

TRACK & FIELD: MEN & WOMEN

All business conducted by sport committees must be submitted as recommendations to the Administrative Committee.

I. Conference Meet

- A. Each conference institution sponsoring track and field shall participate in the MCC championship meet.
- B. The MCC championship meet will be a two-day meet with preliminaries if necessary in the high hurdles, and the 100 meter and 200 meter dashes. The games committee shall be in charge of the organization of the meet. The conference meet will be the sole determinant of the conference champion. The MCC meet will be on a Friday and Saturday beginning on the last Friday in April. The 2010 meet will be on April 30 & May 1 at Goshen College in Goshen, Indiana.
- C. The location of the Conference Meet will be determined as follows:
 - 1. Adequate facilities are defined as including all equipment needed to run the conference meet.
 - 2. An all-weather track measured in meters is a requirement for hosting the conference meet.
 - 3. All schools are encouraged to host the MCC meet. If an all-weather track is not available on campus, an alternative site may be approved by the majority of the coaches. The meet will rotate to schools in the following order: Bethel, Goshen, Grace, Huntington, Indiana Wesleyan, Marian, Spring Arbor, Saint Francis, Taylor. If a school does not want to host the MCC meet, they need to inform the Commissioner at the annual fall meeting. In that case, the next school in line will have the option to host the MCC meet.
- D. Administration of the meet will be in accordance with directives of the MCC and the NCAA Track and Field Guide.
- E. The following events will be contested in the meet (race distances in meters):

100	4x100 relay
200	4 x 400 relay
400	4x800 relay
800	Long jump
1,500	Triple jump
5,000	High jump
10,000	Pole vault
100 hurdles (women only)	Discus
110 hurdles (men only)	Shot put
400 hurdles	Javelin
3,000 steeplechase	Hammer

F. The order of track events for the MCC Track & Field meet will be as follows:

FRIDAY

100 M Hurdles	Women	Prelim
110 M Hurdles	Men	Prelim
4 x 800 Meter Relay	Women	Final
100 Meters	Women	Prelim
100 Meters	Men	Prelim
4 x 800 Meter Relay	Men	Final
200 Meters	Women	Prelim
200 Meters	Men	Prelim
10,000 Meters	Women	Final
10,000 Meters	Men	Final

SATURDAY

Steeplechase	Women	Final
4 x 100 M Relay	Men	Final
4 x 100 M Relay	Women	Final
Steeplechase	Men	Final
1,500 M. Run	Women	Final
1,500 M. Run	Men	Final
100 M Hurdles	Women	Final
110 M Hurdles	Men	Final
400 Meter Run	Women	Final
400 Meter Run	Men	Final
100 Meter Dash	Women	Final
100 Meter Dash	Men	Final
800 Meter Run	Women	Final
800 Meter Run	Men	Final
400 M Hurdles	Women	Final
400 M Hurdles	Men	Final
200 Meter Dash	Women	Final
200 Meter Dash	Men	Final
5,000 Meter Run	Women	Final
5,000 Meter Run	Men	Final
4 x 400 M Relay	Women	Final
4 x 400 M Relay	Men	Final

G. Entries are limited to four (4) individuals per college per event. The maximum number of entries in any event that can score for a team would be three (3).

1. Any entered athlete is eligible to score if their time/distance is a top eight (8) performance, however, only the top three (3) performances from each team will be eligible to score.
2. In events with preliminary rounds (100, 200, 100 Hurdles, 110 Hurdles), a team may

advance only their top three (3) entrants to the finals, based on times posted in the preliminary round. Teams need not declare their top three (3) entries before the meet.

3. In events where only a final round is run and there are a limited number of entries in the fastest section (400, 400 Hurdles, 800), the top three (3) entered times from each team will be eligible for the fastest section. However, any of the entrants may score up to the maximum of three (3) per team.
 4. In events where only one (1) section is traditionally needed (1500, Steeplechase, 5,000, 10,000), all entrants will be included in that section. Should the number of entries rise to a point where two (2) sections are needed, that event would operate under #2 above.
 5. Field Events. If hot flights are used, only a team's top three (3) entries can be used in hot flights. Only a team's top three (3) performers in prelims will be admitted to the finals.
 6. In the high jump and pole vault, all entries will compete, but a maximum of three (3) may score from any team.
- H. Meet entries should include the forms sent out by the host school. Entries will be due to the host school by Wednesday prior to the meet. All entry times in running events must be for metric distances from the current outdoor season. Hand times should be recorded to a tenth of a second (Do not convert). Automatic times should be recorded to the hundredth of a second.
- I. Final declarations and performance updates are to be made by 3 p.m. on the Thursday prior to the meet.
- J. Anyone on an alphabetical team roster may be replaced in any event through Thursday at 3:00 p.m. prior to the meet. After that time, no additions or substitutions are allowed and any scratch from a running event eliminates that athlete from all subsequent running events.
- K. There will be a coaches meeting 45-60 minutes prior to the starting time.
- L. The games committee will be composed of the host, the track & field chair, and the prior year's host.
- M. The following officials are needed for the administration of the meet:
- | | |
|-------------------|---|
| Meet Director | Head Field Judge |
| Referee | (2) Field Judges and Markers |
| Starter | for each field event |
| Clerk of Course | Head Inspector and at least 6 additional inspectors |
| Head Finish Judge | Meet Announcer |
| | Head Timer |
| | (two watches on 1 st and one watch on each place thereafter) |
- N. The MCC will offset the following: Timing Systems, Awards, and Officials up to \$1,500.00.

- O. Pole vault starting height will be fifteen (15) centimeters below the eighth best qualifying height. High jump starting height will be five (5) centimeters below the eighth best qualifying height, unless otherwise determined by the games committee.
- P. All field events implements will be weighed in prior to the event.
- Q. Team scoring will be 8 places with a formula of 10-8-6-5-4-3-2-1.
- R. The host athletic director in conjunction with the men's and women's track chair(s) will coordinate the MCC Conference Track Meet.
- S. **Financial Report Form** - Host school for MCC Conference Track Meet will use the supplied Financial Report Form to report expenses and gate revenues to the Conference Commissioner. Revenue (net) and the Financial Form are to be forwarded to the Conference Office one week after the MCC Conference Track Meet is complete.

II. All-Conference Team

- A. Event winners in individual events and the relays will automatically be selected to the All-Conference Team. The remainder of the team will be filled by at-large selections, which will go to the highest scoring, non-event-winning individuals.
- B. Plaques for first place will be awarded for each individual event and the relays. The cost of these awards will be assumed by the MCC.

III. Sport Chair - The position of Sport Chair will be voted upon every two years. No term limitations will be set, but individuals must be nominated and voted into the position of Sport Chair every two years.

**MID-CENTRAL COLLEGE CONFERENCE
2010 TRACK CHAMPIONSHIPS
FINANCIAL REPORT FORM**

DATE:

LOCATION:

INCOME

Students: _____ (Number of students) @ \$2.00 each \$ _____

Adults: _____ (Number of adults) @ \$5.00 each \$ _____

TOTAL INCOME \$ _____

EXPENSES

Official Starter \$ _____

Track Officials \$ _____

Timing System \$ _____

TOTAL EXPENSES \$ _____

REVENUE (Net) \$ _____

Host schools are responsible for all additional expenses other than those listed above.

Gate receipts and the financial report form are to be forwarded to the Conference Office one week after the track meet is completed.