



ALL-ATLANTIC REGION TRACK & FIELD CONFERENCE INDOOR CHAMPIONSHIPS

Friday and Saturday, March 3rd & 4th, 2023

**The Nike Track & Field Center at The Armory
216 Fort Washington Avenue
New York, NY 10032**



updated 1/26/2023



ALL-ATLANTIC REGION TRACK & FIELD CONFERENCE INDOOR CHAMPIONSHIP MEET INFORMATION

Friday and Saturday, March 3rd & 4th, 2023

Meet Directors

Sam Albert, AARTFC President
University of Rochester
Phone: (585) 275-4322
E-mail: salbert@sports.rochester.edu

Ethan Senecal, AARTFC Vice President
Susquehanna University
Phone: (570) 372-4416
Email: senecal@susqu.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, February 28th.** Entries for the combined events, including compiled scores, will be due by 5:00pm on Sunday, February 26th.
- 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 and will be assessed at \$100 per athlete/relay. 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 on Tuesday, February 28th.
- The meet program (*Day 1 heats & flight sheets*) will be published online by 12:00pm on Wednesday, March 1st. Day 2 heats and flights will be emailed out at the start of Day 2 after scratches are collected via the timer. **Day 2 scratches will be due by 9:00am at the start of Day 2**, either by notifying the timers table or by email (lex@armorytrack.com).

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 additional entry fee for wild cards.

Combined Events:

- The top (12) declared individuals who hit the standard will 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 timer (lex@armorytrack.com) and the President (salbert@sports.rochester.edu) by 5:00pm the Sunday prior to the Championships. Compiled scores must exceed 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 “user” fee of **\$15.00** per entry/relay entered on the final entry roster must be paid on Direct Athletics at the time of final registration / declaration.

Qualifying Standards: Included on the last page of this document, and located on TFRS 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 Ethan Senecal (senecal@susqu.edu) by Noon on Tuesday, February 28th with suggested progressions or bar requests to be considered.*

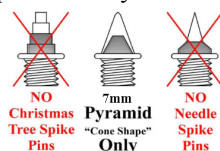
Packet Pick-Up: Coaches may pick up meet packets beginning at 9:45 AM on Friday, March 3rd, at the Millrose Room, which is located on the first floor of The Armory, just off the front lobby.

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 The Armory. Live results will be available online at <https://results.armorytrack.com/meets/17492> and will be complete after the last event of each day of competition.

Facilities: The Armory features:

- 200-meter banked six-lane track with Mondo SuperX surface and 36" wide lanes.
- Nine-lane sprint straightaway on the infield, also surfaced with Mondo SuperX and 48" wide lanes.
- Two parallel horizontal jumps runways with Mondo surface (53m & 54m length).
- Pole Vault runway is surfaced with Mondo & 45m long.
- High jump contested on Mondo surface on the infield.
- Shot and Weight will take place in enclosed throwing area with a wood throwing circle.
- Four-sided video board for instant times and results.
- Seating for up to 4,000 spectators.

Shoe Limitations: Only ¼-inch pyramid spikes are allowed on The Armory track. Your spikes will be inspected at check-in. Bring your spikes to check-in! You will not be allowed to compete unless you have ¼ pyramids. No pin or needle spikes allowed.



Blocks: Only starting blocks supplied by The Armory may be used.

Outside Food & Beverage: Per Armory policy, *outside food & beverage is NOT allowed to be brought into the facility*. Please alert your athletes and coaches to this policy. The Armory provides the opportunity for food & beverage purchases at select locations within the arena. Should your team be interested in catered options, please contact Brianna Cano at RCano Events, 718-937-6622 or via email: brianna@rcanoevents.com

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 – 11:00 AM** followed by Friday's throwing events, which will take place between **1:30 - 2:30 PM**. Implement certification for Saturday's 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: A schedule 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.

Seeding/Advancement Procedures: See enclosed sheet.

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.
- Declared competitors must honestly participate in all events in which they are entered, 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.

Warm-Up Area: Athlete warm-ups must take place in the hallways on the 2nd floor.

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.

Spectators: The Armory charges an admissions fee to all spectators. See below.

Adults: \$20.00

Students w/ ID: \$10.00

Children under 3'6" tall: free

Live Streaming: The meet will be live streamed via the Armory website – www.armorytrack.org.

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

T-Shirts: Commemorative T-Shirts will be on sale Friday and Saturday.

Team Camps: Only actively competing athletes will be allowed on the track and infield. Team camps should be set up on the 4th floor of The Armory (one floor above the track level), and student-athletes should remain in their team area while not competing or warming up.

Locker Rooms: There are no locker room facilities available at The Armory.

Training Room/Medical: There will be medical coverage on site. The training room is located in the northeast corner of the track adjacent to the throws area. Ice and water will be located here as well. The nearest hospital to The Armory is:

NY Presbyterian Hospital

630 W 168th Street

New York, NY 10032

Phone: (212) 305-2500/Emergency Phone Number: 911

Directions: The Armory is located at 216 Fort Washington Avenue, between West 168th Street & West 169th Street.

Parking: Team drop off and pick up area is on 169th Street, between Broadway & Fort Washington Avenue. You are not allowed to double park or stand, except to drop off and pick up. There is no stopping or parking allowed in front of The Armory (Fort Washington Ave). Team buses may park only on Riverside Drive, from 177th Street and above/north. Street parking is very limited and there are a few parking lots/garages available (for a fee) in the neighborhood for vans & cars.



SCHEDULE OF EVENTS

***Tentative meet schedule, times could be slightly adjusted based on final entries

FRIDAY, MARCH 3rd

*Facility will open at 10:00am

FIELD EVENTS

10:00am-	-11:00am Implement Inspection #1
12:00pm	Pole Vault (W)
1:30pm-	-2:30pm Implement Inspection #2
2:30pm	Long Jump (M)
2:30pm	Shot Put (W)
4:00pm	Pole Vault (M)
4:30pm	Shot Put (M)
5:00pm	Long Jump (W)

TRACK EVENTS

11:00am	60m Dash –heptathlon
11:15am	60m Hurdles –pentathlon
11:50pm	National Anthem
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 4th

*Facility will open at 9:00am

FIELD EVENTS

9:00am-	-10:00am Implement Inspection #3
10:30am	Weight Throw (W)
10:30am	Triple Jump (M)
11:15am	Pole Vault – heptathlon
1:00pm	High Jump (M&W)
1:00pm	Triple Jump (W)
1:00pm	Weight Throw (M)

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)
11:15am	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 Rule book
- Random lane assignments in prelims
- Final field will consist of **9** 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 **5-6-4-7-3-8-2-9-1**

200 Meters

- Timed final formed according to the current edition of NCAA Cross Country/Track and Field Rule book
- 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 Rule book
- 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.
- 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.
- 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.
- 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.
- 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 formed according to the current edition of NCAA Cross Country/Track and Field Rule book
- 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).
- 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.



2023 AARTFC Qualifying Standards

(Approved 11/21/2022)

Indoor Track & Field Championships Qualifying Standards

<u>Event</u>	<u>Men</u>	<u>Women</u>
60 meters	7.15	8.10
200 meters	22.90	26.70
400 meters	51.30	1:01.0
800 meters	1:58.5	2:23.0
Mile	4:24.0	5:22.0
3000 Meters	8:50.0	10:40.0
5000 Meters	15:30.0	18:50.0
60 High Hurdles	8.70	9.50
Long Jump	6.65	5.25
Triple Jump	13.40	10.75
High Jump	1.91	1.57
Pole Vault	4.40	3.20
Shot Put	13.85	11.50
Weight Throw	15.50	14.20
Hept/Pent	3900/Top 12	2500/Top12
4x200 Relay	NT	NT
4x400 Relay	3:27.0	4:10.0
DMR	10:40.0	13:10.0

Note: The qualifying standards for running events are based on a flat 200-meter indoor track. The current NCAA-approved indexing factor will be used to adjust performances across flat/banked/oversized tracks.