



# All-Atlantic Region Track and Field Conference 2024 Outdoor Track and Field Championships

Wednesday, May 15<sup>th</sup> & Thursday, May 16<sup>th</sup>  
Hosted by SUNY Cortland

SUNY Cortland welcomes competing institutions and fans to the 2024 AARTFC Outdoor Track & Field Championships.

Please refer to the AARTFC Website (<https://www.aartfc.org/>) as well as the SUNY Cortland Athletics homepage ([www.cortlandreddragons.com](http://www.cortlandreddragons.com)) as well as for updated information as it becomes available. Best of luck to all competitors!

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## Schedule of Events

The starting times of events will not move earlier than the published time. If necessary to allow for an appropriate warm-up period, the starting times will be moved back.

### DAY 1 - Wednesday

<b>Time</b>	<b>Event</b>
10:30am	<i>Facility Opens for Warm-up</i>
11:00am	<i>Implement Inspection 1 Begins</i>
11:50am	<i>National Anthem</i>
12:00pm	Decathlon 100 meters*
12:30pm	Heptathlon 100 Hurdles*
1:00pm	<i>Implement Inspection 1 Closes</i>
2:00pm	Pole Vault (M), Javelin (W), Hammer (M) Long Jump (W)
3:00pm	4x100 Relay – Women
3:15pm	4x100 Relay – Men
4:00 pm	<i>Implement Inspection 2 Begins</i>
4:30pm	100 Hurdle Trials – Women
4:50pm	110 Hurdle Trials – Men
5:00 pm	<i>Implement Inspection 2 Closes</i>
5:10pm	100 meters Trials – Women
5:25pm	100 meters Trials – Men
5:30pm	Javelin (M), Hammer (W), Pole Vault (W), Long Jump (M)
5:45pm	Steeplechase – Women
6:00pm	Steeplechase - Men
6:15pm	4x400 Relay – Women
6:30pm	4x400 Relay – Men
6:45pm	5000 meters – Women
7:10pm	5000 meters – Men
7:30pm	10,000 meters – Women
8:15pm	10,000 meters – Men

Please Note:

- Event awards will be presented as soon as possible after the 15 min protest period has ended.

*\*The order for the decathlon on day 1 will be the 100, the LJ, the SP, the HJ, and the 400. The order of the heptathlon on day 1 will be the 100HH, the HJ, the SP, and the 200. There will be a minimum of 30 minutes between events. Starting times will be publically announced once determined by the officials for each combined event; the 400 and 200 meter dashes 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.*

## **DAY 2 – Thursday**

<b>Time</b>	<b>Event</b>
<b>8:30am</b>	<i>Facility Opens for Warm-up</i>
<b>9:31am</b>	<i>National Anthem</i>
<b>10:00am</b>	<i>Implement Inspection 3 Begins</i>
<b>10:00am</b>	Decathlon 110 Hurdles**
<b>10:00am</b>	Heptathlon Long Jump**
<b>11:00am</b>	High Jump (M)
<b>11:30am</b>	<i>Implement Inspection 3 Closes</i>
<b>12:00pm</b>	Shot Put (W), Discus (M), Triple Jump (W)
<b>12:30pm</b>	1500m – Women
<b>12:50pm</b>	1500m – Men
<b>1:10pm</b>	110 Hurdle Final – Men
<b>1:30pm</b>	100 Hurdle Final – Women
<b>1:40pm</b>	400m – Women
<b>1:55pm</b>	400m – Men
<b>2:00pm</b>	High Jump (W)
<b>2:10pm</b>	100m Final – Women
<b>2:15pm</b>	100m Final – Men
<b>2:25pm</b>	800m – Women
<b>2:30pm</b>	Shot Put (M), Discus (W), Triple Jump (M)
<b>2:45pm</b>	800m – Men
<b>3:05pm</b>	400m IH – Women
<b>3:20pm</b>	400m IH – Men
<b>3:35pm</b>	200m – Women
<b>3:50pm</b>	200m – Men
<b>4:05pm</b>	4x800 Relay – Women
<b>4:25pm</b>	4x800 Relay – Men
<b>4:50pm</b>	Team Awards

Please Note:

- Event awards will be presented as soon as possible after the 15 min protest period has ended.)

*\*\*The order for the decathlon on day 2 will be the 110HH, the DT, the PV, the JT, and the 1500. The order of the heptathlon on day 1 will be the LJ, the JT, and the 800. 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 publically announced once determined by the officials for each combined event; the 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.*

## Progressions and Procedures

- 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 Sunday at 4pm the week of the meet. Member institutions are encouraged to contact the Vice President by 3:00 p.m. the Sunday prior to the Championships with suggested progressions or bar requests to be considered. The opening height for all vertical jumps competitions will be on progression below the meet qualifying height. The progression will follow a standard progression of 15 cm in the pole vault and 5 cm in the high jump until it is prudent or necessary to deviate to a smaller progression to achieve NCAA qualifying performances. Adjustments to the published progressions will not be considered at the meet.
- The starting times of the field events will not move earlier than the published time. If necessary to allow for an appropriate warm-up period as specified below, the starting times will be moved back. Clerking for all track events will take place under the Stadium Concourse. Athletes must clerk in 30 minutes prior to the start of the event or be scratched from the competition.
- For the throwing events and horizontal jumping events, each flight will be given a 20-minute warm-up period. There will not be a general warm-up period. Following the conclusion of both flights, there will be a maximum of 20-minutes for a finals warm-up; this time period may be decreased only by consent of all competitors in the finals. Athletes must clerk in 30 minutes prior to the start of the event or be scratched from the competition.
- For the high jump each gender shall have a 60-minute period of time prior to the competition where the runway and mats are available for practice. Athletes must clerk in 30 minutes prior to the start of the event or be scratched from the competition.
- For the pole vault, each gender shall have a 90-minute period of time prior to the competition where the runway and mats are available for practice. Athletes must clerk in 30 minutes prior to the start of the event or be scratched from the competition.
- Any athlete that scratches from an event is scratched from any and all subsequent events at the Championships, including relays. The exception is an athlete who abandons a combined-event is not scratched from any other events at the Championships.
- If desired, teams may set up tents near the throwing area or in the grassy areas outside of the fence for the track. Please refrain from setting up tents in the stand.
- Relay cards should be turned in during clerking for the relay events. Relay Cards will be available at the clerking area.
- Warm-ups may take place on the infield of the track; participating institutions are reminded to stay off the track during races.
- Competing institutions are responsible for their own implements and pole vault poles. Gill Fusion Starting Blocks will be provided for use as a courtesy to all competing athletes.
- The SUNY Cortland Stadium Complex is capable of reversing the direction of competition for the 100/100 Hurdles/110 Hurdles and the horizontal jumps. The track surface is a Beynon surface installed in 2018; the throwing rings are brushed concrete. We will have two grass runways available for the javelin throw. ¼” spikes are permitted on the track (3/8” for the high jump); your choices for the javelin.

Please note: in the event of inclement weather, NCAA regulations allows for Pole Vault and High Jump competitions to be moved to an indoor location for safety purposes. If this occurs, Lusk Field House will be the alternate indoor location for those events. Alterations to the competitive schedule and/or waiver of the 'scratch rule' may be necessary and would be decided upon by the Games Committee. Spikes are permitted for use in Lusk Field House.

**Entry Procedures:** 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 14,2024. **Entries for the combined events, including compiled scores, will be due by 5:00 p.m. on the Sunday May 12, 2024. If using an existing score just make sure entries are in DA by deadline. If using composite please email to [senecal@susqu.edu](mailto:senecal@susqu.edu) and [pat@leonetiming.com](mailto:pat@leonetiming.com) by deadline.**

Late entries are allowed during a late period on Tuesday, from 12:00 p.m. - 7:00 p.m. Late entries can be made via email to the President of the conference and will be assessed at \$100 per athlete/relay. There will be no consideration for late entries after the 7:00 p.m. deadline.

## Entry Lists/Heat Sheets/Results

Final entry lists and heat sheets will be at [www.leonetiming.com](http://www.leonetiming.com). Live results will be available throughout the meet at [www.leonetiming.com](http://www.leonetiming.com).

## **Awards**

- The team champion (for each gender) will receive a trophy at the conclusion of the championship during the awards presentation at the end of the meet.
- The Association will also recognize the top 8 individuals and top 3 relays with medals presented throughout the meet on the awards podium.
- Awards/acknowledgement of all place-winners will occur as soon as possible following the conclusion of the protest period for each event, with the possible exception of events that conclude late on day 1. Student-athletes should report to the awards stand wearing clothing that is representative of their institution.

## **Rules & Scoring**

NCAA rules apply to the AARTFC championships. Team scoring will be done to eight places for each event: 10-8-6-5-4-3-2-1.

## **Seeding & Advancement Procedures**

Seeding and advancement procedures are outlined for each event in the [AARTFC Constitution and Operating Code](#)

## **Throwing Implement Certification**

Throwing implement certification will take place in the shed near the shot put circle/combined hammer/discus cage – times are listed above. Implements failing will be labelled and impounded. Implements that might be used both days (meaning they are being used in both the combined-events and the open events) should either be impounded for the evening or re-certified on the second day.

## **Athlete Clerking**

**Track Events:** Athletes must check in with the clerk (underneath the concourse at the SUNY Cortland Stadium Complex), **at least 30 minutes prior to the start of their event.**

**Field Events:** Athletes must check in 30 minutes prior to the start of the event or be scratched from the competition. All field events will check in at the event venue.

If an athlete fails to check in within the designated time he/she will be scratched from all remaining events as well.

## **Protests**

Protests relating to matters that develop during the conduct of the meet should be made at once to the meet referee and not later than 15 minutes after the results of that event have been announced or posted.

## **Inclement Weather/Severe Weather Policy**

In case of inclement weather, the immediate choice for shelter would be team vehicles. Shelter is available in Park Center, approximately 400 meters from the Stadium Complex. Teams should be prepared to transport competitors from the throwing venue to Park Center. It should be noted that in the event of an unforeseen and/or unavoidable occurrence (e.g. loss of power, lightning storm), alterations to the competitive schedule may be made by Games Committee. In the event of a lightning or other severe weather emergency, please note that the Concourse underneath the stands of the Stadium Complex is not considered a safe location to take shelter.

For the safety of all general public/spectators, student-athletes, officials and coaches, the following will be used in case of severe weather (e.g., extreme temperatures, heavy snow, and/or lightning):

- Lightning will require an immediate suspension of competition and a minimum of a 30 minute delay following the last reported strike as determined by the SUNY Cortland Athletic Training Staff. Following that 30 minute time period the Games Committee, will announce a revised competitive schedule for the remainder of the championships as necessary.
- The Games Committee reserves the right to make changes to the meet schedule due to extenuating circumstances.

## **Locker Rooms**

The general locker rooms in SUNY Cortland's Park Center will be open for showers. Please be reminded to bring your own towel and lock. General bathroom facilities will be available at the Stadium Complex for use, as well as portable bathrooms will be available at the throwing areas.

## **Athletic Training Information**

Visiting teams are encouraged to bring a stocked medical kit as well as health insurance and a medical report for each competing athlete. A certified athletic trainer will be available throughout the competition. The nearest hospital is the Guthrie Regional Medical Center, located at 134 Homer Avenue Cortland NY 13045, approximately 2.5 miles from the SUNY Cortland Stadium Complex. Please contact Amber Rice, ATC with any athletic training questions at [amber.rice02@cortland.edu](mailto:amber.rice02@cortland.edu).

## **Hospitality**

A hospitality room will be available for coaches and officials on the 4<sup>th</sup> floor pressbox overlooking the track. Coaches please do not allow athletes to enter the hospitality area.

## **Parking**

Parking at the Stadium Complex will be limited to team vehicles and officials (ADA parking is available for those with a placard inside the stadium complex). Spectators should be parking in the 281 parking lot or near Park Center/the Professional Studies Building.

## Facility Information

SUNY Cortland Stadium White features A Turf an all-weather, soft fiber synthetic turf. The field is surrounded by an eight-lane all-weather track, and long jump, high jump and pole vault pits are located within its perimeter. Spikes must be  $\frac{1}{4}$ " or less for the track and runways. An area for hammer throw, discus throw, javelin throw and shot put is located approximately 250 yards from Stadium White near the 281 Parking Lot. The circles for hammer, discus, and shot are all brushed concrete; the javelin runway is grass (1" spikes are permissible). Pole vault may be configured to run east-west; the horizontal jumps may be configured to run north-south. There are two runways for the horizontal jumps. The long jump board is 8' in distance from the pit. For the women's triple jump competition, the boards are 9 m (29' 7") and 11 m (36' 2"). For the men's triple jump competition, the boards are 11 m (36' 2") and 12.5 m (41' 1"). The track surface, installed in 2018, is a Beynon BSS 300.

Stadium White has seating for 1,500 spectators and access to the two-tiered press box. Portable bleachers and portable bathrooms will be available at the throwing area. Concession areas are found in the atrium beneath the grandstand.

A two-tiered press box, which serves Stadium Red as well as Stadium White, features conduits that offer nine angles for television coverage of events. The stadium features state-of-the-art lighting for night contests, and the Red and White Field grandstands are linked by a common walkway. Concession areas are found both in the atrium beneath the grandstand and behind the visitors' side stands.



- I. Shot Put
- J. Hammer/Discus Cage
- K. Athlete Seating
- L. Spectator Seating

\* Portable seating (bleachers) will be brought in for event

## Ticketing

TBD

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