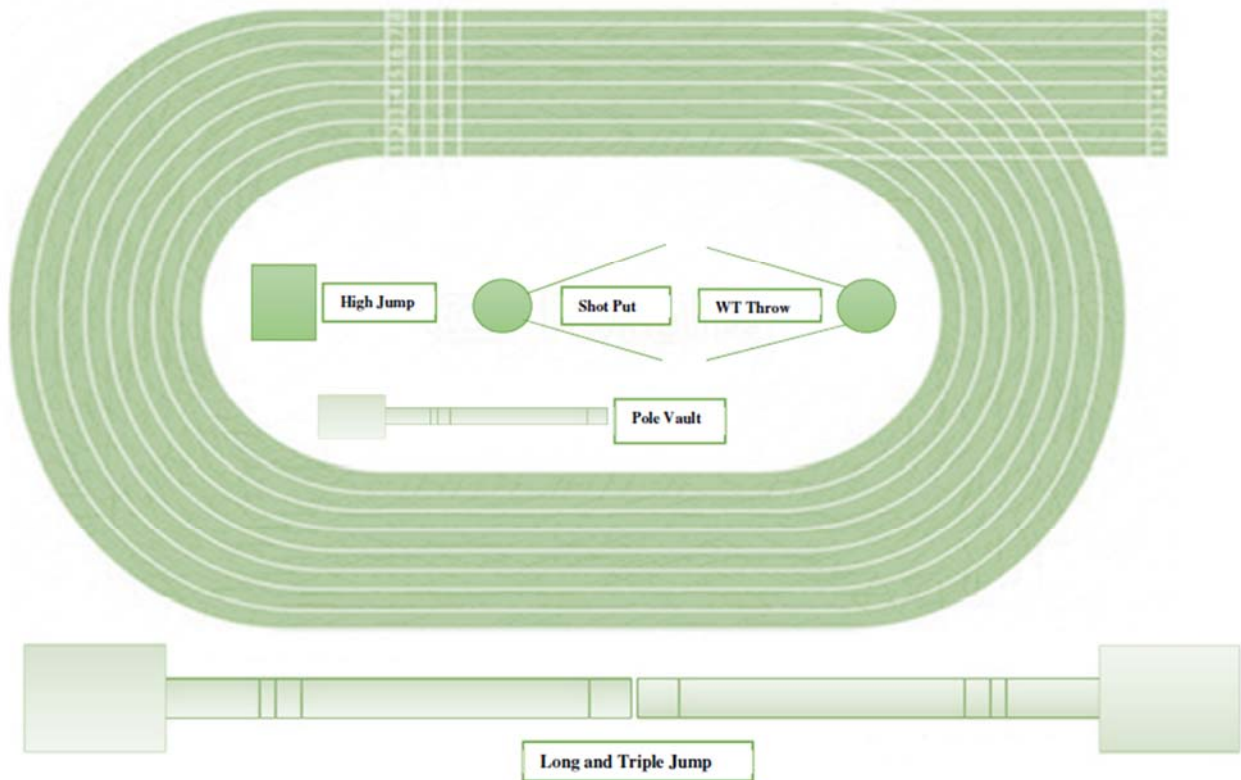
¼ Spikes are the longest allowed. No CHRISTMAS TREE or NEEDLE/PIN Spikes. No Spikes allowed upstairs, in the training room, locker rooms, classrooms, or hallways.

**Results:**

Will be posted on second floor hallway. Official results will be posted online by noon the following day.

**Admission:**

\$5 for all spectators. NO SPECTATORS INSIDE THE CENTER TRACK AREA! Standing room is available around the track or upstairs in the main bleachers only. NO ATHLETES IN THE BLEACHERS.



# River States Conference Indoor Track and Field Championships

At Tiffin University February 9<sup>th</sup>2019

## Meet Schedule



- 3:00 PM      Women's 3200 Meter Relay Final  
                 Men's 3200 Meter Relay Final
- 3:30 PM      Women's 60 Meter Hurdles Semis  
                 Men's 60 Meter Hurdles Semis
- 3:45 PM      Women's 60 Meter Dash Semis  
                 Men's 60 Meter Dash Semis
- 4:00 PM      Women's 5000 Meter Run Final  
                 Men's 5000 Meter Run Final
- 4:45 PM      Women's Mile Run Final  
                 Men's Mile Run Final
- 5:00 PM      Women's 60 Meter Hurdles Finals  
                 Men's 60 Meter Hurdles Finals
- 5:10 PM      Women's 400 Meter Dash Final  
                 Men's 400 Meter Dash Final
- 5:25 PM      Women's 60 Meter Dash Final  
                 Men's 60 Meter Dash Final
- 5:35 PM      Women's 3,000 Meter Racewalk Final  
                 Men's 3,000 Meter Racewalk Final

6:20 PM Women's 600 Meter Run Final  
Men's 600 Meter Run Final

6:35 PM Women's 800 Meter Run Finals  
Men's 800 Meter Run Finals

6:50 PM Women's 1,000m Run Final  
Men's 1,000m Run Final

7:05 PM Women's 200 Meter Dash Final  
Men's 200 Meter Dash Final

7:40 PM Women's 3000 Meter Run Final  
Men's 3000 Meter Run Final

8:20 PM Women's 1600 Meter Relay Finals  
Men's 1600 Meter Relay Finals

8:40 PM Women's Distance Medley Relay Final  
Men's Distance Medley Relay Final

9:00 PM Awards

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## Field Schedule



3:00 PM Field Events Will Begin

Women's Long Jump—Women's Triple Jump to follow

Men's Long Jump—Men's Triple Jump to follow

\*Men & Women will have separate pits for both Long Jump & Triple Jump

Women's Weight Throw—Men to follow

Men's Shot Put—Women to follow

Women's Pole Vault—Men to follow

4:00pm Women's High Jump —Men to follow