ALL-ATLANTIC REGION TRACK & FIELD CONFERENCE CHAMPIONSHIPS

HOSTED BY NAZARETH UNIVERSITY

Friday and Saturday, March 5th & 6th 2027

Golisano Training Center

Nazareth University
4245 East Avenue
Rochester, NY 14618









ALL-ATLANTIC REGION TRACK & FIELD CONFERENCE MEET INFORMATION

HOSTED BY NAZARETH UNIVERSITY

Friday and Saturday, March 5th & 6th 2027

Meet Director

James Goss
Phone: (585) 389-2852
Fax: (585) 389-2950
E-mail: jgoss2@naz.edu

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, March 2nd prior to the indoor championships**. Entries for the combined events, including compiled scores, will be due by 5:00pm on Sunday prior to the championship.
- Late entries are allowed during a late period on Tuesday, from 12:00pm - 7:00pm. Late entries can be made via email to the President of the conference jgoss2@naz.edu and will be assessed at $100 per athlete. There will be no consideration for late entries after the 7:00pm deadline.

Entry Lists & Heat/Flight Sheets:

- A list of entries will be posted online by 5pm Tuesday, March 2nd.
- For the Indoor Championships, the meet program *(Day 1 heats & flight sheets)* will be published online by 12:00pm the Wednesday prior to the Championships. Day 2 heats and flights will be emailed out at the start of Day 2 after scratches are collected via the timing company. Day 2 scratches will be due by 9:00am at the start of Day 2 either by notifying the timers table or by email: pat@leonetiming.com.
- Late Day 2 scratches in the 200m and 400m will be accepted at the clerks table up to 45 minutes prior to the event. Those events will be seeded at that time to avoid empty lanes.

Wild Cards:

- Each team will be provided **ONE** wild card per gender 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 (12) individuals who hit the standard may qualify for the heptathlon/pentathlon indoors.
- 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 jgoss2@naz.edu by 5:00pm the Sunday 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.

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.

Qualifying Standards: Attached below and located on TFRRS performance list for the AARTFC.

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 at 4pm the week of the meet. *Member institutions are encouraged to contact the Vice President* popovici@geneseo.edu *by Noon the Tuesday prior to the championships with suggested progressions or bar requests to be considered.*

Packet Pick-Up: Coaches may pick up meet packets beginning at 9:45 AM on Friday, March 5th in the Glass Conference Room, which is located just past the concessions area, before you enter the turf. Coaching credentials will be issued based on number of qualifiers in the meet. If coaches need more, they can ask the meet director as needed.

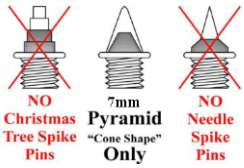
Coaching Boxes: We will have a designated coaching box for each field event. One coach per school is allowed in the coaching box.

Timing and Results: Fully automatic timing (FAT) will be used in all running events. Live results will be available online at www.leonetiming.com and will be completed after the last event of each day of competition.

Facilities: The Golisano Training Center (GTC) was completed in August of 2019 and features:

- 200m 13.5mm Mondo Super X 720 track and field event surface.
- 21-meter turn radius (widest allowable by the NCAA) with 6 x 44" lanes on the oval and 8 x 44" lanes on the straight.
- 2- long jump/triple jump runways designated by gender. Board distance of 8' for long jump and 28' & 32' for the women's pit and boards of 36' & 40' on the men's runway.
- Video board for instant times and results.
- Shot and Weight will take place in the infield with a suspended throwing cage and a concrete in-layed throwing circle. Combined event athletes may throw out of a wooden UCS circle.
- Adjacent to the indoor track is an 80x40 yard turf field which will be used for athlete warm-ups and check-in.
- Within the track area we have bleacher seating for 1000 spectators.

Shoe Limitations: The only allowable "exposed" spike length is ¼ of an inch pyramid. Your spikes will be checked and tagged at check-in. Bring your spikes to check-in! You will not be allowed to compete unless you have ¼ pyramids.



Blocks: Only Nazareth Gill F10 blocks will be used. Leave your blocks at home.

Seating: Seating for 1500 people will be available in the permanent bleachers of GTC as well as a limited number of portable seating at some event areas for coaches and participating athletes only.

Team Camps: Teams will be allowed to set up team camps around the outside of the turf on the concrete staging pad. Food and drinks will need to stay on the concrete or in the main corridor. **No food or drinks will be allowed in the arena on the track surface**.

Implement Certification: All implement inspections will take place next to the throws area in the northeast corner of the building. *Implements for the multi-event championships will be on* ***Friday from 10:00 – 10:45 AM*** *followed by Fridays throwing events, which will take place between* ***1:30 - 2:15 PM****. Implement certification for Saturdays throwing events will take place between* ***9:00 AM and 10:00 AM on Saturday****.* 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: An order of events is enclosed.

Rules/Scoring: NCAA rules apply. Places 1 through 8 will score: 10-8-6-5-4-3-2-1 for all events. Only athletes competing in an event and their credentialed coaches are allowed in the infield.
Seeding / Advancement Procedures: See enclosed sheet.

Protests:

- 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.
- Declared contestants must honestly participate in all events in which they are declared or be barred from all remaining events in the current meet.

Check-In / Clerking: Competitors in running events must check in with the clerk, who will be located directly inside the clerking area. Relay teams must also submit a completed relay card at check in. Field event competitors should report directly to the field event area to check in.

Track Events: *Athletes can report to the clerk to receive their lane assignment up until 15 minutes before the start of the event. In the 400m and 200m indoors, scratches will be collected until 45 minutes prior to the posted event start time. The events will NOT be seeded prior to that deadline. Coaches or athletes should report any scratches as a courtesy to the clerk table before that deadline.*

Field Events: *In the throwing events and horizontal jumps, the check-in window will open 30 minutes before the first flight of the event starts and will close at the end of the individual competitors' assigned flight's warm-up period. In the vertical jumps, check-in opens at the start of the warm-up period and closes at the end of the warm-up period. Coaches or competitors are encouraged to report to the head official at the field event if a competitor is not going to compete.*

Warm-Up Area: Warm-ups must take place in the hallways on the 2nd floor, directly below the track.

Field Event Warm-Up:

Throwing and Horizontal Jumps

- Warm-up Protocol
  - 20-minute warm-up period per flight.
  - No general warm-up period.
  - The 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 Referee: Tom Mooney

Restaurants & Lodging: See the attached list of recommendations.

Spectators: Are welcomed in the designated viewing sections and will pay for entry. We also have a livestream for those not in attendance.

Ticket Pricing:
Adults: **$5.00**
Students/Faculty/Staff w/ID: **free**
Children 12 & under: **free**

Locker Rooms: Limited locker/shower facilities will be available in the Golisano Training Center and in the Stadium. Please supply your own towels. Nazareth is not responsible for lost or stolen items so please keep your valuables safe.

Sports Information: Jeff Rahmlow, Sports Information Assistant Director, phone: (585) 389-2452. jrahmlo3@naz.edu.

Live Streaming: The meet will be live streamed via the Nazareth streaming platform: https://nazathletics.com/schedule.aspx?path=mtrack

Rules/Scoring: NCAA rules apply. Scoring is eight places: 10-8-6-5-4-3-2-1 for all events. Only athletes competing in an event and their credentialed coaches are allowed in the infield.

Insurance: Insurance coverage shall be the responsibility of each participating institution.

T-Shirts: Commemorative T-Shirts will be on sale Friday and Saturday. Pre-sale information will be sent prior to meet.

Training Room: We will provide athletic trainers for the meet. The training room is located off the main corridor of the training center and an ATC will be on location. If other arrangements are necessary, you should have your athletic trainer contact our Head A.T. Mike Conroy at (585) 389-3344, mconroy1@naz.edu.

Starting Heights: Height Progressions (Meters) will be set officially by the Vice President with input from the Games Committee on the Tuesday prior to the championships based upon the target NCAA Performance lists and be sent out to all schools by 4pm Tuesday.

Advancement Procedures: See enclosed sheet.

Directions: See the attached info for directions and campus map. All buses will need to enter from Rt 96 / East Ave (North Campus Entrance).

Parking: Buses will be able to drop off athletes and coaches around the back of the Golisano Training Center entering via the "Q" Lot but will then need to proceed to the Stadium Parking Lot "P". Spectators will be able to park in the "Q" Lot and enter through the main entrance. We will have parking attendants directing buses on where to park upon drop-off at the GTC. See attached map.

SCHEDULE OF EVENTS

FRIDAY, MARCH 5th

*Facility will open at 9:30am

FIELD EVENTS

10:00am-	***-10:45am Implement Inspection #1***
12:00pm	Pole Vault (W)
1:00pm-	***-2:30pm Implement Inspection #2***
2:15pm	Long Jump (M)
2:30pm	Shot Put (W)
4:00pm	Pole Vault (M)
5:00pm	Long Jump (W)
5:00pm	Shot Put (M)

TRACK EVENTS

11:00am	60m Dash –*heptathlon*
11:15am	60m Hurdles –*pentathlon*
11:50pm	*National Anthem*
2:30pm	Distance Medley Relay (W)
3:00pm	Distance Medley Relay (M)
3:30pm	60m Hurdle Trials (W)
3:55pm	60m Hurdle Trials (M)
4:20pm	60m Dash Trials (W)
4:45pm	60m Dash Trials (M)
5:15pm	5000m Run (W)
5:55pm	5000m Run (M)
6:25pm	4x400m Relay (W)
6:50pm	4x400m Relay (M)

SATURDAY MARCH 6th

*Facility will open at 8:30am

FIELD EVENTS

9:00am-	***-10:00am Implement Inspection #3***
10:15am	Weight Throw (W)
10:15am	Triple Jump (M)
10:15am	High Jump (W)
11:15am	Pole Vault –*heptathlon*
1:00pm	High Jump (M)
1:00pm	Weight Throw (M)
1:00pm	Triple Jump (W)

TRACK EVENTS

9:50am	*National Anthem*
10:00am	60m Hurdles –*heptathlon*
10:15am	60m Hurdle Final (M)
10:35am	60m Hurdle Final (W)
10:45am	Mile Run (W)
11:05am	Mile Run (M)
11:25am	60m Dash Final (W)
11:35am	60m Dash Final (M)
11:45am	400m Dash (W)
12:10pm	400m Dash (M)
12:40pm	800m Run (W)
12:55pm	800m Run (M)
1:10pm	200m Run (W)
1:30pm	200m Run (M)
1:55pm	3000m Run (W)
2:20pm	3000m Run (M)
2:45pm	4x200m Relay (W)
3:00pm	4x200m Relay (M)
3:30pm	Awards Presented

Seeding/Advancement Procedures

Long Jump/Triple Jump/Shot Put/Weight Throw

- 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

60 Meters/60 Meter High Hurdles

- Heats formed according to current edition of NCAA Cross Country/Track and Field Rulebook
- Random lane assignments
- Final field will consist of 8 runners - heat winners plus next fastest times.
- Ties broken by run-off inserted into the 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

- Timed final formed according to the current edition of NCAA Cross Country/Track and Field Rulebook based upon seed times converted to a flat, 200-meter track or banked if Championship is held on a banked facility.
- Lane assignments in heats will be seeded on performance. 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 third best, and so on until the tie is broken).
- Ties will be broken by nearest thousandth at discretion of the timers & meet referee.
- Lane preference is 5-6-4-3 (Lanes 1 and 2 will not be used).
- The race will be run entirely in lanes.

400 Meters

- Timed final formed according to the current edition of NCAA Cross Country/Track and Field Rulebook based upon seed times converted to a flat, 200-meter track or banked if Championship is held on a banked facility.
- Lane assignments will be seeded on performance. 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 third best, and so on until the tie is broken).
- Ties will be broken by nearest thousandth at discretion of the timers & meet referee.
- Lane preference is 5-6-4-3 (Lanes 1 and 2 will not be used)
- The first two turns of the race will be run in lanes.

800 Meters:

- Timed finals (Heats run slowest to fastest times)
- Heat assignments are set based upon seed times converted to a flat, 200-meter track or banked if Championship is held on a banked facility.
- Lane assignments drawn by lot.
- Limit of 8 competitors in each heat (with the exception of having only 9 competitors declared).
- Ties will be broken by nearest thousandth at discretion of the timers & meet referee.
- 2/3 of the competitors will start at the main waterfall; 1/3 of the competitors will start at the staggered waterfall. There will be a 2-turn stagger.

Mile:

- Timed finals (Heats run slowest to fastest times)
- Heat assignments are set based upon seed times converted to a flat, 200-meter track or banked if Championship is held on a banked facility.
- Lane assignments drawn by lot.

- Limit of 10 competitors in fastest heat (with the exception of having only 12 total competitors declared). If there are 13 competitors, 3 will compete in the first heat and 10 will compete in the fastest 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. There will be a 2-turn stagger.

3000 Meters:
- 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 are set based upon seed times converted to a flat, 200-meter track or banked if Championship is held on a banked facility.
- Lane assignments drawn by lot.
- 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. There will be a 2-turn stagger.

5000 Meters:
- Timed finals
- If more than 24 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 converted to a flat, 200-meter track.
- Lane assignments drawn by lot.
- 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. There will be a 2-turn stagger.

Distance Medley Relay:
- Limit of 10 competitors in fastest heat (with the exception of having only 12 total competitors declared). If there are 13 competitors, 3 will compete in the first heat and 10 will compete in the fastest heat.
- Lane assignments are drawn by lot.
- 2/3 of the competitors will start at the main waterfall; 1/3 of the competitors will start at the staggered waterfall. There will be a 2-turn stagger.

800-Meter and 1600-Meter Relays:
- Timed finals
- Heat and lane assignments are to be done on the basis of seed times that have been converted via the NCAA conversions. 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 third best, and so on until the tie is broken).
- Lane preference is 5-6-4-3 (Lanes 1 and 2 will not be used)
- The first two turns of the race will be run in lanes for the 4x400 and the first three turns will be run in lanes for the 4x200.

Combined Events (Races Run in Lanes)
- 60 Meters/60 High Hurdles.
- Heats determined by best performance during indoor 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 /1000 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.

2027 AARTFC Qualifying Standards

(Approved 11/11/2026)

Event	Men	Women
60 meters	7.00	7.95
200 meters	22.40	26.10
400 meters	49.80	59.80
800 meters	1:57.00	2:21.50
Mile	4:22.00	5:18.00
3000 Meters	8:47.00	10:35.00
5000 Meters	15:25.0	18:50.0
60 Hurdles	8.50	9.40
Long Jump	6.80m	5.35m
Triple Jump	13.60m	10.95m
High Jump	1.95m	1.58m
Pole Vault	4.50m	3.35m
Shot Put	14.60m	12.10m
Weight Throw	16.00m	15.10m
Heptathlon/Pentathlon	4000/Top 12	2600/Top 12
4x200 Relay	1:32.50	1:51.00
4x400 Relay	3:25.00	4:10.00
DMR	10:40.00	13:10.00

DIRECTIONS TO NAZARETH UNIVERSITY

From the West

- Take the New York State Thruway to exit 46.
- Take Interstate 390 North to Interstate 590 North to Interstate 490 East.
- Exit #23 at Linden Ave. Vere right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Vere right before you reach St. John Fisher.
- Turn Right at the North Entrance to Nazareth College after Irondequoit CC.

From the East

- Take the New York State Thruway to exit 45.
- Take Interstate 490 West to NY 31F/Fairport Rd. Exit #25. Turn left off exit onto 31F
- At the second light, turn left on NY 96 South (East Avenue).
- Nazareth is about a mile down Route 96 on your right.
- Turn Right at the North Entrance to Nazareth College after Irondequoit CC.

From the North

- Take Interstate 590 South.
- From Interstate 590 South, take Interstate 490 East to Exit 25 (Fairport Road).
- Turn left, heading West on 31F/Fairport Road.
- At the second light, turn left on NY 96 South (East Avenue).
- Nazareth is about a mile down Route 96 on your right.
- Turn Right at the North Entrance to Nazareth College after Irondequoit CC.

From the South

- Take Interstate 390 North to Interstate 590 North to Interstate 490 East.
- Exit #23 at Linden Ave. Vere right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Vere right before you reach St. John Fisher.
- Turn Right at the North Entrance to Nazareth College after Irondequoit CC.

From Downtown Rochester

- Take Interstate 490 East to exit 25 (Fairport Road).
- Turn left, heading west on Fairport Road.
- At the second light, turn left onto Route 96/East Avenue.
- Turn Right at the North Entrance to Nazareth College after Irondequoit CC.

From the Rochester International Airport

- Leaving the airport, make a right-hand turn onto Brooks Avenue.
- From Brooks Avenue, turn right onto the Interstate 390 South entrance.
- Where 390 splits, stay to the left and follow Interstate 590 North to 490 East.
- Exit #23 at Linden Ave. Vere right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Vere right before you reach St. John Fisher.
- Turn Right at the North Entrance to Nazareth College after Irondequoit CC.

Hotels and Lodging

Hilton Garden Inn
800 Pittsford-Victor Road
Pittsford, NY 14534
585-248-9000
4 miles from Nazareth College

Woodcliff
199 Woodcliff Drive
Fairport, NY 14450
585-381-4000
6 miles from Nazareth College

Hampton Inn and Suites
7637 NYS Route 96 (near Eastview Mall)
Victor, NY 14564
585-924-4400
8 miles from Nazareth College

Hampton Inn by Hilton - Penfield
950 Panorama Trail South
Rochester, NY 14625
585-249-0601
3 miles from Nazareth College

Best Western Plus Victor Inn & Suites
7449 NY-96
Victor, NY 14564
585-924-3933
9.5 miles from Nazareth College

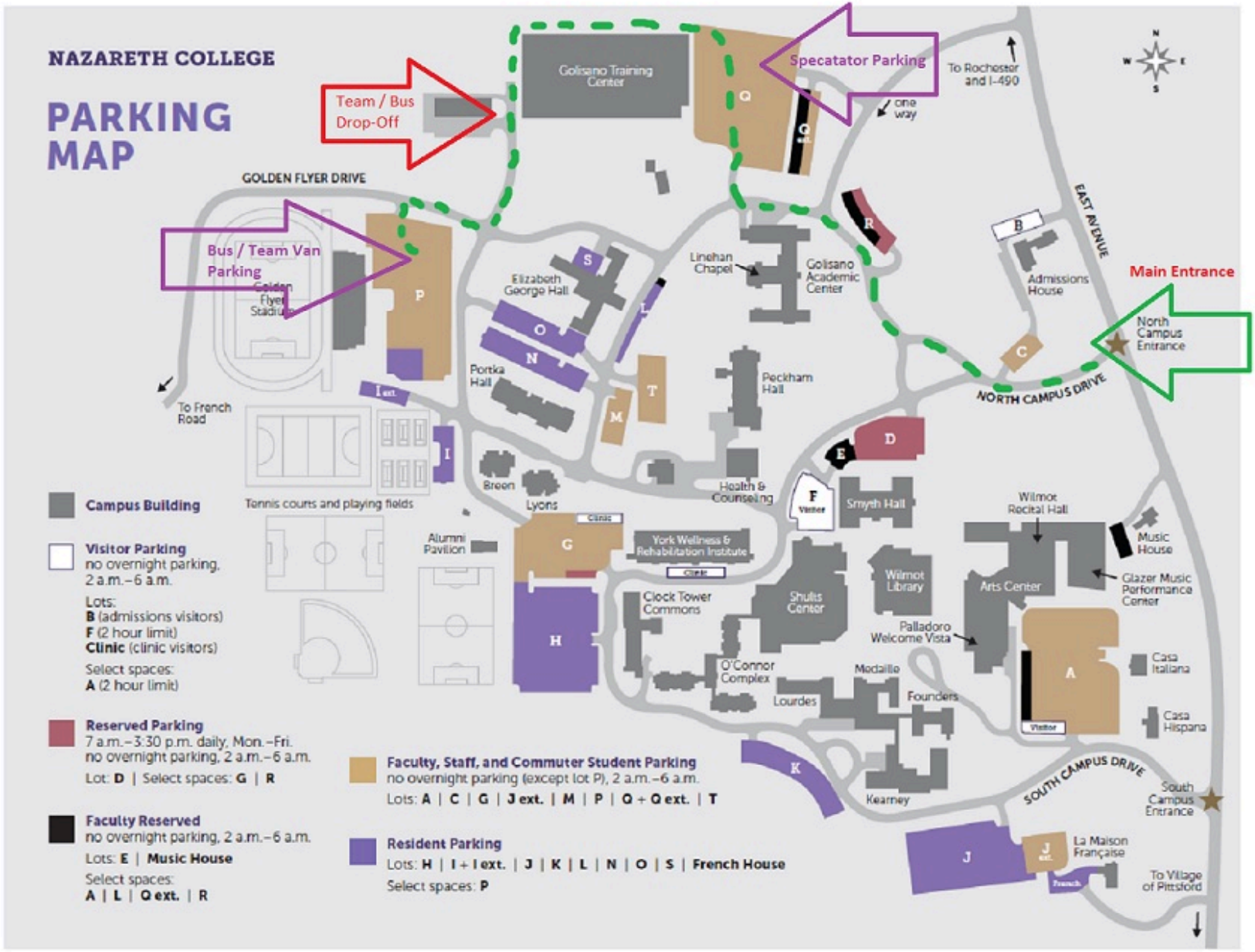
Country Inn & Suites by Radisson
2835 Monroe Ave
Rochester, NY 14618
585-784-8400
3 miles from Nazareth College

Courtyard Marriott Rochester East/Penfield
1000 Linden Park
Rochester, NY 14625
585-385-1000
4 miles from Nazareth College

Strathallan Doubletree by Hilton
550 East Avenue
Rochester, NY 14607
585-461-5010
5.3 miles from Nazareth College

Del Monte Lodge
41 North Main Street
Pittsford, NY 14534
585-381-9900
Less than 1 mile from Nazareth College

Holiday Inn Express & Suites Rochester/Victor
7502 Main St Fishers
Victor, NY 14564
585-672-2100
9.4 miles from Nazareth College


NAZARETH COLLEGE
PARKING MAP
Team / Bus Drop-Off
Specatator Parking
Golisano Training Center
Q
Q ext.
one way
To Rochester and I-490
GOLDEN FLYER DRIVE
Bus / Team Van Parking
Golden Flyer Stadium
P
S
Elizabeth George Hall
O
N
Portka Hall
I ext.
I
To French Road
L
Linehan Chapel
Golisano Academic Center
R
B
Admissions House
EAST AVENUE
Main Entrance
North Campus Entrance
C
NORTH CAMPUS DRIVE
T
M
Peckham Hall
D
E
F Visitor
Health & Counseling
Smyth Hall
Wilmot Recital Hall
Music House
Glazer Music Performance Center
Arts Center
Tennis courts and playing fields
Alumni Pavilion
Breen
Lyons
G
Clinic
York Wellness & Rehabilitation Institute
Clock Tower Commons
H
Shults Center
Wilmot Library
Palladoro Welcome Vista
A
Visitor
Casa Italiana
Casa Hispana
O'Connor Complex
Medaille
Lourdes
Founders
K
Kearney
SOUTH CAMPUS DRIVE
South Campus Entrance
J
J ext.
La Maison Française
French
To Village of Pittsford
Campus Building
Visitor Parking
no overnight parking, 2 a.m.–6 a.m.
Lots:
B (admissions visitors)
F (2 hour limit)
Clinic (clinic visitors)
Select spaces:
A (2 hour limit)
Reserved Parking
7 a.m.–3:30 p.m. daily, Mon.–Fri.
no overnight parking, 2 a.m.–6 a.m.
Lot: D | Select spaces: G | R
Faculty Reserved
no overnight parking, 2 a.m.–6 a.m.
Lots: E | Music House
Select spaces:
A | L | Q ext. | R
Faculty, Staff, and Commuter Student Parking
no overnight parking (except lot P), 2 a.m.–6 a.m.
Lots: A | C | G | J ext. | M | P | Q + Q ext. | T
Resident Parking
Lots: H | I + I ext. | J | K | L | N | O | S | French House
Select spaces: P

NAZARETH UNIVERSITY VISITING TEAM ATHLETIC TRAINING POLICIES AND PROCEDURES

Nazareth College Athletic Training staff will be available to provide the following modalities and or preparatory care for visiting Track and Field athletes:

- Preventative taping (***stocked medical kit including tape must be provided by the visiting athlete***)
- Moist heat packs
- Ice / Ice cups
- Foam Rollers and Massage stick
- First Aid treatment and emergency care if necessary for any acute injury that occurs on site during the track and field meet.
- Advanced modalities such as electric muscle stimulation, ultrasound and/or compression therapy **should be provided with proof of a signed note from the visiting athlete's athletic trainer** requesting this specific treatment with parameters.
- It is highly recommended to travel with a fully stocked medical kit which includes your athletes' medical emergency and insurance information.

Nazareth Athletic Training Staff is under no obligation to provide the following care for visiting track and field athletes:

- Injury evaluation and/or recommendations for chronic or previously evaluated athletic injuries.
- Advanced techniques such as joint mobilization, massage and/or active release therapy.
- Nazareth Athletic Training Staff cannot provide any type of oral medication, OTC or prescription medication.
- Advanced taping such as **kinesio-taping** or **McConnell taping** unless **a written note from visiting athlete athletic trainer is provided.**

**** Please address any specific questions or concerns to Phil Steckley at: psteckl4@naz.edu**