



# 2021 Outdoor Track & Field Technical Manual & Handbook

**Friday-Sunday, May 14-16, 2021 – American International College (AIC), Springfield, MA**

Please read to following information carefully as there are many IMPORTANT changes from years past. You will be responsible for following ALL these changes. We feel they will make the registration process easier for all concerned.

## **EVENT INFORMATION**

Order of Events, Time schedule, Standards and entry information may be obtained at [paynescornertiming.com](http://paynescornertiming.com); [ic4atrack.com](http://ic4atrack.com); and [www.ecacsports.com](http://www.ecacsports.com).

## **Contact Information**

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ECAC Coordinator for Championships, Leagues, and Affiliates  
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Meet Administrator  
[tstewart@hcc.edu](mailto:tstewart@hcc.edu)

Todd Wolin  
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Thom Jacobs  
Paynes Corner Timing  
[coachjake@hotmail.com](mailto:coachjake@hotmail.com)

## **IC4A/ECAC JOINT GAMES COMMITTEE**

Joe Compagni  
Kevin Donner  
Lou Duesing  
Ta' Frias  
Dan Mecca  
Tom Meagher

Tom Stewart  
Todd Wolin  
Mark Young

## **JURY OF APPEALS**

Will be chosen based on teams entered

## **COVID POLICY**

**According to AIC, all participating athletes and coaches must have a clean PCR test at least three (3) days prior to the first day of competition. Given the size of the event, we trust that every program will be responsible in making safe decisions when it comes to COVID-19 safety.**

## **ENTRY/PAYMENT PROCEDURE**

**The ECAC has did not bill ECAC or IC4A dues for this academic year. As such, the fees detailed here were designed to ensure all costs for the championship are covered by entry fees.**

This is an ENTRY FEE, not a PARTICIPATION FEE.

Individual Events - \$35.00

Combined Events - \$75.00

Relays - \$100.00

**There is a maximum entry fee of \$800 per gender.**

All entries will be done via [directathletics.com](http://directathletics.com)

## **Qualifying standards and Field Size**

Due to COVID, the following #s will be accepted:

**The top 32 athletes entered in all track, field and relay events.**

**The top 16 athletes entered in the combined events (Heptathlon/Decathlon).**

There will be no alternates, late additions, or substitutions. This is due to COVID protocols and to ensure that everyone accepted is properly tested. **NO EXCEPTIONS**

Please do not over-enter athletes in events you do not plan to contest. This will only take spots from others. We have already arranged to have teams that are definitely NOT competing taken out of the rankings on TFRRS and DirectAthletics. Checking these rankings prior to entry will let you know the likelihood each person will be in the meet. Please note that some ranked schools may opt to attend the New England Championships instead of the IC4A/ECAC Championships.

**All entries and payments must be completed by Noon on Tuesday, May 11, 2021.**

A descending order list will be emailed to all coaches by 5:00 PM on Tuesday and will also be posted on the following websites: [paynescornertiming.com](http://paynescornertiming.com); [ic4atrack.com](http://ic4atrack.com); and [www.ecacsports.com](http://www.ecacsports.com).

## **SCRATCHES AND ALTERNATES**

Scratches need to be emailed to Tom, Todd and Thom by 11:59pm on May 11, 2021:

**Tom Stewart:** [tstewart@hcc.edu](mailto:tstewart@hcc.edu)

**Todd Wolin:** [twolin@albany.edu](mailto:twolin@albany.edu)

**Thom Jacobs:** [coachjake@hotmail.com](mailto:coachjake@hotmail.com)

You will receive confirmation of your scratches by email.

**Alternates will be notified by Noon on Wednesday, May 22, 2021 of their addition to the accepted entries**

## **QUALIFYING CRITERIA**

This document outlines the criteria that all track and field meets must follow in order for marks to count towards qualifying for the IC4A/ECAC Championships. Information in this document is relevant for all indoor and outdoor track and field meets and events unless otherwise noted. If a meet/event does not follow the criteria, the joint IC4A/ECAC Men's and Women's Track and Committee has the authority to remove results from the performance lists. Coaches can report any meets or events that do not follow the criteria outlined below by following the Guidelines for Reporting Qualifying Criteria Violations, which are available on the NCAA.org divisional sport landing pages for indoor and outdoor track and field.

1. Qualifying Period. A qualifying mark for entry for the outdoor championships, must be achieved between the following dates:

December 1, 2020 through Sunday, May 9, 2021. Note, all conference championships are scheduled to be concluded on Sunday, May 9, 2021 and those results must be posted to TFRRS by the 5:00pm Eastern time on Monday May 10, 2021 to give coaches the ability to use the most updated rankings for their entries.

2. Rules. Qualifying marks must be made in a scheduled collegiate or open track and field meet conducted under the NCAA Rules of Competition or an open track and field competition conducted under the competition rules of the NCAA, USATF or IAAF.

3. Manual Timing. Marks will not be accepted in any events where manual timing (MT) is used.

4. Meet Management. Marks will not be acceptable if not posted on TFRRS:

5. Meet Procedures:

- a. Qualifying standards must be competed in meters, except for the 400- and 1,600- meters relays, and the Mile (1,500m);
- b. Qualifying marks must be made using an outdoor facility, except that the high jump and/or pole vault may be moved indoors for safety reasons by a decision of the competition's game committee;
- c. Performances for outdoor events that are contested indoors may be used as seeds for the outdoor championships.

### **Additional Notes**

6. Marks achieved by student-athletes in a combined event competition will be allowed to count toward open event qualification, even if the student-athlete does not finish the entire combined event competition.

7. Below are the permissible event conversions for NCAA outdoor track and field. The Standardized Track Event Conversion Factors will be used to convert times for the non-championship events listed below to determine what the corresponding times would be for the respective championship events. The Standardized Track Event Conversion Factors can be found online at [www.NCAA.org](http://www.NCAA.org) (NCAA.org, Division I/II/III, Championships, Outdoor Track and Field, Links/Resources).

Mile to 1500 Meters

4x110 Yard Relay to 4x100 Meter Relay

Mile Relay to 4x400 Meter Relay

## **VERIFICATION OF PERFORMANCES**

1. Performances will be verified through Direct Athletics. NOTE: Top indoor marks and converted 1500m times (mile divided by 1.08) will be considered for outdoor qualifying. Those marks will be posted on the outdoor performance lists on Direct Athletics.
2. Direct Athletics will use the NCAA rule for performance adjustment according to facility for all NCAA Events. The coaches approved a formula for the non-NCAA events (Mile and 4x800m Relay).

## **COACHES CHALLENGE**

There are no longer coaches' challenges. If your performance does not appear on Direct Athletics, your athlete/relay will not be considered for competition.

## **RELAY CARDS**

1. Relay cards must be submitted to the clerk's table at least one hour before the scheduled time of the relay event. Cards will be provided in Coaches Packets and at the clerk's table.
2. Relay cards must list the names and bib numbers of the athletes on the relay team, in the order that they will run.
3. You must only submit a second relay card for the final if you are not running with the same personnel.
4. If you have a relay team entered but need to scratch for any reason, the clerks should be notified as soon as possible, ideally well prior to the formation of heats. Failure to scratch in a timely manner can result in a fine.
5. If the relay team personnel changes prior to the race, a new relay card must be submitted at least 15 minutes prior to the race.

## **CONFERENCE CHAMPIONS & WAIVER OF STANDARD PROCEDURE**

### **CONFERENCE CHAMPIONS**

**There will be no waiver of standard for the 2021 Outdoor Championships.**

### **WAIVER OF STANDARD PROCEDURE**

**There will be no waiver of standard for the 2021 Outdoor Championships.**

## **HEPTATHLON/DECATHLON ENTRIES & DECLARATIONS**

**There will be no declaration for the 2021 Outdoor Championships enter as you would all other events.**

## **MEDICAL/TRAINERS**

1. A certified athletic trainer will be available during the meet at all facilities.
2. The training room will also be available for schools to bring their own trainer.
3. Teams are requested to bring their own tape and wraps.

## **CHECK-IN/CLERKING**

### **Track Events**

Event Check-in will be 1 hour prior to start of event per the FINAL meet time schedule  
Final clerking to receive lane assignments and hip numbers will be 15 minutes prior to start of event per the FINAL meet time schedule.

### **Field Events**

#### **Vertical Jumps**

High Jump – Initial check in will be 1 hour prior to event start  
Pole Vault – Initial check in will be 90 minutes prior to event start

**Horizontal Jumps/Throws** - Initial check-in will be at the site of competition (ie – Discus at the Discus cage) no later than 30 minutes prior to the start of the event – this will allow for a redraw of sections should the amount of competitors warrant it. (ie: Moving from 3 flights to 2 if need be due to weather concerns). Flight specific check in will be 15 minutes prior to flight.

## **RESULTS**

Paynes Corner Timing will carry event-by-event results throughout the entirety of the competition at [paynescornertiming.com](http://paynescornertiming.com) (click the proper prompts). On-site results will be available at the end of each day of competition. Final results will be posted at [paynescornertiming.com](http://paynescornertiming.com), [ic4atrack.com](http://ic4atrack.com) and at [www.ecacsports.com](http://www.ecacsports.com).

## **PACKET PICK-UP**

Teams can pick up packets on Friday afternoon after the Games Committee meets. The Games Committee will release the field event flight sheets and the descending order list for the running events at [paynescornertiming.com](http://paynescornertiming.com), [ic4atrack.com](http://ic4atrack.com) and at [www.ecacsports.com](http://www.ecacsports.com) by noon on Friday.

## **PRACTICE TIMES**

At this, there will be NO practice at **John G. Hoyt '52 Track & Field Complex at American International College**. If Practice times/sites are available, they will be announced at a later time.

## **WEIGHTS AND MEASURES**

At the throws area – a minimum of 2 hours prior to event. If any additional procedures are required for implement weigh-in, they will be sent to all coaches prior to the start of the meet.

## **INCLEMENT WEATHER**

The Executive Committee will determine based on the forecast on Wednesday for the weekend if any changes need to take place. The schedule has back-up plans for most of the field events listed.

This would concern moving events either up a day or back a day if necessary. We hope this is a last resort, as we know that travel with the new schedule means hotels and transportation may not be procured for this situation.

Weather will be monitored by the games committee The games committee will notify the meet personnel of lightning within a 12 mile radius and the meet will be stopped. Lightning Prediction System: (starting and suspending events) – 1, 15-second horn blast signals termination and PA will direct people to their vehicles. Officials will be escorted to the hospitality room or press box. The All Clear Signal sounds three, five second blasts when lightning is outside of the 12 mile radius.

## **Appendix A**

### **Outdoor IC4A/ECAC Qualifying**

#### **All Track Events**

Top 32

#### **All Field Events**

Top 32

#### **Combined Events – Heptathlon/Decathlon**

Top 16

## Appendix B

### OUTDOOR CHAMPIONSHIPS

#### Formulae for setting up HEATS and FINALS

The John G. Hoyt '52 Track & Field Complex at American International College is an 8-lane track with the following preferred lanes: 4,5,3,6,2,7,1,8 . We will bring 8 back to the final in the 100 m, 100HH, 110HH. Straightaway races and horizontal jumps can be contested in both directions. Pole vault runways run east to west.

#### 100 Meters/100HH/110HH

1 - 16	2 Heats	Pick 4
17 - 24	3 Heats	Pick 2 + next 2 fastest
25 - 32	4 Heats	Winner + next 4 fastest

#### 200 – 400 Meters/400IH/4x100/4x400

Reverse seed order with top 8 running last                      FINAL on time

#### 800 Meters/4x800

Reverse seed order with top 8 running last                      FINAL on time

#### 1500 Meters

Reverse seed order with top 12-15 running last                      FINAL on time

#### 3,000-10,000 Meter Runs

1 Section of 32    FINAL on time

#### 3,000 Meter Steeplechase

1 or 2 sections based on #s entered and natural breaks.

#### Pole Vault – High Jump

The 5 alive rule will be in effect when 20 or more competitors are in active competition at a particular height until 9 or fewer remain at which time the competition will continue as one continuous rotation of remaining eligible competitors.

Starting heights and increments will be determined by the Games committee, with the most current NCAA East Regional rankings will be taken into account.

#### Long Jump – Triple Jump – Discus – Hammer – Javelin – Shotput

Up to 16 per flight as per NCAA Rule, but Games Committee reserves the right to set fewer per flight for smooth running of the event.

The top nine (9) competitors will advance to the finals in all these events. If a tie occurs, we will take all ties at 9<sup>th</sup> place (ties are not broken for advancement, only placing). Reverse order in the finals.

#### Heptathlon/Decathlon

Top 16 entries that are entered

## Appendix C

**John G. Hoyt '52 Track & Field Complex**  
**American International College**  
**Acorn St & Cortland St**  
**Springfield, MA 01109**  
**(413) 205-3539**

### From North or South

Take I-91 into Springfield to the Route 291 East exit. Follow Route 291 East to Exit 5B. Turn right onto Route 20A West. At the end of the ramp get into the left hand lane. At the traffic light turn left onto Roosevelt Avenue. Proceed along Roosevelt for approximately two miles, then turn right onto Roosevelt Terrace, bear left at the split and then turn left onto Cortland Street. AIC Park, Abdow Field, Butova Gymnasium and Groff Field will be on your left. AIC Tennis Courts, John G. Hoyt Track & Field Complex and MassMutual Soccer Field will be on your right.

### From East or West

Follow I-90 (Massachusetts Turnpike) to exit 6. After the toll booth, turn left onto Route 291 West. Take exit 5B (Route 20A West) bearing to the right. Proceed as noted above.

**Parking:** Adjacent to facility



**The discus/hammer cage is to the right of the picture above**