

All-Atlantic Region Track & Field Conference
2023 Outdoor Championships
Wednesday May 17th & Thursday May 18th, 2023
Hosted by Susquehanna University



Schedule of Events

DAY 1

Track

10:30am	Facility Opens for Warm-up
11:00am	<i>Implement Inspection 1 Begins</i>
11:50am	<i>National Anthem</i>
12:00pm	Decathlon 100m meters
12:30pm	Heptathlon 100m Hurdles
1:00pm	<i>Implement Inspection 1 Closes</i>
3:00pm	4x100 Relay Women
3:15pm	4x100 Relay Men
4:30pm	100 Hurdle Trials – Women
4:50pm	110 Hurdle Trials – Men
5:10pm	100m Trials – Women
5:25pm	100m Trials – Men
5:45pm	Steeplechase Women
6:00pm	Steeplechase Men
6:15pm	4 x 400 Relay Women
6:30pm	4 x 400 Relay Men
6:45pm	5k Women
7:10pm	5k Men
7:30pm	10k Women
8:15pm	10k Men

Field

2:00pm	Pole Vault (M)
	Javelin (W)
	Discus (M)
	Long Jump (W)
4:00pm	<i>Implement Inspection 2 Begins</i>
5:00pm	<i>Implement Inspection 2 Closes</i>
5:30pm	Javelin (M)
	Discus (W)
	Pole Vault (W)
	Long Jump (M)

DAY 2

Track

8:30am	Facility Opens for Warm-up
9:30am	<i>National Anthem</i>
10:00am	<i>Implement Inspection 3 Begins</i>
10:00am	Decathlon 110 Hurdles
	Heptathlon Long Jump
12:30pm	1500 Women
12:50pm	1500 Men
1:10pm	110 Hurdle Final Men
1:30pm	100 Hurdle Final Women
1:40pm	400m Women
1:55pm	400m Men
2:10pm	100m Final Women
2:15pm	100m Final Men
2:25pm	800m Women
2:45pm	800m Men
3:05pm	400 Hurdles Women
3:20pm	400 Hurdles Men
3:35pm	200m Women
3:50pm	200m Men
4:05pm	4 x 800 Relay Women
4:25pm	4 x 800 Relay Men

Field

11:00am	High Jump (M)
11:30am	<i>Implement Inspection 3 Closes</i>
12:00pm	Shot Put (W)
	Hammer (M)
	Triple Jump (W)
2:00pm	High Jump (W)
2:30pm	Shot Put (M)
	Hammer (W)
	Triple Jump (M)
4:50pm	Team Awards

- Distance race start times may be adjusted for weather concerns.
- The Decathlon order on Day 1 will be the 100m, Long Jump, Shot Put, High Jump, and 400m.
- Heptathlon order on Day 1 will be the 100 Hurdles, High Jump, Shot Put, and 200m.
- 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 16th prior to the outdoor championships. Entries for the combined events, including compiled scores, will be due by 5:00 p.m. on Sunday, May 14th prior to the championships.
- Late entries are allowed during a late period on Tuesday, May 16th 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 with **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 “user” 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 sent out to all schools by Tuesday, May 17 at 4pm. **Member institutions are encouraged to contact the Vice President (senecal@susqu.edu) 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 17th, under the tent 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

- Susquehanna’s Outdoor Track is an 8-lane, 400-meter Mondo surface. All throwing facilities are adjacent to the track facility, hammer/discus cage, and a 120’ mondo javelin runway. There are two parallel horizontal jump runways that run in opposite directions. Runway 1 has insert boards at 9’, 36’ and 40’. Runway 2 has insert boards at 9’, 28’ and 32’. Depending on wind conditions we may only use one runway and tape down either a 28’ and 32’ or a 36’ and 40’ boards. Typically, runway 2 is the favored runway with wind conditions. The pole vault runway is 130’.
- Indoor back up will only be available for Pole vault. Due to the set up for graduation, spectators may not be allowed inside field house.

Blocks

- Only Susquehanna University blocks will be used.

Seating

- Seating for approximately 3,500 people will be available in the Doug Arthur Stadium Complex.

Clerking

- Clerking will be held under the Field House overhang near the start of the 100m dash.

Implement Certification

- All implement inspections will take place under the stadium bleachers (see facility map). Implement Inspection 1 runs from 11:00 am to 1:00 pm on Wednesday, May 17th. Implement Inspection 2 runs from 4:00 pm to 5:00 pm on Wednesday, May 17th. Implement Inspection 3 runs from 10:00 am to 11:30 am on Thursday, May 18th. 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

- Tom Mooney (Track) and Terry Eason (Field)

Ticket Pricking

Adults: \$5.00/day

Students/Faculty/Staff w/ ID: **FREE**

Children 12 & under: **FREE**

Pre sale-<https://suriverhawks.com/sports/2022/10/31/hometown-ticketing.aspx>

Sports Information

- Dan Graham, Director of Athletic Communications, P: 570-372-4432 E: grahamd@susqu.edu
- Matt Scialabba, Asst. Director of Athletic Communications, P: 570-372-4587 E: scialabba@susqu.edu

Live Streaming

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

Rules / Scoring

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

Training Room

- Susquehanna will provide athletic trainers for the meet. The training area will be located just outside the track near the finish line. If other arrangements are necessary, you should have your athletic trainer contact our head Athletic Trainer, Mike Keeney. P: 570-372-4278 E: keeney@susqu.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 an 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) advances 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
 - The final field will consist of 8 runners - heat winners plus the 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 are 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

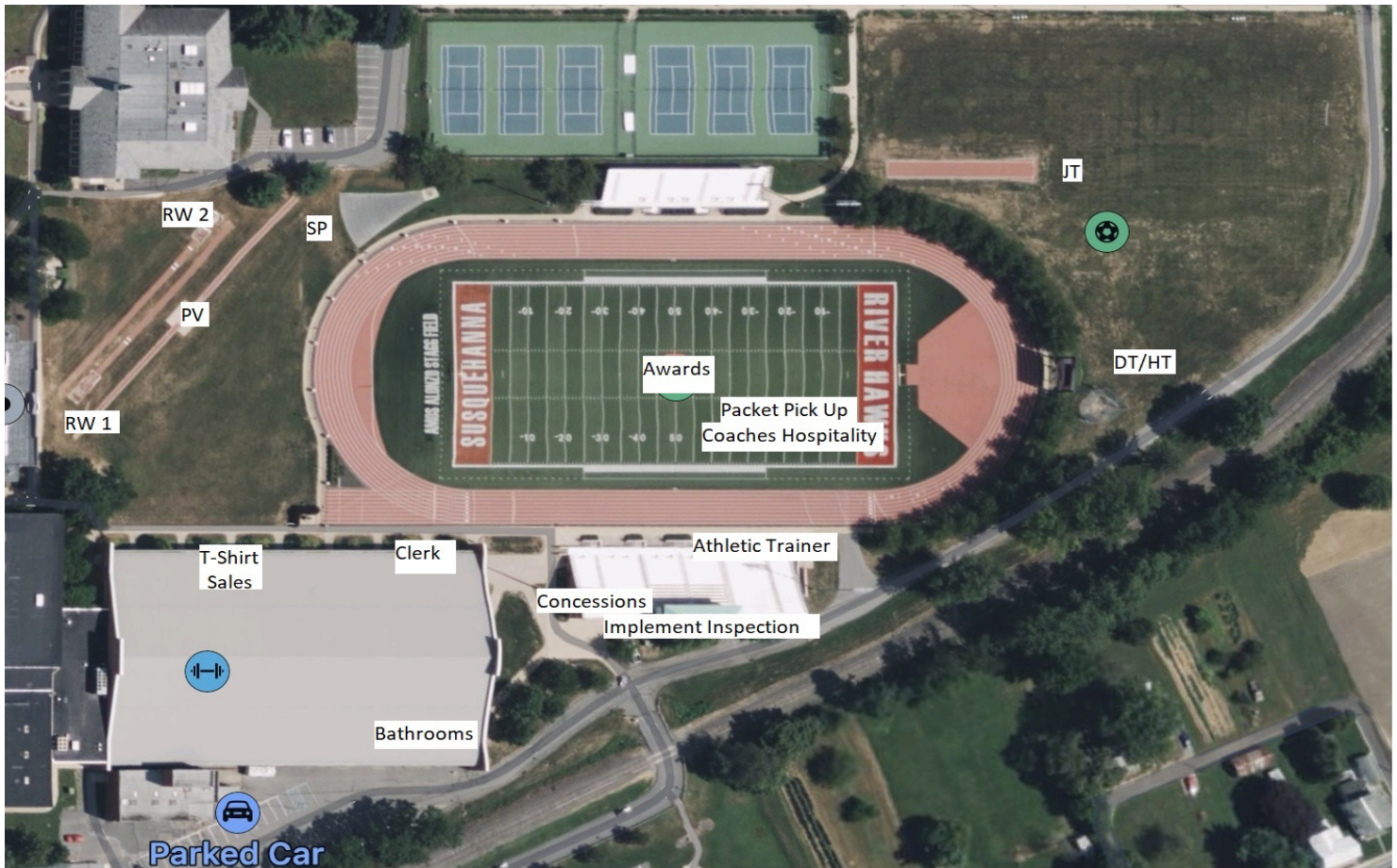
Awards / Records

- 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	15:20.0	18:45.0
10000 Meters	32:45.0	40:30.0
110/100 High Hurdles	15.80	15.65
400 Meter Hurdles	57.00	1:07.5
3000 Meter Steeplechase	9:55.0	12:05.0
Long Jump	6.70	5.35
Triple Jump	13.50	10.80
High Jump	1.91	1.57
Pole Vault	4.45	3.25
Shot Put	14.20	11.60
Discus	43.00	38.00
Hammer	48.00	44.00
Javelin	50.50	34.50
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

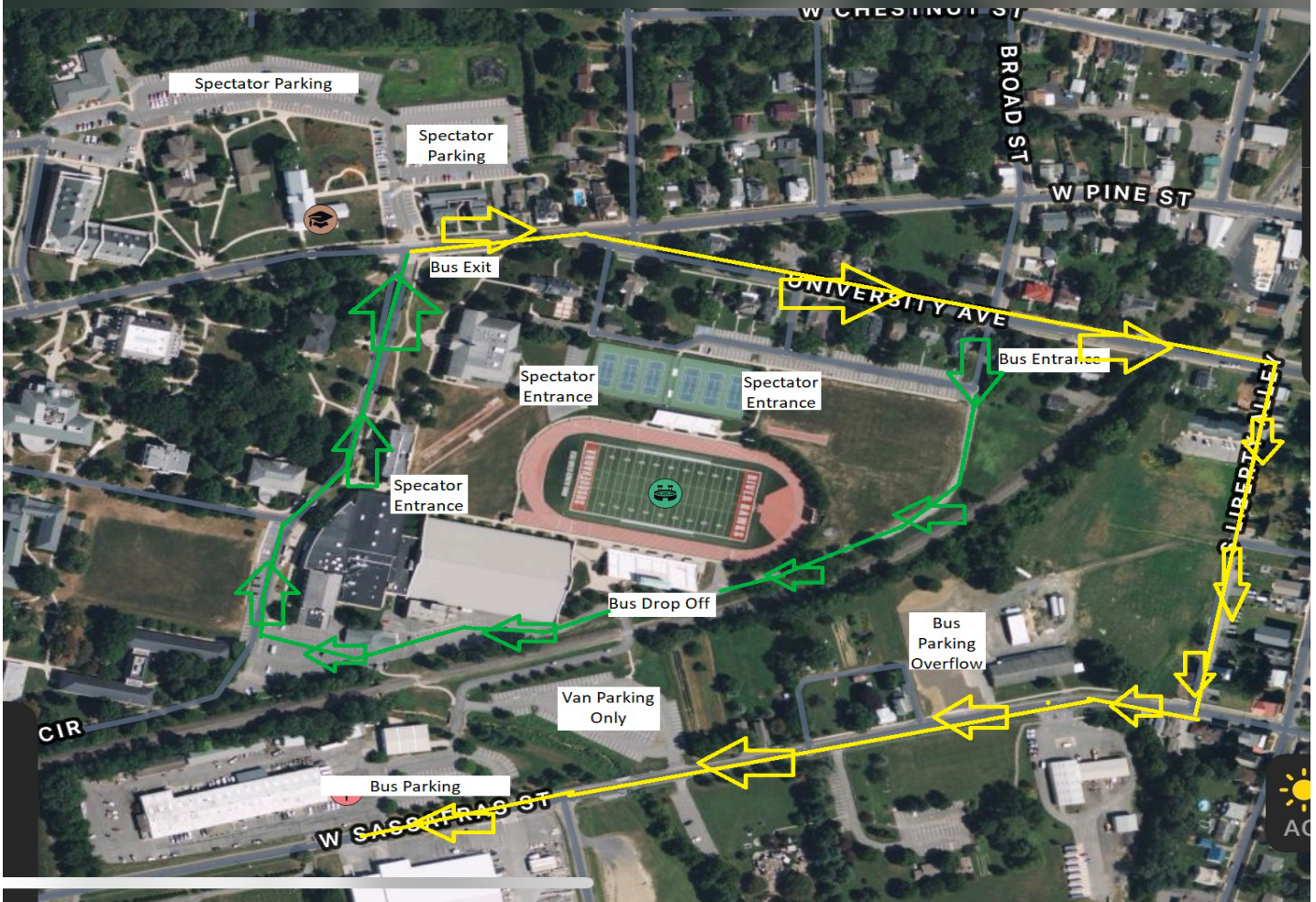
Facility Map of Doug Arthur Stadium



Bathrooms: Bathrooms are located in the Robert I Estill Field House. Additional Portable Restrooms will be available at the throwing events and near tennis courts.

Team Camps: Team Camps can be set up anywhere around the outside of the track. Stands are reserved for spectators first. In the case of inclement weather, the gymnasium may be used for team camps. The field house will be closed to teams. The Gym is located 100m from the outdoor stadium.

Location Services is off >



Entrance Areas: Please read thoroughly.

Bus Drop Off-Team Busses must enter through East Apple Alley and drive around dirt road to rear of stadium. After dropping off, busses must depart out of the main entrance of campus and may park on West Sassafras St. Please see the map for directions.

Van Parking-All Team vans must park in the lot on West Sassafras St and walk over railroad track into the stadium. Please see the map for directions.

Spectator Parking-All spectators are asked to park in our admissions lot located off of University Ave. Street parking is also available within the town. Please see the map for directions.

Spectator Entrance-All spectators will be required to enter through 1 of 5 designated entrance points that are labeled on the map. Spectators will be given a wristband each day. Any spectator not wearing a wrist band may be asked to leave or check in at an entrance location.

Directions to Susquehanna University

From the South: Travel north on Rtes 11-15 from Harrisburg. Exit Rtes 11-15 at the Selinsgrove exit (Rte 35). Bear right off the exit ramp and travel approximately one mile. Turn left at the second traffic light onto Pine Street. Travel 1/2-mile--the Susquehanna entrance is on the left. The Garrett Sports Complex is the third building on your left.

From the North: Travel south on Rte 11 from Danville or Rte 15 from Williamsport. The two routes merge approximately five miles north of Selinsgrove. Continue south on Rtes 11-15, but do not take the 11-15 bypass marked Harrisburg which goes around Selinsgrove. Continue into Selinsgrove and turn right at the third traffic light onto Pine Street. Travel 1/2-mile--the Susquehanna entrance is on the left. The Garrett Sports Complex is the third building on your left.

From the East: Travel west on I-80 to the Danville Exit (#224 Rte 54). Bear right off the exit ramp and go straight through the traffic light. Travel approximately three miles and turn right at the first traffic light on to Rte 11. Then, follow the "Directions from the North."

From the West: Travel east on I-80 to the Lewisburg Exit (#210A Rte 15 South). Now, follow the directions "From the North."

OR: Travel north on Rte 522 from Lewistown. After turning right at the traffic light in Middleburg, travel approximately 10 miles. Turn right at the first traffic light (Weis Market on right). Turn right at the first stop sign on to Pine Street. Travel 1/4 mile--the Susquehanna entrance is on the left. The Garrett Sports Complex is the third building on your left.

Lodging and Dining

<https://www.susqu.edu/campus-life/our-campus-and-location/where-to-eat-stay-play/>