102nd IC4A & 47th ECAC Division I Indoor Championships
2023/2024 Indoor Track & Field
Final Technical Manual and Handbook*

Friday-Sunday, March 1-3, 2024, Boston University Track & Tennis Center, Boston, MA

Please read the following information carefully as there are several changes from past years. You will be responsible for following ALL these changes.

EVENT INFORMATION
The Order of Events, time schedule, standards and entry information may be obtained at paynescornertiming.com, IC4Atrack.com and the ECAC website at ecacsports.com.

Contact Information
Dylan Clark
ECAC Coordinator for Championships, Leagues, and Affiliates
203-745-2786
DClark@ecac.org

Tom Stewart
Meet Administrator
tstewart@hcc.edu

Todd Wolin
Assistant Meet Administrator
wolintodd@gmail.com

Thom Jacobs
Paynes Corner Timing
coachjake@hotmail.com

*- Updated on **February 28, 2024**. Any further updates will be sent to all coaches.

IC4A/ECAC GAMES COMMITTEE
Tom Stewart – Meet Administrator
Todd Wolin – Meet Director, Historian
See more at… https://ic4a-ecactrackandfieldcrosscou.godaddysites.com
Joe Compagni – Assistant Meet Director, Technical Advisor & Past President
Mark Young – Meet Referee
Tom Meagher – Honorary Meet Referee
Todd Etters, Lehigh University – President, IC4A/ECAC Coaches Association
Dan Ireland, Columbia University – 1st Vice President, IC4A/ECAC Coaches Association
Carolyn Martin, Quinnipiac University – 2nd Vice President, IC4A/ECAC Coaches Association
Adrian Durant, Cornell University – Member At Large, IC4A/ECAC Coaches Association
Chris Sauer, Iona University – Member At Large & ECAC/IC4A Weekly info website
Nicole Dumpson, Associate Head Coach T&F / XC, Central Connecticut State University
John Kenworthy, Head Coach Men's XC; Assistant Coach T&F, Brown University
Dan Mecca – Past President, IC4A/ECAC Coaches Association
Kevin Donner, Bucknell University – Past President, IC4A/ECAC Coaches Association
Jim Hurt, Retired – Current Secretary/Treasurer, IC4A/ECAC Coaches Association
Gabe Sanders, Boston University Director of Track & Field - Site Administrator

JURY OF APPEALS
A group of coaches will be chosen based on the teams entered.

QUALIFYING CRITERIA

Qualifying Standards and Field Size Chart
You may declare any athlete you wish to compete in the IC4A/ECAC Championships. Athletes who meet the standard in Appendix A will be accepted into the meet. Those entered before the deadline who do not meet the standards will also be accepted up until that event is full. We will be using the standards and field size chart listed in Appendix' A & B.

Appendix A – Meet Acceptances

Automatic Acceptance:
Athlete has met the IC4A/ECAC Standard as listed below in Appendix B.
Performance is ranked within the "We will take #s" as listed below in Appendix B.
Conference Champions (Does not include combined events champions; see below).
Waiver of Standard entries (see below).

Alternates:
We will notify the following who do not meet the above Automatic Acceptances criteria.
Alternates who from the meet entries are ranked within the "We will take #s".
On Monday, February 26, 2024, by 8:00 pm.

Alternates who move up the rankings list due to "early week" scratches and are now within the "We will take #s":
We will send emails as these are known. We will not add anyone after Tuesday, February 27, 2024, at 6:00 pm.

Awards

The top 8 finishers in each event score for their team (10-8-6-5-4-3-2-1) and earn All-East honors. Certificates will be provided to all All-East finishers and relays. The **top 3 teams** will be recognized and awarded with team trophies at the conclusion of the Championship. We will also recognize the top individual performer of the meet for both men and women.

Appendix B - Indoor IC4A/ECAC Qualifying Standards

Conference Champions will not replace any athlete that qualifies from the standards below. They will be added to the field.

You may enter and declare any athlete you wish to compete in the IC4A/ECAC Championships. Athletes who meet the standard below will be accepted into the meet. Those entered who do not meet the standards will also be accepted up until that event is full (see the "We will take #s" below). We will be using the standards and field size chart listed in Appendix A.

An athlete is considered declared if they are entered on Direct Athletics after the meet entry deadline passes.

Running Events

Women	Event	Men	We will take #s:
7.80	60	7.00	Top 45 plus ties
8.99	60H	8.40	Top 45 plus ties
25.24	200	22.20	Top 40 plus ties
57.04	400	49.24	Top 40 plus ties
1:17.64	500	1:06.24	Top 40 plus ties
2:15.04	800	1:53.54	Top 40 plus ties
2:57.24	1000	2:30.00	Top 40 plus ties
4:59.44	Mile	4:13.00	Top 40 plus ties
9:57.00	3000	8:26.00	Top 32 plus ties
17:38.00	5000	14:46.00	Top 32 plus ties
3:56.00	4x400	3:24.00	Top 25 plus ties (see Relay note below)
9:24.00	4x800	7:58.00	Top 25 plus ties (see Relay note below)
12:10.00	DMR	10:18.00	Top 25 plus ties (see Relay note below)

Field Events

Women	Event	Men	We will take
1.68	High Jump	2.00	Top 30 plus ties
3.60	Pole Vault	4.65	Top 30 plus ties
5.70	Long Jump	7.00	Top 30 plus ties
11.85	Triple Jump	14.40	Top 30 plus ties
13.55	Shot Put	15.70	Top 30 Plus ties
16.00	Weight	16.60	Top 30 Plus ties
Top 16	Pent./Hept.	Top 16	Top 16 (3700 W & 5150 M = auto accept)

CONFERENCE CHAMPIONS & WAIVER OF STANDARD PROCEDURE
CONFERENCE CHAMPIONS
The IC4A/ECAC will continue the practice of allowing athletes that are "Conference Champions" to compete in the IC4A/ECAC Championships, even if they have not made the Qualifying Standard. In such case you may designate only **one** conference to select your athletes from for the waiver. This is "NOT" an addition to the "Waiver of Standard" rule. **There is no Conference Champion waiver for the combined events.**

WAIVER OF STANDARD PROCEDURE
The IC4A/ECAC will also continue the practice of allowing athletes from schools that do not have any qualifiers in either a running event, relay or field event to compete. They may enter one (1) athlete and (1) field event athlete. If you have qualifiers in the track events and not the field events, you may enter (1) field event qualifier and vice versa. New as of the 2024 Indoor Championship, ALL teams may also enter one **relay** team per gender who has not met the standard in addition to the above. This ensures that schools who intend to compete in the meet have the opportunity to have at least one track, one field and one relay entry if they so choose.

Conference Champions and Waiver of Standard Entries must be submitted directly no later than Monday, February 26, 2024, at 5:00 pm to:
    Tom Stewart: tstewart@hcc.edu
    Todd Wolin: wolintodd@gmail.com
    Joe Compagni: joecompagni@gmail.com
    Thom Jacobs: coachjake@hotmail.com

An alternate list will be used to fill the field due to any "early in the week" scratches. Please send scratches ASAP so we can add the next eligible athlete. Coaches will be notified of their athletes' addition to the field. This will be based from the descending order list of meet entries. **An email with any updated accepted alternates will be sent from Todd Wolin by Tuesday, February 27, 2024, 6:00 pm.**

Additional Information Regarding Qualifying
This document outlines the criteria that all track and field competitions 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 into both the indoor championships, must be made between the following dates:

December 1 or the preceding Friday if December 1 falls on a Saturday, Sunday, or Monday, through the Sunday prior to the Championships. Entries are through DirectAthletics, with the exception of the Combined Events (Pentathlon/Heptathlon).

Exception: Combined events (Pentathlon/Heptathlon) - the top 16 entries will be accepted. See below for Combined Events information.

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. Indoor Meet Procedures:
        a.   Qualifying marks must be made using an indoor facility except for the weight throw, which may be conducted outdoors.

        b. Qualifying marks at 55 Meters will only be accepted from facilities unable to be configured for the 60 Meters or originally configured for the 55 Meters only.

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 indoor 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 (NCAA.org, Division I/II/III, Championships, Indoor Track and Field, Links/Resources).
-55 Meters to 60 Meters   -55 Meter Hurdles to 60 Meter Hurdles
-1500 to Mile   -Mile Relay to 4x400 Meter Relay
-Distance Medley Relay (yards) to Distance Medley Relay (metric)

Combined Events:
To enter the Combined Events, please follow the procedure below.
E-mail: "Intent to Compete" to the following:
        Tom Stewart: tstewart@hcc.edu
        Todd Wolin: wolintodd@gmail.com
        Thom Jacobs: coachjake@hotmail.com

If you do not submit this e-mail, we consider that you do not have any intent to compete in the Combined Events.

The **Combined Events Deadline** is no later than one week prior to competition, **Friday, February 23, 2024, by 5:00 pm**.
The e-mail must include the following:
Subject line: Intent to compete in Combined Events (Pentathlon/Heptathlon):
-Student-Athlete's Name
-School

-Current season's best score or write "Not contested" (if competition concludes after 5:00 pm, Feb 23, 2024 but before February 27, 2024). For those meets on the final qualifying weekend, <u>please follow up by submitting scores by e-mail</u> prior to Monday at 5 pm.
-Site and date(s) of competition and score achieved.
Scores will be updated prior to the accepted entries/alternates list being sent out, including all meets contested after "Intent to Compete" is received. Note, all results for and conference championships or last chance meets concluding on the Sunday prior to the championship and after the "Intent to Compete" due date must be posted to TFRRS by the 5:00 pm Monday, February 26, 2024 Eastern time deadline.

All accepted entries and alternates for the combined events will be notified by e-mail from Todd Wolin on Monday, February 26, 2024, by 6:00 pm. Alternates will be listed and added as scratches are received. Coaches will be notified if their athlete is added to the accepted entry list.

VERIFICATION OF PERFORMANCES
1. Performances will be verified through Direct Athletics. As noted above, 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 (500, 1000 and 4x800 Relay).

COACHES' CHALLENGE
There are no coaches' challenges. If a performance does not appear on Direct Athletics in the entered event or an event used as a conversion (ie: 55m for 60m), your athlete/relay will not be considered for competition in that event.

ENTRIES/DECLARATIONS
You may enter and declare any athlete you wish to compete in the IC4A/ECAC Championships. We will be using the standards and field size chart listed in Appendix' A & B. The entry deadline is **5:00 pm on Monday, February 26, 2024**.

If any athlete meets the current standard as listed in Appendix A or B, or they are ranked in the "**We will take**" numbers, then they are qualified for the meet. Anyone ranked outside the **"We will take"** numbers will be notified after initial declarations close of their inclusion to the meet as follows:
Monday, February 26th by 8:00 pm.

An athlete is considered declared if they are entered on Direct Athletics after the meet entry deadline passes.
Athletes will only be added at this time to complete the field size. Other than "early week" scratches received by Tuesday at 6 pm, we will <u>not</u> be adding any athletes after the times listed above. There are generally very few scratches that would impact the field sizes after the initial meet entries close. Please be considerate of other schools with your entries and scratches.

ENTRY FEES

1. Each school will be billed a $95.00 team entry fee.
2. Each school will be billed $35.00 for each individual declaration and each relay declaration.
3. The maximum entry fee per gender for schools entering a large roster is **$700.00.**

Upon completion of the Championships, invoices will be sent out to all schools that entered the IC4A/ECAC Championships. Checks should be made payable to the ECAC. Make sure that the institution name and event title/date are listed on the check.

Checks should be mailed after the invoice is received to:
Eastern College Athletic Conference
Matrix Corporate Center
39 Old Ridgebury Road, Suite 22
Danbury, CT 06810

REMINDER: Submission of the Final Entries is considered a statement of intent to participate and automatically triggers the team entry fee. Similarly, any declared entry (individual or relay) automatically triggers the appropriate entry fee. An institution that elects not to participate in the championship, after entering, is not excused from paying the entry fee. You will not be billed for any athlete entered that is rejected.

SCRATCHES

After the declaration of entries, scratches without financial penalty will be permitted.
This means you may also scratch those that are entered in more than one event without penalty to remaining event(s) intended to compete in.
These scratches are due by Friday, March 1, 2024, by 10:00 am.
Any scratches after this point are "meet scratches" (that athlete will be out of ALL events).

All scratches must be emailed to:
       Tom Stewart: tstewart@hcc.edu
       Todd Wolin: wolintodd@gmail.com
       Joe Compagni: joecompagni@gmail.com
       Thom Jacobs: coachjake@hotmail.com
You will receive confirmation of your scratches by email.

RELAY CARDS

1. Relay cards must be submitted to the clerks' table **at least one hour before the scheduled time** of the relay event. Cards will be provided in Coaches Packets and at the clerks 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. Please submit a 2nd 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, so that heats can be finalized fairly for all those entered. 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.

FINAL DECLARATION PROCEDURE
1. All Final Declarations and entries will be done through Direct Athletics (www.directathletics.com). Teams must be current members of the IC4A/ECAC in order to compete.

2. Your FINAL declarations MUST be submitted on Direct Athletics:
Monday, February 26, 2024, by 5:00 pm.

3. Coaches should please make every effort to enter all possible relay candidates (up to 8 per relay) when submitting their entries on DirectAthletics. Should an eligible athlete on your team who is not entered become a relay candidate at any point after entries close, please let the IC4A/ECAC meet directors know as soon as possible, so that a competitor number may be assigned to that person.

LATE DECLARATIONS

Teams wishing to declare entries after the entry window closes on Direct Athletics will be considered late, and will only be accepted if the Games Committee determines space is available in that event. A late fee will be charged according to the following schedule.

LATE FEES - $50.00 per declaration
After Monday, February 26, 2024, at 5:00 pm, but before Wednesday, February 28, 2024, at 5:00 pm.

SUPER LATE FEES - $250.00 per declaration
After Wednesday, February 28, 2024, at 5:00 pm and up to 1 hour prior to the 1st event of the meet.

Late Declarations must be emailed by the deadlines listed under Late Fees and Super Late Fees to the following:
> **Tom Stewart:** tstewart@hcc.edu
> **Todd Wolin:** wolintodd@gmail.com
> **Thom Jacobs:** coachjake@hotmail.com

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 the 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. Please notify us of scratches as far in advance as possible. If an athlete advances to a final but is not planning to compete, please let us know.

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 (I.e. – Shot Put at the throws 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 (I.e. - moving from 3 flights to 2 if need be due to weather concerns outdoors, or special circumstances indoors). Flight-specific check-in will be 15 minutes prior to each flight.

RESULTS:
Paynes Corner Timing will carry event-by-event results throughout the entirety of the competition at 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 https://paynescornertiming.com; https://ic4atrack.com; https://ecac.com; https://ic4a-ecactrackandfieldcrosscou.godaddysites.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 as soon as they are available at paynescornertiming.com, ic4atrack.com and www.ecacsports.com.

PRACTICE TIMES

Teams wishing to practice or warm-up at BU can do so on Friday from 3:00 to 7:00 pm. Please be aware that the combined events will be taking place and athletes that are not competing may be displaced or asked to halt their activities due to the ongoing competition.

WEIGHTS AND MEASURES

By the throws cage – beginning 2 hours prior to event and closing 1 hour prior to the event. Implements will be impounded and should not be removed from the cage unless approved by the throws officials.

Appendix C – Preliminary heats/sections and advancement formulae

Formulae for setting up HEATS, SEMIS and FINALS
Preferred lanes at Boston University on the oval are 6, 5, 4, 3, 2, 1

60 Meters: Dash and Hurdles
If 8 lanes are used

Up to 16	Straight to Semi Finals	
17 - 24	3 Heats	Top 2 in each heat + next 10 fastest
25 - 32	4 Heats	Top 2 in each heat + next 8 fastest
33 - 40	5 Heats	Top 2 in each heat + next 6 fastest
41 - 48	6 Heats	Top 2 in each heat + next 4 fastest
49 - 56	7 Heats	Top 2 in each heat + next 2 fastest
Semi-Finals	2 Semis of 8	Top 4 in each heat advance to the FINAL
Final	1 FINAL of 8	

If 9 lanes are used

Up to 18	Straight to Semi Finals	
19 - 27	3 Heats	Top 3 in each heat + next 9 fastest
28 - 36	4 Heats	Top 3 in each heat + next 6 fastest
37 - 45	5 Heats	Top 3 in each heat + next 3 fastest
46 - 54	6 Heats	Top 3 in each heat
Semi-Finals	2 Semis of 9	Top 4 in each heat + next 1 fastest advance to the FINAL
Final	1 FINAL of 9	

200 Meters
3-5 runners per heat in the preliminaries based on entry numbers.
The 12 fastest times from Prelims qualify to a 3-section final.
Finals Heat 1: Qualifiers 7-8-9-12
Finals Heat 2: Qualifiers 4-5-6-11
Finals Heat 3: Qualifiers 1-2-3-10.

400 Meters – 500 Meters
3-5 runners per heat in the preliminaries based on entry numbers.

Up to 10	Straight to Finals	
11 - 14	3 Heats	Top 10 times advance to the finals (see below)
15 - 18	4 Heats	Top 10 times advance to the finals
19 - 22	5 Heats	Top 10 times advance to the finals
23 - 26	6 Heats	Top 10 times advance to the finals
27 - 30	7 Heats	Top 10 times advance to the finals
31 - 34	8 Heats	Top 10 times advance to the finals
35 - 38	9 Heats	Top 10 times advance to the finals
39-40	10 Heats	Top 10 Times Advance

4 runners per heat. Up to 2 heats may have 5 competitors after seeding.
The 10 fastest times from the Prelims qualify to a 2-Section FINAL.
Finals Heat 1: Qualifiers 3-4-6-8-10.   Finals Heat 2: Qualifiers 1-2-5-7-9.

800 Meters – 1000 Meters

Up to 9	Straight to Final	
10 - 20	2 Heats	Winner + next 7 fastest
21 - 30	3 Heats	Winner + next 6 fastest
31 - 40	4 Heats	Winner + next 5 fastest
41 - 50	5 Heats	Winner + next 4 fastest
Final	1 Heat of 9	

One Mile Run

Up to 10	Straight to Final	
11 - 20	2 Heats	Top 2 + next 6 fastest
21 - 30	3 Heats	Top 2 + next 4 fastest
31 - 40	4 Heats	Top 2 + next 2 fastest
41 - 50	5 Heats	Winner + next 5 fastest
Final	1 Heat of 10	

3000 Meters – 5000 Meters

The Seeding Committee will look for natural breaks to determine sections, with the top seeds in the last heat. The top two sections of the 3K will be run in the afternoon on Sunday, with the top seeded heat going last. A third "unseeded" section of the 3K will be run Sunday morning if necessary.

4x400 Relay:
3-5 teams per heat in the preliminaries based on entry numbers.
Up to 2 heats may have 5 teams after seeding.

Up to 10	Straight to Finals	
11 - 14	3 Heats	Top 10 times advance to the finals
15 - 18	4 Heats	Top 10 times advance to the finals
19 - 22	5 Heats	Top 10 times advance to the finals
23 - 26	6 Heats	Top 10 times advance to the finals
27 - 30	7 Heats	Top 10 times advance to the finals
31 - 34	8 Heats	Top 10 times advance to the finals
35 - 38	9 Heats	Top 10 times advance to the finals

The 10 fastest times from the Prelims qualify to a 2-Section FINAL.
Finals Heat 1: Qualifiers 3-4-6-8-10
Finals Heat 2: Qualifiers 1-2-5-7-9.

4x800 Meter Relay:

Up to 10	Straight to Final	
10 - 20	2 Heats	Winner + next 7 fastest
21 - 30	3 Heats	Winner + next 6 fastest
31 - 40	4 Heats	Winner + next 5 fastest
41 - 50	5 Heats	Winner + next 4 fastest
Final	1 Heat of 9	

Distance Medley Relay:
FINAL on time. The Seeding Committee will look for natural breaks to determine sections, with the top seeds in the last heat. An entry field of 12 teams or less will advance straight to a final.

Pole Vault – High Jump:
The starting height will be the qualifying standard when 20 or more competitors are entered. With less than 20 competitors, the starting height will be one increment below the standard. The Games Committee will set increments and may adjust the procedure above slightly.

Long Jump – Triple Jump – Shot Put – Weight Throw
Up to 16 per flight as per NCAA Rule, but the Games Committee reserves the right to set fewer per flight for smooth running of the event. The competitors with the top marks will be placed in the final flight.
The top nine (9) competitors will advance to the finals in all these events. If a tie occurs, we will take all ties at 9th place (ties are not broken for advancement, only placing).

Pentathlon/Heptathlon
Top 16 scores that are entered (see entry procedure above).
Hurdles and Dash – student-athletes will be set up in heats according to seed marks for these events in the pentathlon and heptathlon.

Appendix D - Scratches, Did Not Start, Failure to Participate, and Honest Effort

Scratch: The ramifications of a scratch are governed by Games Committee policy. Within Championship competition, where a defined declaration process is in place, committee policy has been very consistent. A scratch before the close of declaration can occur on an event-by event basis without penalty. After the close of declaration, any scratch, a voluntary removal from an event for any reason, results in a mandated removal from all further competition. This includes events not yet started and subsequent rounds of events already started. A removal for a temporary medical ailment, verified and approved by the athletic trainers on-site, is not a scratch. NCAA procedure will be followed.

A competitor who abandons a Combined Event at a stage, after the first event, does not jeopardize competition in any existing or future individual event since a scratch prior to the event, or a round, has not occurred. Similarly, a scratch from an individual event occurring while the Combined Event competition is 'in-progress' does not mandate the removal of the competitor from the remaining stages of the Combined Event.

Failure to Participate: This rule violation requires a determination by the Referee or Games Committee that a violation has occurred. After such determination, the mandated remedy is applied as stated in the NCAA rules.

Did Not Start: For this condition, the Referee must determine the cause. Such determination will result in imposing a mandated remedy or allowing solutions to be created and imposed as authorized by rule by the Meet Referee.

Honest Effort: This is a rule violation that must be validated by the Referee or Jury of Appeals, who is then solely authorized to create and impose a remedy that best fits the situation.

Appendix E - Directions
DIRECTIONS to Boston University Track & Tennis Center, 100 Ashford Street, Boston, MA

From the North: Take I-93 or Route 1 to Boston. Exit onto Storrow Drive. Continue on Storrow Drive to the Kenmore Square Exit. At the first set of lights, turn right onto Beacon Street. Bear right at the far end of Kenmore Square onto Commonwealth Avenue. Continue on Commonwealth Avenue to Babcock Street (approximately 1.25 miles). Turn right onto Babcock Street, Athletic Department is up ahead. Covered parking is available at the Langsam Garage under New Balance Field on the corner of Babcock St. and Gardner St.

From the South: Take I-93/Route 3 (Southeast Expressway) North to Boston. Exit onto Storrow Drive. Continue on Storrow Drive to the Kenmore Square Exit. At the first set of lights, turn right onto Beacon Street. Bear right at the far end of Kenmore Square onto Commonwealth Avenue. Continue on Commonwealth Avenue to Babcock Street (approximately 1.25 miles). Turn right onto Babcock Street, Athletic Department is up ahead. Covered parking is available at the Langsam Garage under New Balance Field on the corner of Babcock St. and Gardner St.

From the West: Take the Massachusetts Turnpike (I-90) East. Take Exit 18 on the left (Brighton/Cambridge). Follow signs to Cambridge. At the second set of lights, turn right. Continue on Storrow Drive to the Kenmore Square Exit. At the first set of lights, turn right onto Beacon Street. Bear right at the far end of Kenmore Square onto Commonwealth Avenue. Continue on Commonwealth Avenue to Babcock Street (approximately 1.25 miles). Turn right onto Babcock Street, Athletic Department is up ahead. Covered parking is available at the Langsam Garage under New Balance Field on the corner of Babcock St. and Gardner St.

Appendix E – UPDATED FINAL Schedule of Events**
2024 IC4A/ECAC Indoor Track & Field Championships
Boston University

Friday, March 1, 2024**

12:00 PM		
ECAC	60HH	Pentathlon
ECAC	High Jump	Pentathlon
ECAC	Shot Put	Pentathlon
ECAC	Long Jump	Pentathlon
ECAC	800m	Pentathlon

2:00 PM		
IC4A	60m	Heptathlon
IC4A	Long Jump	Heptathlon
IC4A	Shot Put	Heptathlon
IC4A	High Jump	Heptathlon

*- Please note that the Pentathlon 800m will be contested approximately 30 minutes after the conclusion of the Pentathlon Long Jump

Saturday, March 2, 2024 –
FINA SCHEDULE**

10:00 AM	**IC4A**	**60HH**	Heptathlon
10:00 AM	**ECAC**	**High Jump**	Final
10:00 AM	**IC4A**	**Long Jump**	Final
10:00 AM	**ECAC**	**Weight Throw**	Final
10:30 AM	**ECAC**	**60HH**	Trials
10:35 AM	**IC4A**	**Pole Vault**	Heptathlon
10:45 AM	**IC4A**	**60HH**	Trials
11:00 AM	**ECAC**	**60m**	Trials
11:15 AM	**IC4A**	**60m**	Trials
11:25 AM	**ECAC**	**Mile**	Trials
11:45 AM	**IC4A**	**Mile**	Trials
12:10 PM	**ECAC**	**60HH**	Semi
12:20 PM	**IC4A**	**60HH**	Semi
12:30 PM	**ECAC**	**60m**	Semi
12:35 PM	**IC4A**	**60m**	Semi
12:45 PM	**ECAC**	**400m**	Trials
1:00 PM	**IC4A**	**400m**	Trials
~1:15 PM*	**IC4A**	**1000m**	Heptathlon
1:25 PM	**ECAC**	**500m**	Trials
1:35 PM	**IC4A**	**500m**	Trials
1:50 PM	**ECAC**	**800m**	Trials
2:00 PM	**IC4A**	**Pole Vault**	Final
2:00 PM	**IC4A**	**High Jump**	Final
2:00 PM	**ECAC**	**Long Jump**	Final
2:00 PM	**IC4A**	**Weight Throw**	Final
2:05 PM	**IC4A**	**800m**	Trials
2:20 PM	**ECAC**	**1000m**	Trials
2:35 PM	**IC4A**	**1000m**	Trials
2:50 PM	**ECAC**	**200m**	Trials
3:05 PM	**IC4A**	**200m**	Trials
3:20 PM	**ECAC**	**5000m**	Final
4:00 PM	**IC4A**	**5000m**	Final
---	**ECAC**	**4x800**	**No Trials Needed**
4:40 PM	**IC4A**	**4x800**	Trials
5:00 PM	**ECAC**	**4x400**	Trials
5:15 PM	**IC4A**	**4x400**	Trials

*- Please note that the Heptathlon 1000m will be contested approximately 30 minutes after the conclusion of the Heptathlon Pole Vault

** - Please note that this is the <u>FINAL SCHEDULE</u>, adjusted slightly after entries closed.

Sunday, March 3, 2024
FINAL SCHEDULE**

10:00 AM	IC4A	Triple Jump	Final
10:00 AM	ECAC	Shot Put	Final
---	ECAC	3000m Unseeded	Not Needed
---	IC4A	3000m Unseeded	Not Needed
11:00 AM	ECAC	60HH	Final
11:10 AM	IC4A	60HH	Final
11:20 AM	ECAC	60m	Final
11:25 AM	IC4A	60m	Final
11:30 AM	ECAC	Pole Vault	Final
11:30 AM	ECAC	Mile	Final
11:40 AM	IC4A	Mile	Final
11:50 AM	ECAC	400m	Final
11:55 PM	IC4A	400m	Final
12:00 PM	ECAC	Triple Jump	Final
12:00 PM	IC4A	Shot Put	Final
12:05 PM	ECAC	500m	Final
12:10 PM	IC4A	500m	Final
12:15 PM	ECAC	800m	Final
12:20 PM	IC4A	800m	Final
12:25 PM	ECAC	1000m	Final
12:30 PM	IC4A	1000m	Final
12:35 PM	ECAC	200m	Final
12:45 PM	IC4A	200m	Final
12:55 PM	ECAC	3000m	Final – 2 sections
1:15 PM	IC4A	3000m	Final – 2 sections
1:35 PM	ECAC	DMR	Final
1:50 PM	IC4A	DMR	Final
2:15 PM	ECAC	4x800	Final
2:25 PM	IC4A	4x800	Final
2:35 PM	ECAC	4x400	Final
2:45 PM	IC4A	4x400	Final

*- This manual and schedule has been updated as of **Feb. 28, 2024**.