

All-Atlantic Region Track & Field Conference
2022 Outdoor Championships
Wednesday May 18th & Thursday May 19th, 2022
Hosted by Moravian University



Moravian Track & Field
Timothy Breidegam Track
Steel Field Athletic Complex
34 East Elizabeth Avenue
Bethlehem, PA 18018

Schedule of Events:

Day 1

Wednesday May 18th, 2022

Facility Opens: 10:30 AM

National Anthem: 11:50 AM

Field Events

11:00 AM-1:00 PM Implement Inspection 1

2:00 PM Pole Vault (M)

2:00 PM Javelin (W)

2:00 PM Discus (M)

2:00 PM Triple Jump (W)

4:00-5:00 PM Implement Inspection 2

5:30 PM Pole Vault (W)

5:30 PM Javelin (M)

5:30 PM Discus (W)

5:30 PM Triple Jump (M)

Track Events

12:00 PM Decathlon 100 Meters

12:30 PM Heptathlon 100 Hurdles

4:30 PM 100 Hurdles Trials (W)

4:50 PM 110 Hurdles Trials (M)

5:10 PM 100 Meters Trials (W)

5:25 PM 100 Meters Trials (M)

5:45 PM 3,000 Steeplechase (W)

6:00 PM 3,000 Steeplechase (M)

6:15 PM 4x400 relay (W)

6:30 PM 4x400 relay (M)

6:45 PM 5k (W)

7:10 PM 5k (M)

7:30 PM 10k (W)

8:15 PM 10k (M)

****Distance race start times may be adjusted for weather concerns****

****Decathlon order on Day 1 will be the 100m, Long Jump, Shot Put, High Jump, and 400 meter****

****Heptathlon order on Day 1 will be the 100m HH, High Jump, Shot Put, and 200 Meter****

Day 2

Thursday May 19th, 2022

Facility Opens: 8:30 AM

National Anthem: 9:31 AM

Field Events

10:00-11:30 AM Implement Inspection 3

10:00 AM Heptathlon Long Jump

11:00 AM High Jump (W)

12:00 PM Shot Put (W)

12:00 PM Hammer (M)

12:00 PM Long Jump (W)

2:00 PM High Jump (M)

2:30 PM Shot Put (M)

2:30 PM Hammer (W)

2:30 PM Long Jump (M)

Track Events

10:00 AM Decathlon 110 Hurdles

12:00 PM 4x100 relay (W)

12:15 PM 4x100 relay (M)

12:30 PM 1500 Meters (W)

12:50 PM 1500 Meters (M)

1:10 PM 110 Hurdles Final (M)

1:30 PM 100 Hurdles Final (W)

1:40 PM 400 Meters (W)

1:55 PM 400 Meters (M)

2:10 PM 100 Meters Final (W)

2:15 PM 100 Meters Final (M)

2:25 PM 800 Meters (W)

2:45 PM 800 Meters (M)

3:05 PM 400 Hurdles (W)

3:20 PM 400 Hurdles (M)

3:35 PM 200 Meters (W)

3:50 PM 200 Meters (M)

4:05 PM 4x800 relay (W)

4:25 PM 4x800 relay (M)

4:50 PM Team Awards

Decathlon order on Day 2 will be the 110 Hurdles, Discus, Pole Vault, Javelin, and 1500m

Heptathlon order on Day 2 will be the Long Jump, Javelin, and 800m

**There will be a minimum of 30 minutes between events with the exception of the interval between the DT and the PV, which shall be a minimum of 60 minutes. Starting times will be publicly announced once determined by the officials for each combined event; the 200, 400, 1500 and 800 meter runs will be inserted into the schedule at the discretion of the meet referee in a manner as to cause the least disruption in the overall schedule.

Submission of Entries

- Entries for all events, with the exception of the combined events, will be submitted electronically via Direct Athletics and will be due by 12:00 p.m. on Tuesday, May 17th prior to the outdoor championships. Entries for the combined events, including compiled scores, will be due by 5:00 p.m. on Sunday, May 15th prior to the championships.
- Late entries are allowed during a late period on Tuesday, May 17th from 12-2pm. Late entries can be made via email to the President of the conference and will be assessed at \$100 per athlete. There will be no consideration for late entries after the 2pm deadline.

Entry Lists & Heat/Flight Sheets

- <https://www.leonetiming.com/> will post the list of entries online by Tuesday at 5:00 p.m.
- For the Outdoor Championships, the meet program (heat & flight sheets) will be published online by 9:00 p.m. on the Tuesday prior to the Championships.

Wild Cards

- Each team will be provided **ONE wild card** per gender per meet which is eligible for entry into any event except the combined-event.
- Wild card entries will be submitted through the online entry system (Direct Athletics) before the entry deadline.
- Teams will not be charged an entry fee for wild cards.

Combined Events

- The top (16) individuals that hit the standard may qualify for the decathlon/heptathlon.
- If there is a tie for the last qualifying position in the combined events, all athletes with that tied performance will be allowed into the meet.
- Compiled scores will be allowed for the combined events. Compiled scores must be emailed to the Timing Company (pat@leonetiming.com) and the President (salbert@sports.rochester.edu) by 5:00pm on Sunday, May 15th prior to the Championships.
- Compiled scores must be greater than the qualifying standard and athletes with a compiled score will not supersede athletes who have submitted a qualifying score from a completed multi-event.
- For the Outdoor Championships, if the combined events field has not been filled after the Sunday entry deadline, additional compiled score entries could be added to the field, based on meet results that occur on Monday prior to the Championships. Any such additional entries must be declared to <https://www.leonetiming.com/> by the regular meet entry deadline on Tuesday.

User Fee:

- A “users” fee of \$10.00 dollars per entry/relay entered on the final entry roster must be paid on Direct Athletics at the time of final registration / declaration.

Height Progressions

- Will be set officially by the Vice President with input from the Games Committee prior to the championships based upon the NCAA Performance lists and be sent out to all schools by Tuesday, May 17th at 4pm. **Member institutions are encouraged to contact the Vice President by Noon on Tuesday prior to the championships with suggested progressions or bar requests to be considered.** The opening height for all vertical jumps competitions will be one progression below the meet qualifying height. The progression will follow a standard progression of 15cm in the PV and 5cm in the HJ until it is prudent or necessary to deviate to a smaller progression to achieve NCAA qualifying performances. Adjustments to the published progression will not be considered at the meet.

Packet Pick-Up

- Coaches may pick up meet packets beginning at 10:30am on Wednesday, May 18th, 2022 under the pavilion outside of the track, near the finish line.

Timing and Results

- Fully automatic timing (FAT) will be used in all running events. We will be using Hy-Tek meet management software to produce the results for the championship and timing will be provided by <https://www.leonetiming.com/> .

Facilities

- The Timothy Breidegam Track is an 8-lane, 400 meter Mondo surface. All throwing facilities are adjacent to the track facility with a competition shot put area inside the oval, hammer/discus cage, and a 120' mondo javelin runway. Triple Jump boards consist of a 34' painted and 38' wooden board for Men and a 28' wooden and 34' painted board for Women.

Blocks

- Only Moravian University blocks will be used.

Seating

- Seating for approximately 2,500 people will be available on the north and south stretches of the track. Limited portable seating will be available in the jumps zone for coaches and participating athletes.

Implement Certification

- All implement inspections will take place at the storage shed near the softball field scoreboard (see facility map). Implement Inspection 1 runs from 11:00 am to 1:00 pm on Wednesday, May 18th. Implement Inspection 2 runs from 4:00 pm to 5:00 pm on Wednesday, May 18th. Implement Inspection 3 runs from 10:00 am to 11:30 am on Thursday, May 19th. Only meet certified implements are allowed during the championships. *All certified implements will be impounded and made available during the allotted warm up time.*

Order of Events

- See schedule above

Protest Procedures

- All protests must be submitted in writing by the Head Coach or Authorized Representative to the meet referee.
- To be officially considered, all protests must be filed within 15 minutes following the posting of results of an event or ruling associated with the protest.
- All protests of the seeding procedures or petitions for acceptance of late declarations will be heard by the Governing Body of the Association.
- Finally declared contestants must honestly participate in all events in which they are declared, or be barred from all remaining events in the current meet.

Field Event Warm-up

Throwing and Horizontal Jumps

- Warm-up Protocol
 - 20-minute warm-up period per flight.
 - No general warm-up period.
 - 20-minute warm-up period for finals may be decreased by consent of all competitors participating in the finals.

High Jump

- Warm-up Protocol
 - Runway and mats must be available for warm-up 60 minutes prior to the actual start of the event.

Pole Vault

- Warm-up Protocol
 - Runway and mats must be available for warm-up 90 minutes prior to the actual start of the event.

Meet Referees

- Jenkins (Track) and Johnson (Field)

Ticket Pricking

Adults: \$5.00/day

Students/Faculty/Staff w/ ID: FREE

Children 12 & under: FREE

Sports Information

- Mark Fleming, Director of Athletic Communications, P: 610-861-1472 E: sportsinfo@moravian.edu
- L.J. Smith, Assistant Director of Athletic Communications, P: 610-625-7705 E: smithl09@moravian.edu

Live Streaming

- The meet will be live streamed through the Landmark Digital Network at:
<https://landmarknetwork.tv/moravian/>

Rules / Scoring

- NCAA rules apply. Scoring is to eight places: 10-8-6-5-4-3-2-1 for all events.

Training Room

- We will provide athletic trainers for the meet. The training area will be located behind the softball field fence, adjacent to the 200m start line. If other arrangements are necessary, you should have your athletic trainer contact our Coordinator of Athletic Training Services, Donovan Howard. P: 610-861-1537 E: howardd02@moravian.edu

Seeding/Advancement Procedures

- Long Jump/Triple Jump/Shot Put/Discus/Hammer/Javelin
 - Flights should be between 7 and 14 competitors with preference of one (1) flight
 - If there are more than 14 competitors, then the flights will be evenly distributed
 - If there is an odd number greater than 14 competitors, then the higher-seed flight will have the additional competitor
 - Flight assignment is based on seed with the lower-seeded flight competing first.
 - Random seeding within each flight for the preliminary round
 - Nine (9) advance to the finals with competition in reverse order of best performance in the preliminary round
- High Jump/Pole Vault:
 - Random Seeding
- 100 Meters / 100-Meter High Hurdles / 110-Meter High Hurdles
 - Heats formed according to current edition of NCAA Cross Country/Track and Field Rulebook
 - Random lane assignments in heats
 - Final field will consist of 8 runners - heat winners plus next fastest times.
 - Ties broken by run-off inserted into schedule at discretion of the referee
 - Lane assignments for finals will follow the current edition of the NCAA Cross Country/Track and Field Rulebook
 - Lane preference is 4-5-3-6-2-7-1-8
- 200 Meters / 400 Meters / 400 Intermediate Hurdles/4x100 and 4x400 Relays:
 - Heats formed according to current edition of NCAA Cross Country/Track and Field Rulebook
 - Ties will be broken by nearest thousandth at discretion of the timers & meet referee.
 - Lane assignments for finals will follow the current edition of the NCAA Cross Country/Track and Field Rulebook. (Lane assignments seeded based on performance list). The NCAA/TFRRS tie-breaking system will be used to split any ties before seeding the events (using the second-best valid qualifying meet performance submitted during the season, then the third-best, and so on until the tie is broken).
 - Lane preference is 4-5-6-7-3-8 (Lanes 1 and 2 will not be used)
 - If there are 8 or fewer competitors in the event, one heat will be run (In this scenario, Lane preference would be 4-5-6-7-3-8-2-1)
- 800 Meters
 - Heats formed according to current edition of NCAA Cross Country/Track and Field Rulebook
 - Heat assignments set based upon seed times run slow to fast
 - Lane assignments are set based upon seed times
 - Limit of 8 competitors in each heat
 - The first turn shall be run in lanes
 - Ties will be broken by nearest thousandth at discretion of the timers & meet referee.
 - Lane preference is 4-5-6-3-7-2-8-1
- 1500 Meters
 - Timed finals
 - If more than 18 competitors are entered, then two heats will be held with 15 competitors in the fast section
 - If there are multiple heats they will run slowest to fastest times
 - Heat assignments set based upon seed times
 - Lane assignments drawn by lot
- 3000-Meter Steeplechase

- Timed finals
- If more than 21 competitors are entered, then two heats will be held with 16 competitors in the fast section
- If there are multiple heats they will run slowest to fastest times
- Heat assignments set based upon seed times
- Lane assignments drawn by lot
- 5000/10,000 Meters
 - Lane assignments drawn by lot
 - All competitors should run in the same heat
- 4x800m Relay
 - Lane Assignments drawn by lot
 - Staggered waterfall start will be used, with 2/3 of teams on the main waterfall and 1/3 on the stagger
 - If there are 16 teams or fewer, 1 heat will be run
 - If there are 17 or more teams, the fast heat will consist of the top 14 teams
 - In the event there are multiple teams with No Time and more than 16 teams entered, the Governing Body will assign heats.
- Combined Events (Races Run in Lanes)
- 100 Meters / 200 Meters / 400 Meters
 - 100 Hurdles / 110 Hurdles
 - Heats determined by best performance during outdoor season; heats are run slow to fast
 - Minimum of 3 competitors per section
 - Lane assignments drawn by lot
 - Hurdle races should be run in alternating lanes
- Combined Events (800 Meters / 1500 Meters)
 - All competitors shall run in one heat
 - In each heat, 2/3 of the competitors will start at the main waterfall / 1/3 of the competitors will start at the staggered waterfall
 - Lane assignments drawn by lot
- Combined Events (Field Events)
 - Order drawn by lot
 - One flight

Awards / Records

- Each year a team champion will receive a trophy at the conclusion of the championship during the awards presentation.
- The Association will also recognize the top 8 individuals and top 3 relays with medals presented throughout the meet on the awards podium.
- The Vice President shall review the results from each Association championship and make note of the championship and/or Association records that have been set. He/she shall also solicit coaches at the annual meeting to report any Association records that may have been set by athletes on their teams.

Outdoor Track & Field Championships Qualifying Standards

<u>Event</u>	<u>Men</u>	<u>Women</u>
100 Meters	11.10	12.65
200 Meters	22.40	26.00
400 Meters	50.00	1:00.0
800 Meters	1:57.0	2:21.0
1500 Meters	4:02.0	4:54.0
5000 Meters	15:25.0	18:45.0
10000 Meters	33:00.0	40:30.0
110/100 High Hurdles	15.80	15.65
400 Hurdles	57.00	1:07.5
3000 Steeplechase	9:55.0	12:10.0
Long Jump	6.70	5.25
Triple Jump	13.50	10.80
High Jump	1.90	1.55
Pole Vault	4.40	3.20
Shot Put	13.75	11.50
Discus	41.00	36.00
Hammer	47.50	43.50
Javelin	50.50	33.50
Decathlon/Heptathlon	5100/Top 16	3300/Top 16
4x100 Relay	43.50	51.00
4x400 Relay	3:24.0	4:08.0
4x800 Relay	NT	NT

Facility Map of Timothy Breidegam Track



Bathrooms: There are portable bathrooms next to the bus drop off entrance and on the back straightaway near the implement certification shed. Each area also has two hand wash stations. There are also bathrooms outside of the throws entrance in the fieldhouse along Long St.

Entrance Areas: Teams should enter either through the main bus gate on Elizabeth Ave or through the back entrance on Long St. The main gate on Elizabeth Ave near the pavilion will be for spectators.

Team Camps: Team Camps can be set up anywhere around the outside of the track. Stands are reserved for spectators first.

Directions and Parking for Timothy Breidegam Track

From the north: I-81 South to I-380 South to I-80 East. Take exit 302 A off I-80 onto Route 33 South. Follow Route 33 to Route 22 West into Bethlehem. To continue, see directions from Route 22 below.

From the south: Northeast Extension of the Pennsylvania Turnpike (I-476 north) to Lehigh Valley exit 56. Follow 22 East to Center Street (Route 512). To continue, see directions from Route 22 below.

From the east: I-78 West to exit 71; Route 33 North to 22 West; West on Route 22 into Bethlehem. See directions from Route 22

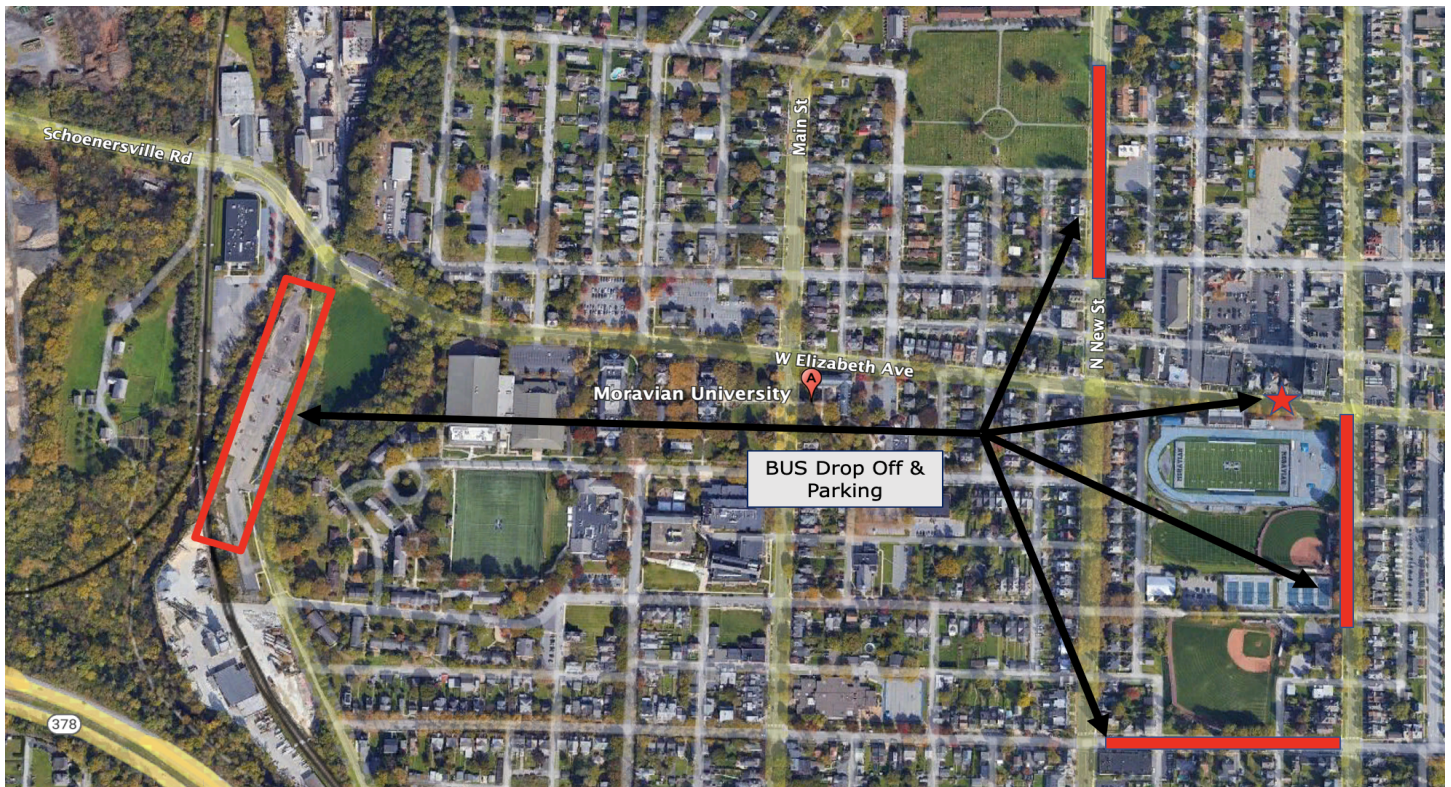
From the west: I-78 East to exit 51; Route 22 East into Bethlehem. To continue, see directions from Route 22 below.

Continue south on Center Street (2 miles) to the traffic light at Washington St; turn right onto Washington and go to New St. and turn left; go to the 1st traffic light (Elizabeth Ave) and turn left; buses for track teams will unload at the Elizabeth Ave. entrance to the stadium (orange star on map).

Bus Parking: Buses may park along Center St, Fairview St or on N New St or at Lot X. There will be a Moravian Campus Safety officer to direct buses after they drop off on Elizabeth Ave for both days.

Van/Team Vehicle Parking: Vans or other team vehicles can park in the lot behind the field house next to the tennis courts or along any street. Please be respectful of the residential homes in the area.

Spectator Parking: Spectators may park anywhere on the street or in any on campus lot. Please be respectful of the residential homes in the area.



Lodging and Places to Eat

[Hotel Accommodations near Moravian University](#)

[Restaurants near Moravian University](#)

Food Options near the Track:

[21 Craffhouse](#)

[Carl's Corner](#)

[Fratelli Pizza](#)

[Martellucci's Pizzeria](#)

[Nick's Pizza](#)

[Rudy's Bar & Grill](#)

[Wiz Kidz](#)