



2010 DIVISION III MEN'S & WOMEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS HANDBOOK

Updated 1/25/2010
Second update: 2/2/2010
Third update: 2/19/2010
Fourth update: 3/8/2010



Table of Contents

Appendix26

Introduction	5
General Administration	7
Date Formula	7
Dates and Sites	7
Sports Committees	7
Annual Forms	8
Determination of Participants.....	9
Qualification Procedures	9
Championship Information/Entry Procedures	10
Events/Number of Participants	13
Certification of Eligibility/Availability	13
Religious Conflicts	14
Instructions to Participants.....	15
Adjusted Place Standings	15
Appeals	15
Attendance	15
Audio Coverage (Radio and Internet).....	15
Awards	15
Drug Testing	15
Lodging.....	16
Media Arrangements	16
Meetings	17
Merchandise	17
News, Media, Press Conferences and Satellite Feeds	18
Officials.....	18
Programs	19
Protest Procedures	21
Results.....	22
Rules	22
Scoring.....	23
Squad Size	23
Television Rights and Footage Licensing	23
Transportation.....	23
Uniforms	24
Videotapes, Films and Still Photographs	25
Web Sites/Internet.....	25

Introduction

During the 2009-10 academic year, the Association will sponsor 88 national championships, of which 41 are for men, 44 are for women, and three are for both men and women. Among the men's championships, three are National Collegiate Championships, 13 are Division I championships, 13 are Division II championships and 13 are Division III championships. Among the women's championships, four are National Collegiate Championships, 12 are Division I championships, 13 are Division II championships and 14 are Division III championships. The combined men's and women's championships are National Collegiate Championships.

A championships handbook is produced for each NCAA championship and posted on the NCAA Online Web site (www.ncaa.org).

How to Use This Publication. The handbook is divided into four sections: (1) General Administration; (2) Determination of Competing Institutions; (3) Instructions to Participants; and (4) General Championship Information. The first three sections pertain only to the respective sport, while the fourth deals with NCAA policies applicable to all 88 championships. [Note: Some policies listed in the general section have been revised by individual sports committees. The revision(s) will appear in the sport-specific section of the handbook.]

Each topic included in the handbook is referenced to other applicable areas in the handbook or in the NCAA Manuals, where appropriate. For example, if you wish to know about regional advisory committees, the basic information for that particular sport would be included in an appendix. However, as referenced under the heading "Regional Advisory Committees," more information concerning general NCAA policy governing regional advisory committees can be found later in the handbook and in the NCAA Manuals.



THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION
 P.O. Box 6222
 Indianapolis, Indiana 46206-6222
 317/917-6222
www.ncaa.org
 January 2010

NCAA, NCAA logo and NATIONAL COLLEGIATE ATHLETIC ASSOCIATION are registered marks of the Association and use in any manner is prohibited unless prior approval is obtained from the Association.

Men's and Women's Indoor Track Championships Information

Important Dates

Tuesday, December 1—Deadline for applications to host an indoor last chance meet.

Sunday, January 31—Deadline for applications to host an outdoor last chance meet.

Saturday, March 6—Last date a qualifying mark may be made, except for conference championships, by 11:59 p.m. local time.

Proof-of-performance deadline, 11:59 p.m. (competitor's time zone).

Reminder: This POP form is NOT your final entry.

Sunday, March 7—Coaches must send entry forms online to enter student-athletes (automatic and provisional) by event and confirm performances, between 10 a.m and 5 p.m. (EST) Sunday. Entries submitted after the specified times shall be considered late (See Late Entries). Challenges will also occur during this time for erroneous marks listed on the final performance lists. Challenges to the selected fields will occur between 10 a.m. and noon (EST) Monday, March 8.

5 p.m.—Entries considered late but may be considered for the meet until 8 p.m. ET (See Late Entries).

Monday, March 8 - 8 a.m.—"Unofficial preliminary fields" posted.

10 a.m.-Noon—Challenge period to erroneous marks listed on final performance lists.

1 p.m.—Final entries posted.

6 p.m.—Heat sheets posted.

Thursday, March 11—Packet pickup, 1 to 3 p.m. local time

General Administration

Date Formula

The Division III Men's and Women's Indoor Track and Field Championships will be held annually on the second Friday and Saturday in March.

Dates and Sites

[Reference: Bylaw 31.1.3 in the NCAA Manual.]

March 12-13, 2010—DePauw University, Greencastle, Indiana. Kori Stoffregen - 765/658-4945, kstoffregen@depauw.edu.

Meet Web site - <http://www.depauw.edu/ath/ncaatrack2010/index.asp>

Future Sites

March 11-12, 2011 - Ohio Wesleyan University.

March 9-10, 2012 - TBD.

March 8-9, 2013 - TBD.

Sports Committees

[Reference: Administration and Management in the Division III General Section and Bylaws 31.1.1 and 31.1.2 in the NCAA Division III Manual.]

The Division III Men's and Women's Indoor Track Championships are under the control, direction and supervision of the NCAA Men's and Women's Track and Field Committee. Robert Podkaminer serves as the secretary-rules editor. Divisional subcommittees supervise their respective championships.

Men's and Women's Track and Field Subcommittee

Representing men's track:

Barbara Crousen, McMurry University

Malcolm Dunn, Whitman College

Chuck Wilcoxon, Principia College

Chris Bayless, Ursinus College

Representing women's track:

Jennifer Potter, Ithaca College

Kris Boey, Ohio Wesleyan University

Jon Hird, University of Massachusetts, Dartmouth

Will Freeman, Grinnell College

For additional information about the NCAA Men's and Women's Indoor Track Championships, contact the following:

John Williams
Director of Championships
NCAA
P.O. Box 6222
Indianapolis, Indiana
46206-6222
Phone: 317/917-6316
Fax: 317/917-6237
e-mail: jawilliams@ncaa.org

Chuck Wilcoxon
Chair of the Division III Subcommittee
Head Cross Country/Track and Field
Coach
Principia College
100 Maybeck Place
Elsah, Illinois 62028
Phone: 618/374-5032
Fax: 618/374-5221
e-mail: chuck.wilcoxon@principia.edu

Annual Forms

Proof-of-Performance Form. A proof-of-performance form must be submitted to verify the performance of a student-athlete who meets a qualifying standard for a particular event. The forms should be submitted not later than five days after the performance. Forms submitted between December 1 and March 7 must be sent online to Jack Moran at raceberryjam.com. Forms will not be accepted after 11:59 p.m. (competitor's time zone) Saturday, March 6.

Expense Reimbursement Form. Expense forms with instructions will be available on the NCAA Web site (www1.ncaa.org/finance/travel/index.html). From that page, click on Indoor Track. Forms can be mailed to the director of athletics of each competing institution, if they are unable to be accessed via the Web site. Please contact the travel department at the national office (317/917-6757; e-mail: travel@ncaa.org) to receive hard copies of the form. Completed forms must be received at the NCAA national office within 30 days of the day of competition.

[Reference: Squad Size (page 23) in this handbook and Per Diem in the Division III General Section, and Bylaw 31.4.6 in the NCAA Manual.]

Financial Report Form. The NCAA has implemented an online proposed budget and financial report process. We request that prospective hosts no longer complete hard copies of the proposed budget for this championship. The online version of the proposed budget and financial report form may be accessed on the NCAA Web site at http://www.ncaa.org/champadmin/champ_budget/. Please note that the online form is password protected. Your institution's athletics director should have the necessary membership database username and password on file. Written instructions on how to complete the automated forms are located at the site referenced above and on each sport specific Web site in the Documents and Forms section. If you have any questions regarding the new process, please contact the appropriate NCAA sport liaison.

[Reference: Bylaw 31.4 in the NCAA Manual.]

Determination of Participants

Qualification Procedures

Qualifying Period. Qualifying standards for the NCAA Men's and Women's Indoor Track and Field Championships must be met during the current season in indoor competition from November 30, 2009, through March 6, 2010. Qualifying performances must be made during a regularly scheduled indoor track and field meet.

Marks will not be acceptable if they are set in meets or events:

1. Where fewer than two four-year institutions with a minimum of 10 student-athletes per gender per institution compete, or fewer than five four-year institutions participate;
2. Where fewer than 10 collegiate or open events per gender are contested;
3. Where men and women compete together in a running event or a cross country race (except the 10,000 meter on the track);
4. Where contestants or spectators are asked to officiate;
5. Held on other than certified (i.e. at initial construction or resurfacing) and regularly used facilities;
6. Where official results are not kept and available for inspection (i.e., retain photos, hand times and field-event results through July 1, of current year);
7. Involving only combined events competition where fewer than six (6) contestants start or all participants are from the same team;
8. Where a combined events contestant who obtains a qualifying mark abandons the combined event competition, unless the competitor is medically excused from further competition by a medical doctor/certified trainer assigned by meet management (see Rule 9-2-8);
9. Where all implements are not measured and weighed before the start of competition;
10. Where intermediate times are taken from a longer race (e.g., 800 meters during 1,000 meter-run); and
11. Where the sand is not level with the takeoff board and runway.

All qualifying marks must be made during indoor competition using an indoor facility. (Exception: The weight throws may be conducted outdoors.) In addition, qualifying standards in oval events may not be met on banked tracks of more than 220 yards.

Last-Chance Meets. Division III institutions wanting to host an indoor meet, other than a conference meet, from March 1-6, 2010, must petition the NCAA for sanctioning before December 1, 2009. The committee will then review the applications and post the approved list online by December 15, 2009. Institutions must complete the final qualifying meet criteria form found on the NCAA Web site (<http://www.ncaa.org/wps/ncaa?ContentID=566>) and submit it to John Williams at the NCAA. Individual institutions may apply to host only one meet during this period.

Process for Approval of non-Division III Meets. At least one week before the last -chance qualifying period, a request to compete in a non-Division III meet must be submitted to Mr. Williams (jawilliams@ncaa.org) with the meet name, dates, host institution, meet director name and meet website for results. The chair of the Division III track and field subcommittee will determine the meet's validity on their own or in

consultation with the national committee member from that region. A meet's validity will be determined by its adherence to all NCAA rules as noted for qualifying. Marks from meets other than these will not be accepted. The list of approved meets will be placed on www.raceberryjam.com and the NCAA Web site.

Rules. All collegiate meets shall be run in accordance with the NCAA false-start rule; however, student-athletes may qualify for the indoor championships in meets conducted under International Amateur Athletic Federation (IAAF) rules.

Measurements. Qualifying times for all races two laps or fewer (400 meters or less) must use a fully automatic timing device (FAT). Manual times (MT) will not be accepted.

Field-event marks must be measured, recorded and submitted metrically. Metrics is the only system of measurement that will be accepted. A certified device must be used to weigh and measure all implements.

Horizontal jump pits must conform to NCAA specifications regarding sand levels.

A student-athlete whose institution does not comply with the following provisions will not be allowed to compete in the championships.

Championship Information/Entry Procedures

[Reference: Annual Forms in the General Administration section of this handbook.]

A student-athlete whose institution does not comply with the following provisions will not be allowed to compete in the championships.

Qualifying Standards. The qualifying standards listed in the appendix have been established for the 2010 NCAA Division III Men's and Women's Indoor Track and Field Championships. No conversions of times will be allowed. Altitude adjustments have been established for qualifying standards at elevations above 3,000 feet for races of 800 meters and longer. Altitude adjustments are listed in the 2009 and 2010 NCAA Men's and Women's Track and Field/Cross Country Rules book or online from the NCAA track and field website.

Proof-of-Performance Form. All performances accepted for the championships must be verified by a proof-of-performance form. Proof-of-performance forms must be completed and submitted online not later than five (5) days after the performance.

Forms submitted between November 30, 2009 through March 6, 2010, must be sent online to Jack Moran at www.raceberryjam.com. Forms will not be accepted after 11:59 p.m. (competitor's time zone) Saturday, March 6.

Coaches must send proof-of-performance forms both for new qualifiers and to update performances of previously qualified student-athletes, even if a prior mark submitted meets an automatic standard.

Late Proof-of-Performance Forms. Forms submitted more than five days after the qualifying performance will be subject to a fine of \$25 per form, up to a maximum of \$300 per team (men's and women's counted as separate teams). Fines must be paid at packet pick-up before the student-athlete can compete in the championships.

Erroneous Times/Marks. Before the entry period and not later than five (5) days after the qualifying performance, times/marks may be corrected. Corrections completed

after the five (5) days will be subjected to a fine of \$50, up to a maximum of \$300 per team (men's and women's teams count separately). Times/marks challenged and not previously corrected by the coach shall be subjected to a fine.

Student-athletes whose performances are submitted erroneously or with incorrectly listed fully automatic times (FAT), manual times (MT) or marks, will not be allowed to qualify with those times/marks in that event.

After the challenge period, any erroneous performances discovered will result in the student-athlete being disqualified from competition, no reimbursement for travel or per diem being provided by the NCAA, and the institution's director of athletics being made aware of the infractions by a letter from the chair of the Division III subcommittee. Additionally, a fine may be assessed.

Performance Lists. Weekly performance lists will be available via the NCAA Web site (<http://www.ncaa.org/wps/ncaa?ContentID=566>) and www.raceberryjam.com, based upon submitted proof-of-performances forms, beginning November 30, 2009 through March 6, 2010. A final performance list will be available via the NCAA Web site and www.raceberryjam.com, based upon submitted proof-of-performance forms, beginning November 30, 2009 through March 6, 2010. Do not call the championships host institution for this information.

In events in which manual times (MT) are accepted, performances will be ranked on the performance lists using the conversion from MT to fully automatic times (FAT) in qualifying standards for that event. Once accepted into the meet, the manual time will be penalized by 0.30 seconds in the performance lists.

Entry Procedures. Member institutions must adhere to the following guidelines when entering their student-athletes:

1. Coaches or directors of athletics of qualifying student-athletes (automatic and provisional) must make final entries online Sunday, March 7 from 10 a.m. until 5 p.m. (EST). Early entries will not be accepted.
2. Student-athletes must be entered by event and performance. All entries are final. A "dialogue box" is available for coaches to request preference when a student-athlete has qualified for multiple events. The entry form will be available online at www.raceberryjam.com.
3. Coaches or directors of athletics must complete all sections of the entry form and submit the entry online. Institutions must provide a telephone number where the head coach or director of athletics can be contacted, beginning at 5 p.m. (local host time), Sunday, March 7.
4. Coaches of student-athletes entered as automatic or provisional qualifiers who are accepted into the championships can obtain the accepted field information online at www.raceberryjam.com by 1 p.m. (local host time) Monday, March 8.
5. The names of all participants who qualified on relay teams must be given as part of the relay entry along with the designated alternate per the requirements of the substitution rule (Refer to Relay Substitutions and Proof-of-Performance Form for additional requirements). Only one relay team per institution can be declared.
6. Coaches are required to notify the NCAA Division III subcommittee if their institution does not plan to enter a student-athlete(s) that has met either the automatic or provisional standard(s).

Erroneous Entries. Entry forms that are submitted incorrectly (i.e., incorrect times,

distances, relay events, etc.) will be assessed a \$50 fine. All fines must be paid before the student-athlete can compete at the national championships.

Late Entry. Entries received after 5 p.m. ET, Sunday, March 7 will be considered late, but may be considered for the meet until 8 p.m. ET. Accepted late entries will be subject to a \$100 fine. A letter indicating the circumstances of the fine will be sent to the institution's director of athletics.

Relay Declarations. With regard to relay events, the following declaration and substitution/alternate policies will apply:

1. Only one qualified relay team per institution, with the names of the individuals who ran the qualifying time and who meet NCAA championships eligibility criteria, can be declared during the designated declaration period.
2. Qualified student-athletes who have been declared and are accepted into the championships in another event shall be allowed to run in any relay heat or final.
3. One additional student-athlete (per institution/per gender) listed on the eligibility form may be declared as a relay alternate. (Please note: if identifying a relay alternate, only one alternate per relay team may be named on the entry form.) This alternate shall be allowed to run in any relay heat or final. The transportation and per diem expenses for this alternate will not be reimbursed by the NCAA.
4. The NCAA shall reimburse transportation and per diem expenses, if available, for a maximum of four members per relay team. Note: The NCAA will not reimburse transportation expenses and per diem for any alternate, whether or not he or she competes.

Challenge Period

1. Any challenges to student-athletes' performances must be made during the entry period, 10 a.m. - 5 p.m. ET Sunday, March 7. Performance challenges will be reviewed and acted up on by the subcommittee. Final entries for the championships will be posted online at www.ncaa.org and www.raceberryjam.com.
2. The final field selection challenge period is 10 a.m. - Noon ET, Monday March 8. This challenge period is time to be used for coaches to ask questions about their student-athletes' selection status, if there is an error in the posted mark, or if a coach is challenging a mark submitted from another competitor. This time is not to be used to accept any late entries or to change entry information that would add to the student-athletes in the field. Final official fields will be posted at 1 p.m. ET, Monday, March 8.

Banquet Tickets/Mementos/Credentials. Banquet tickets, mementos and credentials will be distributed per gender to the coaches as follows:

No. of Student-Athletes	No. of Passes
1-5	1
6-10	2
11-15	3
16 or more	4

Additional credentials for institutional personnel may be purchased for the cost of an all-session pass during packet pickup.

Additional banquet tickets may be purchased at packet pickup on a first come first serve basis.

Equipment. The NCAA will provide the weight implement for the exclusive use at the 2010 indoor track and field championships.

- Gill Item #3950 - 20 pound Orbiter Indoor Throwing Weight
- Gill Item #3959 - 20 lbs. Tungsten Orbiter Throwing Weight
- Gill Item #3955 - 35 lbs. Orbiter Indoor Throwing Weight
- Gill Item #3958 - 35 lbs. Tungsten Orbiter Throwing Weight

No other weights will be thrown and institutions will not be allowed to use their weight implements for competition at the championships.

Events/Number of Participants

[Note: For order of events, see the appendix.]

The Executive Committee has approved a qualifying procedure that allows a maximum of 223 men and 223 women to participate. All eligible student-athletes who meet an automatic standard will be entered in the championships. Eligible student-athletes who meet a provisional standard will be added from the performance lists established from submitted proof-of-performance forms. Student-athletes will be added from the provisional list until the number of allowable participants has been reached. Each event will be filled to the following minimums.

Minimum Field Sizes

Event	Men	Women
55-Meter Dash	11	11
55-Meter Hurdles	11	11
400-Meter Dash	11	11
800-Meter Run	11	11
Mile Run	11	11
5,000-Meter Run	11	11
1,600-Meter Relay	10	10
Distance Medley Relay	10	10
High Jump	11	11
Pole Vault	11	11
Long Jump	11	11
Triple Jump	11	11
Shot Put	11	11
Weight Throw	11	11
Pentathlon	11	11

The committee will add to the field, on an event-by-event basis, the next person on the descending-order list IF that individual is already in the meet in another event, and the addition of that person does not compromise the safety of the event. In the event of a tie for such a position, only student-athletes already in the meet in another event may be added to the field (subject to the aforementioned limits).

Certification of Eligibility/Availability

[Reference: Certification of Eligibility/Availability in the Division III General Section and Bylaws 3.2.4, 12, 13, 14, 15 and 16 in the NCAA Manual.]

Only student-athletes eligible under Bylaws 12, 13, 14, 15 and 16 may compete in NCAA championships. In accordance with Bylaw 3.2.4, member institutions are

required to certify the eligibility of their student-athletes before the beginning of each academic year and to withhold ineligible student-athletes from all intercollegiate competition. Member institutions are reminded to notify the NCAA national office before the selection date for each championship of any student-athlete who may have participated in regular-season competition but subsequently is determined to be ineligible or unavailable for NCAA championships competition.

For the indoor track championships, the championships manager must be notified before March 6, 2009.

Religious Conflicts

[Reference: Certification of Eligibility/Availability in the Division III General Section and Bylaws 3.2.4, 12, 13, 14, 15 and 16 in the NCAA Manual.]

Please note that the NCAA Division III Presidents Council has approved the following policies for the 2009-10 championships.

Religious Reasons. If a participating institution has a written policy against competition on a particular day for religious reasons, it shall inform the NCAA championships staff liaison in writing one week before the selection date in order for it or one of its student-athletes to be excused from competing on that day. The championships schedule shall be adjusted to accommodate that institution.

Instructions to Participants

Adjusted Place Standings

[Reference: Bylaw 31.2.2.4-(a) in the NCAA Division III Manual.]

If a student-athlete is found to be ineligible, that individual's performance shall be stricken from the championships record, the points the student-athlete has contributed to the team's total shall be deleted, the team standings shall be adjusted accordingly, and any awards involved shall be returned to the Association. Further, the placement of other competitors shall be altered and awards presented accordingly.

Appeals

Any appeal of a referee's decision must be made on the provided championship protest form and must be accompanied by an appeal fee of \$50 cash. This fee is refundable only if the appeal is upheld. Please see the Protest Procedure section in this handbook for more information.

Attendance

Please note that in determining the attendance figures to announce for each session of the championship, this number should be derived based on paid attendance. The paid attendance figures are also what should be listed on the online proposed budget and the online final financial report. If no paid attendance is collected, the host institution/conference should provide an estimated attendance figure. The host institution/conference has the option to provide a "turnstile" count [e.g., 34,575 paid attendance (12,456 turnstile attendance)].

Audio Coverage (Radio and Internet)

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found on www.ncaasports.com/broadcast.

Awards

[Reference: Awards in the Division III General Section and Bylaw 31.1.11 in the NCAA Division III Manual.]

Official NCAA awards will be presented to the top eight finishers in each event. First-, second-, third- and fourth-place team trophies will be awarded. Participation medallions will be presented to all student-athletes competing in or in uniform at the championships that do not receive an NCAA individual event mini-trophy. These medallions will be sent to the institution's director of athletics after the competition.

Drug Testing

[Reference: Drug Testing in the Division III General Section and Bylaws 18.4.1.5 and 31.2.3 in the NCAA Division III Manual.]

Student-athletes who compete in the championships may be subjected to drug tests in accordance with Bylaws 18.4.1.5 and 31.2.3 and may be determined to be ineligible

as a result thereof. Only student-athletes who have consented in writing to such testing are initially eligible for the championships; and thereafter, student-athletes who are tested shall remain eligible only if they test negative.

NCAA championships committees, following a recommendation from the NCAA drug-testing subcommittee, have discontinued the practice of announcing whether drug testing will be conducted at NCAA championship events.

Although knowing prior to competition whether NCAA drug testing was to occur had value for reasons of convenience, it left open the possibility that student-athletes might be tempted to use banned substances if they knew that NCAA testing was not being conducted at the site of competition.

Therefore, all coaches and student-athletes should presume that NCAA drug testing will occur at this championship event. Please inform your student-athletes that in the event they are notified of their selection for drug testing, the student-athlete must inform an official representative of your institution (e.g., coach, athletic trainer) before proceeding to the drug-testing site. Student-athletes will be reminded by the courier to contact their team representative.

If drug-testing were to occur the following format would be used:

Number Tested - 68

Test Plan - Winner and 1 at random from each individual event; winning team and 1 at random from each relay event after athletes' last event of the day.

Lodging

The host institution will be responsible for advising participating institutions of available local accommodations at the site of the championships. Each competing institution is responsible for making its own room reservations and arrangements. A listing of hotel accommodations in the area of the championships is posted on the meet Web site.

Media Arrangements

Media Credentials. Requests for working media credentials shall be directed to the championships' host media coordinator. One credential will be issued, upon written request before the championships, to each competing institutions' sports information staff; this person must be an employee of the institution.

The NCAA shall control the issuance of media credentials for each of its championships. Subject to limitations of space, media credentials shall be assigned in accordance with the following priorities: (1) campus media certified by the director of athletics and/or sports information director of each participating and host institution, (2) certified media from the immediate locale of the championships or the immediate locale of the competing teams, and (3) other certified media.

Credentials will not be issued to representatives of any organization that regularly publishes, broadcasts or otherwise promotes the advertising of "tout sheets" or "tip sheets" or other advertising designed to encourage gambling on college sports events. In addition, credentials will not be issued to representatives of telephone reporting services and professional sports organizations.

Other conditions for obtaining media credentials may be implemented, based on the circumstances at the championships site.

Microphones. The placement of microphones on a team coach or in team huddles is prohibited.

Postcompetition Interviews. Immediately after a 10-minute cooling-off period (i.e., 10 minutes after a team or individual concludes competition), an interview area will open to all certified members of the news media; all coaches and student-athletes must be made available for interviews. If a team or individual is participating in an awards ceremony, the cooling-off period will begin immediately after the presentation. This not only applies to formal press conferences but also to any interview requests made to coaches and/or student-athletes not involved in the press conference. Failure to do so may result in possible misconduct, as determined by the respective sports committees.

Regardless of any regular-season radio or television contract(s), the coach is obligated to the entire covering media during the championship and must report to the interview area immediately after the 10-minute cooling-off period. The coach cannot delay a postcompetition interview with the covering media to conduct a program for a single newspaper, radio or television reporter, unless requested to remain for a short interview (not to exceed four minutes) by the television entity that has been granted television rights by the NCAA.

Coaches cannot make themselves available to selected media representatives before the conclusion of the 10-minute cooling-off period. They may, however, open their dressing rooms and/or report to the interview area before the cooling-off period ends, and make themselves available to all media representatives staffing the championships.

Meetings

[Reference: Misconduct in the Division III General Section and Bylaws 31.02.3 and 31.1.9 in the NCAA Division III Manual.]

The coaches meeting will not be held at the indoor championships. All information will be given to the coaches in their coaches packets and posted on the championships meet Web site. Coaches will receive meet specific information in the final instruction sheet and will receive information on the provisions of Bylaw 31.1.9, (which prescribes conditions under which a student-athlete or representative of an institution may be disqualified from further participation in the championships for reasons of misconduct), along with policies in regards to the drug testing format, and uniform/logo policies. Coaches will be responsible for all information provided in their packets as it relates to their competitors and the championships. Coaches will have to sign that they received all of the information and will comply with enclosed policies.

Merchandise

Teams selected to participate in NCAA championships will have the opportunity to preorder event merchandise online through the official NCAA souvenir merchandiser, Event 1, Inc. After selection, teams will receive instructions for placing orders. All orders will be shipped directly to the institution the week after competition. Questions regarding the online team ordering process may be directed to Gina Taylor at Event 1 at 888/745-3058.

News, Media, Press Conferences and Satellite Feeds

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found on www.ncaasports.com/broadcast.

Officials

For the men's and women's championships, two head starters, one recall starter, one announcer, two clerks of the course, one track referee, one jump referee and one throw referee will be hired and will receive ground transportation, per diem and allotted fees.

The announcer, two head starters, track referee, jump referee and throw referee will each receive a fee of \$125 per day. The recall starter and two clerks of the course will each receive \$100 per day. All officials will receive ground transportation expenses (51 cents per mile round trip; local transportation not included). If necessary, the committee is authorized to fly in two officials, which requires the approval of the NCAA liaison.

Travel/Per Diem. Travel expenses for the officials will be paid according to the actual mode of transportation, not to exceed jet coach airfare or 50 cents per mile, but not including terminal or other local transportation. Officials who receive approval for air transportation must make flight arrangements through the NCAA travel service, Short's Travel Management, 866/655-9215.

Hotel expenses (excluding incidentals) for officials required to stay overnight at the championship site shall be paid by the host institution and later reimbursed by the NCAA. Officials will receive a \$45 per diem for meals and incidentals for each day of the championships, beginning with the day of arrival and ending with the day of departure. Officials not required to remain overnight at the site also shall receive a \$45 per diem.

Local Transportation/Officials and NCAA Representatives. The NCAA shall pay for the rental of cars for a predetermined number of championships officials and NCAA committee representative(s). The championships staff will make all arrangements directly through Short's Travel and communicate arrangements to the individuals who have been approved to rent cars.

The NCAA representatives and/or designated officials shall be responsible for payment for the rental car, the cost of which will be reimbursed by the host institution.

The NCAA representatives and/or designated officials shall return their rental car agreements to the host institution of the competition for reimbursement. In the event a host agency is involved, the rental agreement shall be returned to the NCAA national office for reimbursement.

The NCAA national office shall explain the above procedure in advance to NCAA representatives and designated officials. In addition, host institutions should review the procedure and reimbursement process with each individual during the precompetition meeting.

Additional Officials. The NCAA will also cover lodging (two nights at double occupancy) for an additional 60 officials (outside of the identified nine key officials listed above). Also a \$40 fee for each day worked (Friday and Saturday) for the

additional 60 officials (outside of the identified nine key officials listed above).

Policies. A sports committee or games committee may not require membership in any specific officials association as a prerequisite for selection to officiate in an NCAA meet. Officials shall be selected and assigned by the sports committee or games committee, which shall ensure that officials adhere to the Association's policies relating to gambling activities and drug and alcohol use. Furthermore, officials must conduct themselves in a manner befitting intercollegiate athletics. Failure to do so may result in termination of the officiating assignment.

Programs

[Reference: Advertising in the Division I General Section and Bylaw 31.1.14.1 in the NCAA Manual.]

IMG College (formerly Host Communications, Inc.) will be responsible for all program production including layout and design, advertising, printing, vending and distribution to the championship sites. No competing publications, whether sold or free of charge, are permitted at NCAA events without prior permission of the NCAA and IMG College. The championships host should not include expenses or revenues for programs in the championship budget and/or financial report. All program contents are subject to NCAA approval.

Advertising

Each program will include NCAA corporate champion and partner advertising. Additionally, programs may include non-competing national ads as well as local ads. All ads must follow NCAA advertising guidelines and are subject to NCAA approval. If your school would like to sell advertising into the official program or you know of an individual who would like to serve as a local advertising representative, please contact Doug Iler (502/459-4346; doug.iler@imgworld.com) for information regarding rates, availability and deadlines.

Editorial

If you are interested in the specific content of the program you will receive, please contact Dan King (859/226-4588; dan.king@imgworld.com).

Generally, programs include the following:

1. Participant information - IMG College will request information, including rosters, schedule/results, photos, school quick facts and logos. If your team is Eligible for postseason selection, please send all materials that are requested by the date requested. Programs print on the day selections for the championship are announced. If materials are not on file, your school's information will not be included. IMG College will attempt to provide proofs for SID approval when time permits. If you are not sure what/when materials are needed, please contact Ms. Stoess at IMG College.
2. Programs for predetermined sites will include information on the host institution, host city and/or host facility. In addition, some programs provide complimentary advertising space. IMG College will contact via e-mail the tournament manager and sports information contacts, as listed on the key contact sheets submitted to the NCAA, with the specifics of what items are needed and when those items are due. Host institution pages are subject to NCAA approval.
3. Event-specific historical information, including past champions, records, all-tournament teams and/or the previous year's recap.

4. Information on the NCAA, including the sport committee.
5. Feature stories - Not all programs include event/sport-specific features. However, if you have an idea for a feature story, please submit it to Ms. Stoess at IMG College.

Program Supplements and Update Sheets

Host institutions for single-day/session championship rounds may choose to supplement the program with additional information (e.g., updated statistics or updated game notes) pertaining to the event at its site that day. The cost of producing these supplements will be covered by the host institution and will not be expensed to the NCAA or IMG College, the content must be approved by IMG College prior to the event and the supplements must be distributed inside and as a part of the program. The cost of the program cannot be raised as a result of the supplement. Once all programs have been sold, these supplements may be given away or sold at the discretion of the host institution, with all potential revenue for such remaining with the host institution. No advertising of any kind may be sold or placed on the supplements. If supplements are distributed, following the conclusion of the championship event please mail two samples of each supplement to Dan King (IMG College, 904 North Broadway, Lexington, KY 40505, ATTN: Dan King).

For championships that have multiple sessions, matches, events or days, host institutions may choose or be required by the NCAA to produce update sheets (e.g., heat sheets, lane assignments, pairings). IMG College will contact hosts of those championships in advance of their events to discuss projected quantities and the paper on which update sheets should be printed. The cost of producing the update sheets will be covered by the host institution and not be expensed to the NCAA or IMG College. The first update sheet of the event should be distributed inside and as a part of the program. Subsequent update sheets complement the program and are to be redeemed only with a coupon from the program. The cost of the program cannot be raised as a result of the update sheet. Once all programs have been sold, update sheets may be given away or sold at the discretion of the host institution, with all potential revenue for such remaining with the host institution. No advertising of any kind may be sold or placed on the update sheets. If update sheets are distributed, following the conclusion of the championship event please mail two samples of each update sheet to Ms. Stoess (IMG College, 904 North Broadway, Lexington, KY 40505, ATTN: Dan King).

If a host institution would like to supplement the program with additional information, or has a question about the update sheets, please contact Matt Briggs at IMG College (859/226-4556; matthew.briggs@imgworld.com).

Program Sales

1. Predetermined sites: Will be contacted at least two weeks prior to the event. If you have not been contacted within two weeks of your championship, please contact Matt Briggs (859/226-4556; matthew.briggs@imgworld.com). You will receive your vending agreement (contract) and settlement statement prior to the championship.
2. Non-predetermined sites: Once sites are announced, IMG College determines how many programs will be sent to each site and will contact the site. Your vending agreement (contract) and settlement statement will be e-mailed within one day of your site being selected.

3. Distribution of programs: Programs will be shipped to the host institution at least one day prior to the event when possible. If your shipping information is different than that on the contract please contact Mr. Briggs at IMG College immediately.
4. Display of programs: Any posters/banners included with the programs should be hung in a visible location to promote awareness for the programs without obstructing other championship signage.
5. Collections
 - a. Contracts
 - i. Upon site selections, all contracts are e-mailed to each site representative
 - ii. A dedicated fax number will be assigned for receiving all signed contracts back to IMG College (859/226-4575)
 - iii. An IMG College representative will track the return of all signed vending contracts to Host Communications
 - b. Settlement Reports
 - i. Three days after the conclusion of the event, all settlement reports must be faxed to IMG College (859/226-4575)
 - ii. The vendor will have two weeks to submit payment to IMG College.
 - iii. An IMG College representative will be assigned to track the receipt of all vending settlement reports and payments
 - iv. If payment and/or settlement have not been received within the two-week period, IMG College will include the site/ championship on its "No Pay" list sent to the NCAA
 - v. Do not combine settlement statements for separate rounds/events or combine program settlements with Event 1 merchandise
 - vi. Please include the event number on the check that is sent

Please contact Matt Briggs (859/226-4556; matthew.briggs@imgworld.com) at IMG College with any vending-related questions.

Protest Procedures

Regular-Season Procedure. A regular season protest of a submitted performance on the NCAA performance list may be conducted up to eight days after a meet. The individual filing the protest must be in attendance at the meet in question. The protesting school must complete the regular season protest form (http://web1.ncaa.org/web_files/championships/track/2008RegularSeasonProtestForm.pdf) and send to the committee chair of NCAA liaison.

The subcommittee will then gather information, render a decision and inform all affected parties. The affected coach will then have five days to appeal the subcommittee's decision and must complete the appeal form (http://web1.ncaa.org/web_files/championships/track/2008RegularSeasonAppealForm.pdf) and submit to the NCAA championships manager. The subcommittee will then reconvene and rule on the appeal and communicate that decision to the affected parties. The decision of the appeal is final and will be sent to the head coach and athletic administrator at that institution.

Championships Procedure. All protests must be filed on the official protest form, available at the assigned protest area. One copy shall be posted in the designated protest area, and the other copies shall be given to the referee. A protest must be filed no later than 30 minutes after the unofficial results are posted.

The referee's decision shall be written on each copy of the protest. One copy shall be returned to the protesting coach, and the other copy shall be placed in the subcommittee's files. Should the protesting coach choose to petition the matter to the games committee, a \$50 appeal fee shall be charged. The fee shall be refunded if the decision is reversed in favor of the coach.

Video Review Language. The newly revised Rule 4-3-6 now allows an official video to be designated by the games committee (prior to the meet) to be utilized during protests and appeals to aid in the decision-making process. This stipulation and use of an official video will be up to each individual games committee at each regular season meet, as to ensure the video is useful in providing the proper angle and is in the proper location at the event to be effective in ruling on a protest.

For Division III this rule will apply to each regular season meet and it will be up to each games committee to determine if the ability to have a video is necessary and feasible. For the Division III Indoor and Outdoor Track and Field Championships the Division III Men's and Women's Track and Field Committee has ruled that video review will NOT be permitted for evidence during any protest or appeal. During a protest ruling any available evidence, except video, at the discretion of the national committee will continued to be used, and such evidence that would specifically be excluded is all visual material except that produced by official photo-timing.

Results

Two copies of the official results of all national championships competition and two copies of the program are to be filed with the championships staff of the NCAA national office (NCAA Distribution Center, 1802 Alonzo Watford Sr. Drive, Indianapolis, Indiana 46202, attention John Williams). The sports information director of the host institution is responsible for forwarding the material immediately after the competition.

Rules

[Reference: Bylaw 31.1.6 in the NCAA Division III Manual.]

Per NCAA Bylaw 17.32, member institutions shall conduct all of their intercollegiate competition in accordance with the playing rules of the Association in all sports for which the NCAA develops playing rules. For those sports in which the Association follows rules that are developed by other governing bodies and modified by the governing sports committee, the adopted playing rules shall be used. The governing sports committee will not consider any results for selection purposes that are not played in accordance with NCAA rules, or those rules adopted by an outside organization.

2009 and 2010 NCAA Men's and Women's Track and Field/Cross Country Rules shall be followed where appropriate. Reference is made in the rules to certain publications of the International Association of Athletics Federations (IAAF), which provide more comprehensive detail in certain instances. Information on obtaining IAAF publications may be obtained by writing USA Track and Field, P.O. Box 120, Indianapolis, Indiana 46206-0120, or by accessing its Web site at usatf.org. The IAAF Web site address is iaaf.org.

The Men's and Women's Track and Field Committee has determined that a student-athlete applying paint or any other permanent marking, other than a material approved

by the games committee, to any portion of a permanent facility automatically will be disqualified from competition. All markings must be in accordance with NCAA Men's and Women's Track and Field/Cross Country Rules.

Scoring

The men's and women's championships will use the eight-place scoring system (10-8-6-5-4-3-2-1) in individual and relay events (i.e., first place earns 10 team points, second place earns eight team points, etc.).

Squad Size

[Reference: Per Diem and Transportation in the Division III General Section.]

For the championships, transportation expenses and a \$75 per diem will be provided for all participants and for one nonathlete for institutions with one to five individuals selected, for two nonathletes for institutions with six to 10 individuals selected, for three nonathletes for institutions with 11 to 15 individuals selected, and for four nonathletes for institutions with 16 or more individuals selected.

Participants selected to participate in the indoor championships must actually participate to receive travel and per diem. Those declared student-athletes who attend the meet with a pre-existing injury that prohibits the student-athlete from giving an honest effort may be denied travel and per diem. Those who are injured at the championships and cannot continue to participate must report to the host sports-medicine staff for clearance.

Television Rights and Footage Licensing

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found on www.ncaasports.com/broadcast.

Transportation

[Reference: Squad Size in this handbook and Per Diem and Transportation in the Division III General Section.]

Transportation and per diem (for 3.5 days) will be provided for all participants and for the following non-athletes:

No. of Student-Athletes	No. of Non-Athletes
1-5	1
6-10	2
11-15	3
16 or more	4

Teams located within 500 ground miles of the competition site are required to travel via ground transportation. Mileage is calculated on the shortest route through the NCAA Travel Expense System's mileage calculator (<https://web1.ncaa.org/TES/exec/login?js=true>). If an institution is eligible to use air transportation flights must be made through Short's Travel (866/655-9215) in order to receive the NCAA guarantee for air travel.

For more travel information and the reimbursement forms and policies please go online to: <http://www1.ncaa.org/finance/travelindex.html>.

Uniforms

[Reference: Bylaw 12.5.4 in the NCAA Division III Manual and Rule 4-3-1 in 2009 and 2010 NCAA Track and Field/Cross Country Rules.]

When engaged in competition, each student-athlete must wear an official team uniform or be disqualified. Wearing any part of the official team competition uniform illegally (e.g., top off or intentionally shortened, shoulder straps lowered) while in the area of competition shall lead to a warning by the nearest official that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and offending competitor's coach.

A uniform consists of two school-issued components - shorts or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components. Any outer garment (e.g., sweat pants, tights) that is school-issued becomes the official uniform, when worn.

The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.

The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for competitors' numbers to be placed above the waist, front and back.

Uniform tops must be worn so to not obscure hip numbers.

Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.

The use of, or wearing of, artificial noisemakers by competitors is prohibited.

All relay team members must wear uniforms clearly indicating, through color, logo and combination of all worn outer garments, that members are from the same team.

Visible undergarments on the top (e.g., t-shirts) worn by team members must be of an identical solid color. Visible undergarments on the bottom (e.g., tights of any length) must be of an identical solid color.

Logos. An institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2¼ square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2¼ square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution.

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, which includes any premeet or postmeet activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff.

Videotapes, Films and Still Photographs

[Reference: Bylaw 31.6.4.2 in the NCAA Division III Manual.]

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found on <http://www.ncaa.com/broadcast/broadcast.html>.

Web Sites/Internet

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found on <http://www.ncaa.com/broadcast/broadcast.html>.

Appendix

Men's and Women's 2010 Indoor Qualifying Standards

MEN

(Sea Level)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.34	—	6.47	—
60 Meters	6.82	—	6.95	—
55-Meter Hurdles	7.55	—	7.74	—
60-Meter Hurdles	8.13	—	8.33	—
400 Meters				
(Under 200m/220 yds)*	49.05	—	50.15	—
(200m/220 yds-Flat)*	48.75	—	49.85	—
(200m/220 yds-Banked)*	48.25	—	49.35	—
(Over 200m/220 yds)*	48.15	—	49.25	—
800 Meters#				
(Under 200m/220 yds)*	1:53.20	1:52.9	1:55.30	1:55.0
(200m/220 yds-Flat)*	1:52.80	1:52.5	1:54.90	1:54.6
(200m/220 yds-Banked)*	1:52.20	1:51.9	1:54.30	1:54.0
(Over 200m/220 yds)*	1:51.90	1:51.6	1:54.00	1:53.7
Mile#				
(Under 200m/220 yds)*	4:11.50	4:11.2	4:16.50	4:16.2
(200m/220 yds-Flat)*	4:11.00	4:10.7	4:16.00	4:15.7
(200m/220 yds-Banked)*	4:10.00	4:09.7	4:15.00	4:14.7
(Over 200m/220 yds)*	4:08.80	4:08.5	4:13.80	4:13.5
5,000 Meters#				
(Under 200m/220 yds)*	14:32.50	14:32.2	14:55.50	14:55.2
(200m/220 yds-Flat)*	14:30.00	14:29.7	14:53.00	14:52.7
(200m/220 yds-Banked)*	14:26.40	14:26.1	14:49.40	14:49.1
(Over 200m/220 yds)*	14:24.50	14:24.2	14:47.50	14:47.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:18.20	3:17.9	3:22.00	3:21.9
(200m/220 yds-Flat)*	3:17.00	3:16.7	3:20.00	3:20.7
(200m/220 yds-Banked)*	3:15.00	3:14.7	3:19.00	3:18.7
(Over 200m/220 yds)*	3:14.60	3:14.3	3:18.60	3:18.3
Mile Relay				
(Under 200m/220 yds)*	3:19.30	3:19.0	3:23.30	3:23.0
(200m/220 yds-Flat)*	3:18.10	3:17.8	3:22.10	3:21.8
(200m/220 yds-Banked)*	3:16.10	3:15.8	3:20.10	3:19.8
(Over 200m/220 yds)*	3:15.70	3:15.4	3:19.70	3:19.4

Distance Medley Relay—Meters#

(Under 200m/220 yds)*	10:01.60	10:01.3	10:11.60	10:11.3
(200m/220 yds-Flat)*	10:00.00	9:59.7	10:10.00	10:09.7
(200m/220 yds-Banked)*	9:57.00	9:56.7	10:07.00	10:06.7
(Over 200m/220 yds)*	9:55.80	9:55.5	10:05.80	10:05.5

Distance Medley Relay—Yards#

(Under 200m/220 yds)*	10:05.10	10:04.8	10:15.10	10:14.8
(200m/220 yds-Flat)*	10:03.50	10:03.2	10:13.50	10:13.2
(200m/220 yds-Banked)*	10:00.50	10:00.2	10:10.50	10:10.2
(Over 200m/220 yds)*	9:59.30	9:59.0	10:09.30	10:09.0

METRIC

	METRIC	METRIC
High Jump	2.10	2.02
Pole Vault	5.10	4.65
Long Jump	7.20	6.92
Triple Jump	14.68	14.08
Shot Put	16.75	15.54
35-Pound Weight	18.34	16.69
Pentathlon	3650	3350

*—Size of track.

#—Altitude adjustment available.

WOMEN

(Sea Level)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	7.10	—	7.29	—
60 Meters	7.65	—	7.85	—
55-Meter Hurdles	8.20	—	8.53	—
60-Meter Hurdles	8.82	—	9.17	—
400 Meters				
(Under 200m/220 yds)*	56.95	—	58.84	—
(200m/220 yds-Flat)*	56.75	—	58.64	—
(200m/220 yds-Banked)*	56.35	—	58.24	—
(Over 200m/220 yds)*	56.25	—	58.14	—
800 Meters#				
(Under 200m/220 yds)*	2:13.30	2:13.0	2:16.80	2:16.5
(200m/220 yds-Flat)*	2:13.00	2:12.7	2:16.50	2:16.2
(200m/220 yds-Banked)*	2:12.50	2:12.2	2:16.00	2:15.7
(Over 200m/220 yds)*	2:12.30	2:12.0	2:15.80	2:15.5
Mile#				
(Under 200m/220 yds)*	4:55.40	4:55.1	5:05.40	5:05.1
(200m/220 yds-Flat)*	4:55.00	4:54.7	5:05.00	5:04.7
(200m/220 yds-Banked)*	4:54.10	4:53.8	5:04.10	5:03.8
(Over 200m/220 yds)*	4:53.20	4:52.9	5:03.20	5:02.9
5,000 Meters#				
(Under 200m/220 yds)*	17:12.50	17:12.2	17:44.50	17:44.2
(200m/220 yds-Flat)*	17:10.00	17:09.7	17:42.00	17:41.7
(200m/220 yds-Banked)*	17:06.70	17:06.4	17:38.70	17:38.4
(Over 200m/220 yds)*	17:04.80	17:04.5	17:36.80	17:36.5
1,600-Meter Relay				
(Under 200m/220 yds)*	3:54.30	3:54.0	4:00.80	4:00.5
(200m/220 yds-Flat)*	3:54.00	3:53.7	4:00.00	3:59.7
(200m/220 yds-Banked)*	3:52.40	3:52.1	3:58.40	3:58.1
(Over 200m/220 yds)*	3:52.00	3:51.7	3:58.00	3:57.7
Mile Relay				
(Under 200m/220 yds)*	3:56.20	3:55.9	4:02.20	4:01.9
(200m/220 yds-Flat)*	3:55.40	3:55.1	4:01.40	4:01.1
(200m/220 yds-Banked)*	3:53.80	3:53.5	3:59.80	3:59.5
(Over 200m/220 yds)*	3:53.40	3:53.1	3:59.40	3:59.1
Distance Medley Relay—Meters#				
(Under 200m/220 yds)*	11:54.80	11:54.5	12:15.20	12:14.9
(200m/220 yds-Flat)*	11:53.60	11:53.3	12:14.00	12:13.7
(200m/220 yds-Banked)*	11:51.10	11:50.8	12:11.50	12:11.2
(Over 200m/220 yds)*	11:49.60	11:49.3	12:10.00	12:09.7
Distance Medley Relay—Yards#				
(Under 200m/220 yds)*	11:59.00	11:58.7	12:19.40	12:19.1
(200m/220 yds-Flat)*	11:57.80	11:57.5	12:18.20	12:17.9
(200m/220 yds-Banked)*	11:55.30	11:55.0	12:15.70	12:15.4
(Over 200m/220 yds)*	11:53.80	11:53.5	12:14.20	12:13.9
	METRIC		METRIC	
High Jump	1.71		1.66	

Pole Vault	3.85	3.50
Long Jump	5.70	5.44
Triple Jump	11.80	11.23
Shot Put	14.00	12.90
20-Pound Weight	17.30	15.50
Pentathlon	3,400	3,000

*—Size of track.

#—Altitude adjustment available.

Schedule of Events

2010 Men's and Women's Indoor Track and Field Championships

(All times Eastern Standard Time)

Friday, March 12

9 a.m.	Pentathlon - 55 Hurdles	Men	Final
*****	Pentathlon - Long Jump	Men	Final
10 a.m.	Pole Vault	Men	Preliminary
Noon	Long Jump	Women	Preliminary & Final
*****	Pentathlon - Shot Put	Men	Final
*****	Pentathlon - High Jump	Men	Final
2:30 p.m.	Weight Throw	Women	Preliminary
*****	Pentathlon - 1000 Meter Run	Men	Final
3:30 p.m.	Long Jump	Men	Preliminary & Final
4 p.m.	High Jump	Women	Preliminary & Final
4 p.m.	Mile Run	Men	Preliminary
4:20 p.m.	Mile Run	Women	Preliminary
4:35 p.m.	55 Hurdles	Men	Preliminary
4:50 p.m.	55 Hurdles	Women	Preliminary
5 p.m.	Weight Throw	Men	Preliminary & Final
5:05 p.m.	400 Meter Dash	Men	Preliminary
5:15 p.m.	400 Meter Dash	Women	Preliminary
5:25 p.m.	55 Meter Dash	Men	Preliminary
5:35 p.m.	55 Meter Dash	Women	Preliminary
5:45 p.m.	800 Meter Run	Men	Preliminary
5:55 p.m.	800 Meter Run	Women	Preliminary
6:05 p.m.	Distance Medley	Men	Final
6:25 p.m.	Distance Medley	Women	Final

Saturday, March 13

9 a.m.	Pentathlon - High Hurdles	Women	Final
*****	Pentathlon - High Jump	Women	Final
9:45 a.m.	Triple Jump	Women	Preliminary & Final
10 a.m.	Pole Vault	Women	Preliminary & Final
*****	Pentathlon - Shot Put	Women	Final
*****	Pentathlon - Long Jump	Women	Final
1 p.m.	Shot Put	Men	Preliminary & Final
2 p.m.	Mile Run	Men	Final
2:10 p.m.	Mile Run	Women	Final
2:25 p.m.	55-Meter Hurdles	Men	Final
2:35 p.m.	55-Meter Hurdles	Women	Final
*****	Pentathlon - 800 Meter Run	Women	Final
2:55 p.m.	400 Meter Dash	Men	Final
3 p.m.	Triple Jump	Men	Preliminary & Final
3:05 p.m.	400 Meter Dash	Women	Final
3:15 p.m.	55 Meter Dash	Men	Final
3:25 p.m.	55 Meter Dash	Women	Final
3:30 p.m.	High Jump	Men	Preliminary & Final

3:30 p.m.	Shot Put	Women	Preliminary & Final
3:35 p.m.	800 Meter Run	Men	Final
3:45 p.m.	800 Meter Run	Women	Final
3:55 p.m.	5000 Meter Run	Men	Final
4:20 p.m.	5000 Meter Run	Women	Final
4:40 p.m.	4 x 400 Relay	Men	Final
4:55 p.m.	4 x 400 Relay	Women	Final
5:15 p.m.	Presentation of Awards		

***** Pentathlon event to begin 30 minutes after the conclusion of the previous event.