

2017



[*Track & Field Championships - Participant Guide*]

All information necessary to participate in the meet can be found within and every athlete must review this guide before registering. Entry fees will not be refunded on account of disregard of the policies outlined in this document.

Entry Fees

- **\$25 per athlete (including relay-only athletes) for unlimited participation in track and field events.**
- Clubs will receive invoices for their entries within 48 hours after registration close. They will not be available before this time.
- Entry fees are calculated based on the number of registered participants at the time of registration close. Refunds/adjustments will not be given if an athlete does not attend or compete.
- Payment for entry fees will **not** be accepted at the event. Payment must be received within 14 days of the invoice receipt.
- If a club competes without paying the entry fee, team results will be disqualified from the meet and club will be placed on NIRCA membership probation (barred from competing at future events).

Entry Guidelines

- Prior Performance Standard: All athletes must have a prior performance to be eligible in the following events:
 - Shot Put, Discus Throw, Triple Jump, and Steeplechase (any prior hurdle experience is valid).
- There is no cap on the number of athletes per team permitted to enter each event (maximum of 3 score).
- There will be no late additions to the meet online after registration close or on site during the meet.

Late Entries

- There will be no late additions to the meet online after registration close
- There will be no late additions to the meet permitted on site.

Scratches, Replacements, & No-Shows

- Scratches: Scratches will be allowed the hour preceding the start of each meet day.
- Replacements: We will not switch or change names of athletes on the day of the meet. Exception: changes will be allowed during the scratch windows. If a change or replacement is made, then the new athlete will be entered with no seed time and will be placed in a heat as such.
- No-Shows: If a relay team or individual does not show for their event (and did not scratch), then the relay team/individual can be disqualified from the meet at the discretion of NIRCA – this may include forfeiting any team scoring of that relay team's or individual's results during the meet.

Performance List & Finalized Schedule of Events

Performance lists will be posted on ClubRunning.org within 48 hours after registration close. Until the posting of the performance list, please reference the tentative schedule of events.

- Schedule of events are based on entries, official availability, and sometimes events beyond our control. There will most likely, be changes to the tentative time schedule. **Please make sure you have the final schedule of events once the performance list has been posted to see any changes in times and/or event order.**

Team Scoring

Top 9 places in an event final score for the team accordingly: 1st – 10pts, 2nd – 8pts, 3rd – 7pts, 6, 5, 4, 3, 2, 1.

*In previous years, the 4th or greater athlete of a team would not receive a team score in an event even if placing in the top 9. For 2017, this restriction has been removed. However, only an "A" relay is eligible for team scoring.

Live Results – Live results will be available on the day of the meet on ClubRunning.org

Meet Operations – Please share the following information with your club in regards to specifics about our meet.

- Team Check-in

- Upon arrival at Robert C Haugh Track & Field Complex, be sure to stop by the team check-in table.

➤ Athlete Check-in for Track Events

- Check-in (hip numbers) and clerking will be located at the track level building at the south end of the track next to the scoreboard. Access to the area will be the gate between the building and the scoreboard.
- **Athletes need to check themselves in no later than 30 minutes before their race.**
- Athletes need to be in the clerking area for their race 15 minutes before the first heat of their race. Athletes will be able to ready themselves for their races at the clerking area. No athletes will be permitted to check-in after the start of the event.

➤ Athlete Check-in for Field Events

- **Athletes need to check-in at their event area no later than 20 minutes before the first flight or attempt is scheduled.** No athletes will be permitted to check-in after the start of the event.
- **Field event areas can only be opened by an official for the event.**
- Athletes competing in the field events must leave the competition area once they have completed their final attempt. Athletes and coaches on the infield please beware that of the sector of the discus.
- 10 minutes before the first flight, the event area will be closed to any athletes not in the upcoming flight. Each flight thereafter will be open for 10 minutes for warm-ups.

- **Spikes** – **Only pyramid spikes that extend no more than ¼” from the shoe are permitted in any competition area.** Any meet official has the right to check any athlete’s spike at any time. Athletes using anything but allowable spikes will be disqualified from the meet and their marks will be removed from the results.

➤ Warm-up Areas

- The cinder track at Armstrong Stadium, south of Hayes Complex will be available for warm-ups. Armstrong Stadium is accessible from both Hayes and Hayes parking lot.
- The competition track will not be open for warm-ups.

- Locker Rooms – There are no locker rooms or showers available.

- Tents & Team Areas – Set up all team camps and tents outside of the fenced areas of the track. Athletes are permitted in the bleachers. **Athletes must stay off of the track when not competing. No one is permitted on the infield at any time during the meet – failure to do so may result in team disqualification.**

➤ Hurdles & Steeplechase

- NIRCA will follow NCAA guidelines on heights and specifications.
- The steeplechase water jump is an outside-track jump.

	Men	Women
110/100 Meter Hurdles	42 inches	33 inches
400 Meter Hurdles	36 inches	30 inches
3,000 Meter Steeplechase	36 inches	30 inches

➤ Long & Triple Jump Areas

- The long jump boards for both men and women is 3 meters (approx. 10 feet)
- The triple jump board is set at 9 meters (approx. 30 feet) with an optional 7 meter (approx. 21 feet) tapeboard. Athletes must notify the official prior to competition which board they intend to use.

➤ High Jump

- The starting height of the crossbar and each successive height shall be determined by

NIRCA and competition will follow NCAA guidelines.

➤ **Implement Weigh-in & Certification**

- Pooled implements will be available for athlete use and have been pre-certified.
- Athletes who bring their own implements must weigh in and certify according to the standards below. NIRCA will follow NCAA guidelines on allowable implement specifications.
- Weigh-in and certification **will take place 45 – 60 minutes before the first throwing event at the tent located between the discus cage on the track near the traditional 200m start area.**

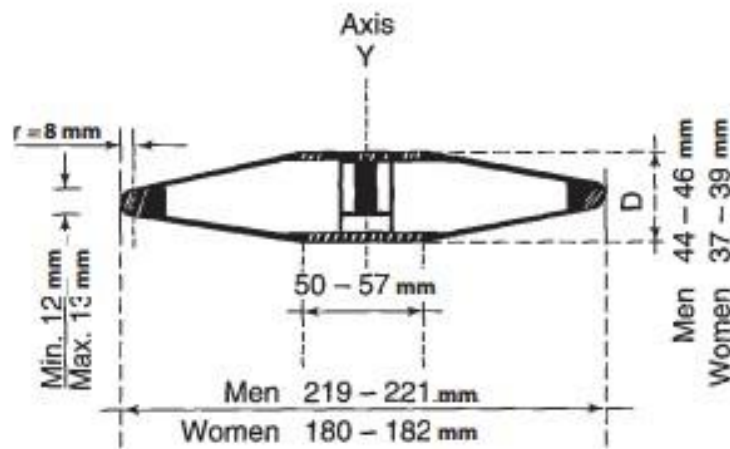
Shot

		Men	Women
Weight	Minimum	7.26 kg	44 kg
Diameter	Minimum	110 mm	95 mm
	Maximum	145 mm	130 mm

Discus

		Men	Women
Weight	Min	7.26 kg	44 kg
Metal rim diameter	Min	110 mm	95 mm
	Max	145 mm	130 mm
Thickness at 6mm from outer edge	Min	12 mm	12 mm
	Max	13 mm	13 mm
Metal plates diameter	Min	50 mm	50 mm
	Max	57 mm	57 mm
Thickness at center and within		25 mm from center	25 mm from center
	Min	44 mm	37 mm
	Max	46 mm	39 mm

Figure 1: Discus

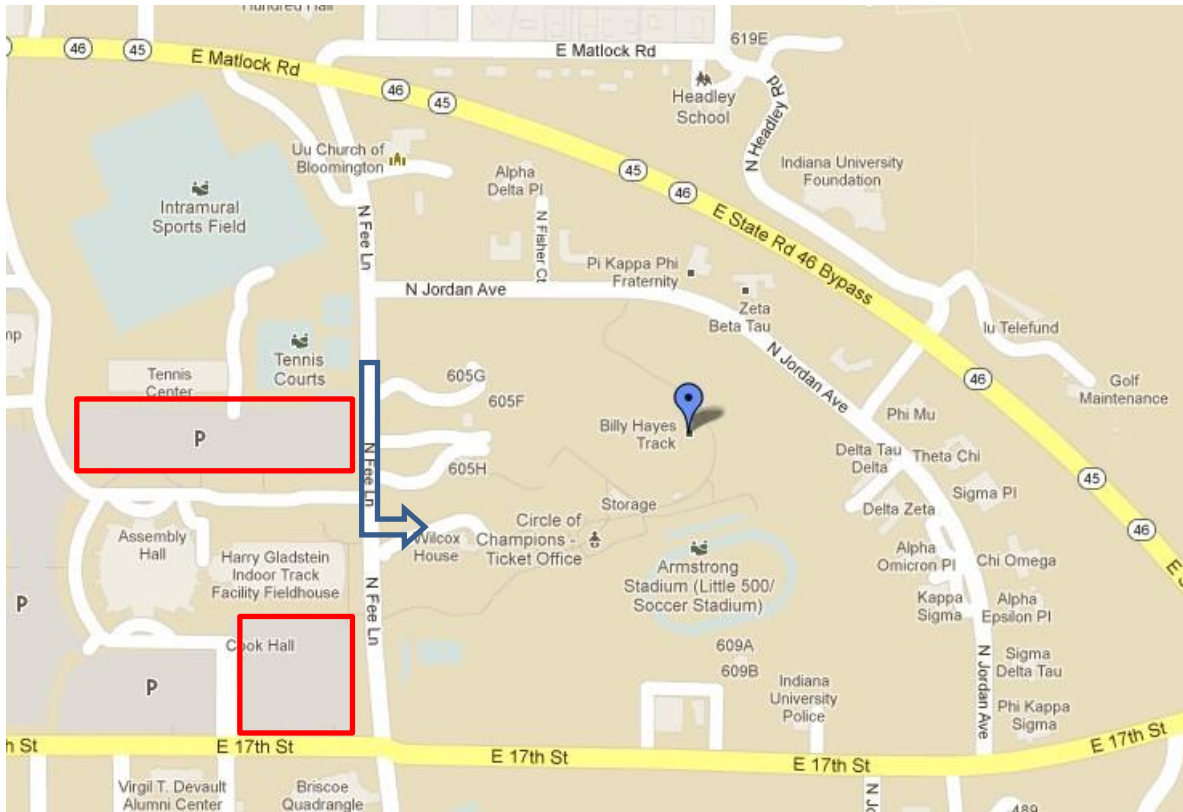


- **No Headphones or Electronics in Event Area or on the Track** – NIRCA follows NCAA guidelines on the use of headphones or electronics in the event area and on the track. Any participant refusing a request to remove such items will be disqualified from the meet.

Directions to Robert C. Haugh Track & Field Complex

Billy Hayes Track | 1601 North Fee Lane, Bloomington, IN 47408

From Indianapolis, take I-465 South to State Route 37 (Harding Street) and continue south for 43 miles. Take the IN-45/46/Bypass exit East for 2.3 miles. Turn right onto Fee Lane for .25 miles. Limited parking is available in the track complex itself. Overflow parking (in red) is near the tennis courts and on the west side of Fee Lane.



Weather Cancellations, Delays, & Venue Changes

- In the event of weather or some other reason that may impact a meet, please refer to our website at www.clubrunning.org first for any specific directions or information. If the track and field complex needs to be cleared due to weather, please follow the directions below:
 - If severe weather postpones competition, all visiting coaches, athletes, and spectators must vacate the facility (outside of the perimeter fence) to their vehicles. Club leaders, please keep this in mind in case your bus driver asks to leave the meet.
 - At a minimum, when there is a severe weather delay that involves thunder and lightning, the earliest consideration to resume completion will be 30 minutes after the last lightning or thunder (whichever is observed/heard last) is noted by meet management. If National Weather Service Warnings serve, we will continue to delay competition. Once a weather delay has been lifted, completion will resume 30 minutes after the delay.
 - Since it will be hard for everyone to hear the public address from their vehicles, you will also be able to get the status of weather delays from twitter.com/nirca, [Facebook.com/clubrunning](https://facebook.com/clubrunning), and clubrunning.org.
 - If needed due to weather, we can move some competition events into Gladstein Fieldhouse. If this is decided by meet management, it will be noted by public address and through twitter (@nirca), Facebook, and clubrunning.org.

2017 NIRCA Spring National Championships

Bloomington, IN

Tentative Schedule

Saturday, April 8, 2017

8:00 AM	Women	Half	Marathon	Run	Finals
8:00 AM	Men	Half	Marathon	Run	Finals
10:00 AM	<i>IU Facility</i>	<i>Opens</i>			
12:00 PM	Women	100	Meter	Hurdles	<i>Prelims</i>
12:10 PM	Men	110	Meter	Hurdles	<i>Prelims</i>
12:20 PM	Women	200	Meter	Dash	<i>Prelims</i>
12:40 PM	Men	200	Meter	Dash	<i>Prelims</i>
1:10 PM	Women	4x800	Meter	Relay	Finals
1:25 PM	Men	4x800	Meter	Relay	Finals
1:45 PM	Women	100	Meter	Hurdles	Finals
1:50 PM	Men	110	Meter	Hurdles	Finals
2:00 PM	Women	5000	Meter	Run	Finals
3:00 PM	Men	3000	Meter	Steeplechase	Finals
3:40 PM	Women	400	Meter	Dash	Finals
3:55 PM	Men	400	Meter	Dash	Finals
4:20 PM	Women	4x100	Meter	Relay	Finals
4:30 PM	Men	4x100	Meter	Relay	Finals
4:40 PM	Women	800	Meter	Run	Finals
5:10 PM	Men	1500	Meter	Run	Finals
6:10 PM	Women	200	Meter	Dash	Finals
6:15 PM	Men	200	Meter	Dash	Finals
6:25 PM	Alumni W	1500	Meter	Run	Finals
6:35 PM	Alumni M	1500	Meter	Run	Finals
7:30 PM	<i>IU Facility</i>	<i>Closes</i>			

Saturday, April 8, 2017

10:00 AM	<i>IU Facility</i>	<i>Opens</i>			
11:00 AM	Women	Shot	Put		Finals
12:30 PM	Men	Shot	Put		Finals
2:30 PM	Men	High	Jump		Finals
2:00 PM	Women	Discus	Throw		Finals
3:00 PM	Men	Discus	Throw		Finals
4:30 PM	Women	High	Jump		Finals
7:00 PM	<i>IU Facility</i>	<i>Closes</i>			

Sunday, April 9, 2017

7:00 AM	<i>IU Facility</i>	<i>Opens</i>			
8:00 AM	Men	5000	Meter	Run	Finals
10:00 AM	Women	100	Meter	Dash	<i>Prelims</i>
10:10 AM	Men	100	Meter	Dash	<i>Prelims</i>
10:25 AM	Women	400	Meter	Hurdles	Finals
10:45 AM	Men	400	Meter	Hurdles	Finals
11:05 PM	Women	1500	Meter	Run	Finals
11:30 PM	Men	800	Meter	Run	Finals
12:20 PM	Women	100	Meter	Dash	Finals
12:25 PM	Men	100	Meter	Dash	Finals
12:30 PM	Women	3000	Meter	Steeplechase	Finals
12:50 PM	Women	4x400	Meter	Relay	Finals
1:10 PM	Men	4x400	Meter	Relay	Finals
2:00 PM	<i>IU Facility</i>	<i>Closes</i>			

Sunday, April 9, 2017

7:00 AM	<i>IU Facility</i>	<i>Opens</i>			
9:00 AM	Women	Triple	Jump		Finals
10:00 AM	Men	Triple	Jump		Finals
11:00 AM	Women	Long	Jump		Finals
12:00 PM	Men	Long	Jump		Finals