

**All-Atlantic Region Track and Field Conference
2021 Outdoor Track and Field Championships
Wednesday, May 19th & Thursday, May 20th
Host by St John Fisher College**

2021 AARTFC Outdoor Track & Field Championships @ St John Fisher

Schedule of Events: DAY 1 - Wednesday, May 19, 2021

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 may be delayed.

Time	Event
11:30am	Facility Opens for Warm-up
12:00pm	Implement Inspection Begins
12:30pm	National Anthem
1:30pm	Implement Inspection Closes
1:00pm	Decathlon 100 meters*
1:30pm	Heptathlon 100 Hurdles*
2:00pm	Pole Vault (M), Javelin (W), Hammer (M)
3:00pm	Triple Jump (W)
4:00pm	Implement Inspection Begins
5:00pm	Implement Inspection Closes
5:30pm	Pole Vault (W), Javelin (M), Hammer (W), Triple Jump (M)
4:30pm	100 Hurdle Trials – Women
4:50pm	110 Hurdle Trials – Men
5:10pm	100 meters Trials – Women
5:25pm	100 meters Trials – Men
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: The 10K start time may be adjusted for weather concerns

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 publicly 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 to cause the least disruption in the overall schedule.

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Schedule of Events: DAY 2 – Thursday, May 20, 2021

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 may be delayed.

Time	Event
9:30am	Facility Opens for Warm-up
10:31am	National Anthem
11:00am	Implement Inspection Begins
12:30pm	Implement Inspection Closes
11:00am	Decathlon 110 Hurdles**
11:00am	Heptathlon Long Jump**
12:00pm	High Jump (W),
1:00pm	Shot Put (W), Discus (M), Long Jump (W)
3:00pm	High Jump (M)
3:30pm	Shot Put (M), Discus (W)
3:30pm	LJ (M)
1:00pm	4x100 Relay – Women
1:15pm	4x100 Relay – Men
1:30pm	1500m – Women
1:50pm	1500m – Men
2:10pm	110 Hurdle Final – Men
2:30pm	100 Hurdle Final – Women
2:40pm	400m – Women
2:55pm	400m – Men
3:10pm	100m Final – Women
3:15pm	100m Final – Men
3:25pm	800m – Women
3:45pm	800m – Men
4:05pm	400m IH – Women
4:20pm	400m IH – Men
4:35pm	200m – Women
4:50pm	200m – Men
5:05pm	4x800 Relay – Women
5:25pm	4x800 Relay – Men
5:50pm	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 publicly 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.

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Progressions and Procedures

- A. 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 one 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.
- B. Adjustments to the published progressions will not be considered at the meet.
- C. 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 delayed. Clerking for all track events will take place in the white tent near the start of the 100m dash.
- D. 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 the preliminary 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.
- E. For the high jump and pole vault, 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 posted start of the event or be scratched from the competition.
- F. 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. In the event of weather issues, alterations to the competitive schedule and/or waiver of the 'scratch rule' may be necessary, and would be decided upon by the Games Committee.
- G. Team Areas. In order to meet COVID restrictions specific team areas will be identified. These areas will be provided in a separate email once the team participation numbers are confirmed.
- H. Relay cards should be turned in during clerking for the relay events.
- I. The designated warm-up area is Growney football stadium which is adjacent to the track complex. In case of inclement weather, the Ralph C. Wilson Fieldhouse adjacent to the track complex may be used as a warmup area. Track spikes are only allowed on the track runway. Hurdles will be available at Growney Stadium and in the fieldhouse. Warmups are **NOT** allowed on the infield grass or the grass field to the north of the track.

J. 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.

K. Please note: in the event of inclement weather, NCAA regulations allow for the Pole Vault and High Jump competitions to be moved to an indoor location for safety purposes. If this occurs, **the Ralph C. Wilson Fieldhouse will be used to compete the the high jump and pole vault. The pole vault runway in the fieldhouse is 170 feet long. Using the fieldhouse to compete the high jump and pole vault will reduce the amount of space for warmups.**

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Entry Procedures

Submission of Entries

- A. Entries will be submitted electronically via Direct Athletics (www.directathletics.com) and will be due by 9:00 a.m. on Tuesday, May 18, 2021.
- B. Entries for the combined events, including compiled scores, will be due by 5:00 p.m. on Sunday, May 16, 2021. Please remember that it is your responsibility to make sure that entries are updated for accuracy by the 9:00 a.m. deadline.
- C. No additions or substitutions of entries may be made after the performance list has been disseminated without approval of the Governing Body and a fee of up to \$100.00 (per team, individual and gender) is paid to the Association.
- D. Entry Confirmation
- Leone Timing will post accepted entry lists by Noon on Tuesday, May 18, 2021
 - Member institutions are responsible for reviewing entries posted online and reporting errors to the executive committee via email by 5:00 p.m. on Tuesday, May 18, 2021.
 - The final entry lists and heat sheets will be published online by Leone Timing by 8:00 p.m. on Tuesday, May 18.

The Championship Field

For individual events, the championship field is comprised of any athletes who meet the minimum established standards by the association. Ties will not be broken for entrance into the championships. If there is a tie for the last position, all athletes with that tied performance will be allowed into the meet. The exception to this is a tie for the last position for the combined events, in which case a true score will always be accepted over a compiled score; if both scores are of the same 'category' the tie will not be broken.

Wild Cards allow a coach to enter an athlete or relay that has not met the qualifying standard for the competition. Each team will be provided one wildcard per gender per championship for all events with the exception of the multi-events. Wildcards will not have a fee and should be entered through the 'AARTFC Outdoor WILD CARD ENTRIES MEET' on Direct Athletics. Wild card entries also close at 9:00 a.m., Tuesday, May 18.

Each institution may enter one relay team per event that has hit the standard. There is no qualifying standard for the 4x800 relay, therefore each team will be allowed to enter one (1), 4x800 relay team per gender without a season performance.

Qualifying performances only may be recorded in sanctioned meets in accordance with the current edition of the NCAA Cross Country/Track & Field Rulebook.

The Performance list is published via the NCAA-approved results reporting database, following the protocol established by the NCAA. Qualifying performances recorded during the indoor track & field season are not acceptable as qualifying performances for the outdoor track & field championships

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Combined-Events Composite Score Submission

Compiled scores for multi events can be used to meet qualifying standards with the following caveats:

1. Event performances must be from that specific season (i.e. an indoor 400 performance cannot be used for an outdoor compiled score).
2. Multi event field size is limited to 16 athletes. A true multi performance score will always take precedence over a compiled score if more than 16 athletes meet the qualifying standard.
3. Coaches will have the option of submitting compiled scores of the multi-events to the timing company by 5:00 p.m. Sunday, May 16.

Template to use for submitting a compiled score:

Men's Decathlon

Name: School:

100 LJ SP HJ 400

Performance

Location/Date

Points

110 HH DT PV JT 1500

Performance

Location/Date Total Score:

Points

Women's Heptathlon

Name School

100 HH HJ SP 200

Performance

Location/Date

Points

LJ JT 800

Performance

Location/Date Total Score:

Points

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Entry Lists/Heat Sheets/Results

Final entry lists and heat sheets will be at www.leonetiming.com.

Live results will be available throughout the meet at 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. Event champions will also receive t-shirt. 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 (pages 16 - 18). The AARTFC Constitution can be found on the AARTFC website at [Home | All-Atlantic Region Track & Field Conference \(aartfc.org\)](http://Home | All-Atlantic Region Track & Field Conference (aartfc.org)).

Throwing Implement Certification

Throwing implement certification will take place in the white tent at the throws area, 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 at least 30 minutes prior to the start of their event. The clerking white tent is located near the start of the 100m dash on the North end of the track.

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.