



ALL-ATLANTIC REGION TRACK & FIELD CONFERENCE
MEET INFORMATION
HOSTED BY NAZARETH COLLEGE
Friday and Saturday, March 6th & 7th 2020

Meet Director

James Goss

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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 3rd prior to the indoor championships.** Entries for the combined events, including compiled scores, will be due by 5:00pm on the Sunday prior to the championship.
- Late entries are allowed during a late period on Tuesday, from 12:00pm - 2:00pm. 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 2:00pm deadline.

Entry Lists & Heat/Flight Sheets:

- 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.

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 and the President 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.

Packet Pick-Up: Coaches may pick up meet packets beginning at 9:30 AM on Friday, March 6th, 2020 on the track level of the GTC.

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 Leone Timing. Live results will be available online at Leone Timing and will be complete 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 brushed concrete in-layed throwing 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ pyramids.



Seating: Seating for 1000 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 on the turf or in the arena.**

Implement Certification: All implement inspections will take place at the storage area in the southeast corner (right hand side) of the track. Implements for the multi-event championships will be on **Friday from 10:00 – 11:00 AM** followed by Fridays throwing events, which will take place between **1:30 - 2:30 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.

Protests: All protest 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.

Concessions: Will be available in the concourse area of the GTC.

Food/Drinks: **Only water will be allowed inside the competition and warm-up area.** Please help us keep our facility clean by cleaning up your teams area when you leave.

Warm-Up Area: Warm-ups must take place in the adjacent indoor turf field or outside.

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 Referee: Tom Mooney

Restaurants & Lodging: See the attached list of recommendations.

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 College is not responsible for lost or stolen items so please keep your valuables safe.

Sports Information: Joe Seil, Sports Information Assistant Director, phone: (585) 389-2452. jseil2@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 to 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 prior to the championships based upon the NCAA Performance lists and be sent out to all schools by Sunday at 4pm the week of the meet.

Advancement Procedures: See enclosed sheet.

Directions: See the attached info for directions and campus map. **NOTE: Buses should not enter campus from Monroe Ave / French Rd.** 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 just outside the Golisano Training Center in 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. 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 6th

*Facility will open at 10:00am

FIELD EVENTS

| | |
|-----------------|-----------------------------------------|
| <i>10:00am-</i> | <i>-11:00am Implement Inspection #1</i> |
| 1:00pm | Pole Vault (W) |
| <i>1:30pm-</i> | <i>-2:30pm Implement Inspection #2</i> |
| 3:00pm | Shot Put (W) |
| 3:00pm | Triple Jump (M) |
| 4:30pm | Pole Vault (M) |
| 5:00pm | Shot Put (M) |
| 5:00pm | Triple Jump (W) |

TRACK EVENTS

| | |
|----------------|---------------------------------|
| 11:00am | 60m Dash – <i>heptathlon</i> |
| 11:15am | 60m Hurdles – <i>pentathlon</i> |
| <i>12:50pm</i> | <i>National Anthem</i> |
| 3:00pm | Distance Medley Relay (W) |
| 3:30pm | Distance Medley Relay (M) |
| 4:00pm | 60m Hurdle Trials (W) |
| 4:20pm | 60m Hurdle Trials (M) |
| 4:40pm | 60m Dash Trials (W) |
| 4:55pm | 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 7th

*Facility will open at 8:30am

FIELD EVENTS

| | |
|----------------|-----------------------------------------|
| <i>9:00am-</i> | <i>-10:00am Implement Inspection #3</i> |
| 10:30am | Weight Throw (W) |
| 10:30am | Long Jump (M) |
| 10:30am | High Jump (W) |
| 11:15pm | Pole Vault – <i>heptathlon</i> |
| 1:00pm | High Jump (M) |
| 1:00pm | Long Jump (W) |
| 1:00pm | Weight Throw (M) |

TRACK EVENTS

| | |
|---------------|---------------------------------|
| <i>9:50am</i> | <i>National Anthem</i> |
| 10:00am | 60m Hurdles – <i>heptathlon</i> |
| 10:30am | 60m Hurdle Final (M) |
| 10:35am | 60m Hurdle Final (W) |
| 10:45am | Mile Run (W) |
| 11:15am | Mile Run (M) |
| 11:45am | 60m Dash Final (W) |
| 11:50am | 60m Dash Final (M) |
| 12:00pm | 400m Dash (W) |
| 12:20pm | 400m Dash (M) |
| 12:35pm | 800m Run (W) |
| 12:55pm | 800m Run (M) |
| 1:15pm | 200m Run (W) |
| 1:30pm | 200m Run (M) |
| 1:45pm | 3000m Run (W) |
| 2:15pm | 3000m Run (M) |
| 2:45pm | 4x200m Relay (W) |
| 3:00pm | 4x200m Relay (M) |
| 3:30pm | Team Awards |

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 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 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 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 two 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 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 two 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 two 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 two 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.



2019-2020 Indoor Track & Field Championships Qualifying Standards

| <u>Event</u> | <u>Men</u> | <u>Women</u> |
|-----------------|------------|--------------|
| 60 Meters | :07.15 | :08.10 |
| 200 Meters | :22.90 | :26.70 |
| 400 Meters | :51.30 | 1:01.00 |
| 800 Meters | 1:58.50 | 2:23.00 |
| Mile | 4:24.00 | 5:22.00 |
| 3000 Meters | 8:50.00 | 10:40.00 |
| 5000 Meters | 15:30.00 | 18:50.00 |
| 60 High Hurdles | :08.70 | :9.50 |
| Long Jump | 6.65 | 5.25 |
| Triple Jump | 13.40 | 10.75 |
| High Jump | 1.89 | 1.56 |
| Pole Vault | 4.40 | 3.20 |
| Shot Put | 13.85 | 11.50 |
| Weight Throw | 15.00 | 14.00 |
| Hep/Pent | 3800 | 2600 |
| 4x200 Relay | NT | NT |
| 4x400 Relay | 3:27.00 | 4:10.00 |
| DMR | 10:40.00 | 13:10.00 |

DIRECTIONS TO NAZARETH COLLEGE

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

*Please call the hotel directly for reservations.

Request the reduced rate for people attending Nazareth College events.

Recommended Accommodations Hotels

[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

Campus Building

Visitor Parking
no overnight parking, 2 a.m.–6 a.m.

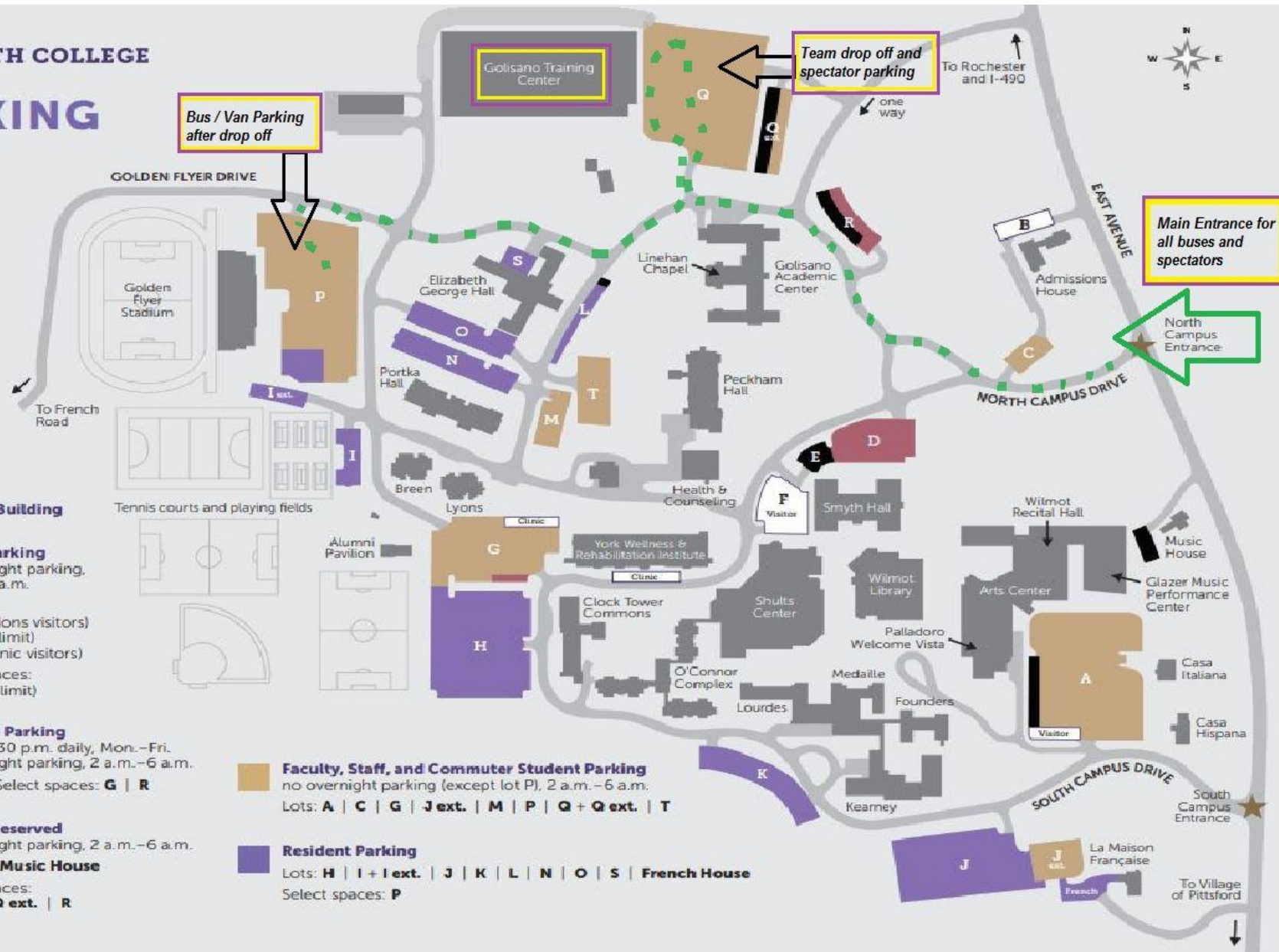
Lots:
B (admissions visitors)
F (2 hour limit)
Clinic (clinic visitors)
Select spaces:
A (2 hour limit)

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**



Bus / Van Parking after drop off

Team drop off and spectator parking

Main Entrance for all buses and spectators

North Campus Entrance



To Rochester and I-190

To French Road

To Village of Pittsford