

## **CHAPTER 16—MEN'S AND WOMEN'S TRACK AND FIELD REGULATIONS**

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### **1. Competitive Season Policies.**

#### **a. Championships Determination.**

The team and individual Conference champions in men's and women's track and field shall be determined at a Conference Championship meet. (6/92)

#### **b. Conference Schedule.**

There shall be no required regular season Conference schedule in the sport of track and field. (6/92, 6/95, 6/96)

#### **(1) Rescheduling Policies.**

No track and field meet shall be rescheduled if cancelled. (7/92)

### **2. Meet Policies.**

#### **a. Non-Conference Participants.**

No competition with teams outside the Conference shall be held in conjunction with a Conference track and field meet except by mutual consent of all head coaches participating. (5/76, 6/86)

#### **b. Competitive Rules.**

The NCAA Track and Field Rules shall apply to all track and field meets hosted by Conference members except as modified below. (5/80)

#### **(1) Entries.**

The maximum number of entrants for Conference scoring track and field meets for both home and visiting teams shall be two times the number of individual events contested that are scored, with a maximum of 34 women and 34 men. This limit shall be in effect for all scored meets involving two or more Conference institutions, except that there shall be no limit for: either team in traditional rival meets held at the site of one of the rivals; the home team in non-Conference competition; the home team in non-scored Conference competition; and traveling teams that use neither air transportation nor overnight accommodations in order to compete. (5/69, 5/76, 12/91, 12/92, 12/95, 12/96, 5/97, 2/98, 4/01)

Timed sections may be run by mutual consent of head coaches of competing institutions prior to the start of the meet. By mutual consent of the coaches or participating teams, additional relay teams may run on a non-scoring basis. The scoring relay team must be designated prior to the race. (6/86, 12/94, 10/06)

#### **(2) Format.**

The NCAA suggested dual meet schedule of events shall be used in Conference track and field dual meets. Where field facilities do not permit the use of the NCAA schedule, the home team is responsible for informing the visiting institution of the time schedule to be used no later than Monday prior to the scheduled contest. All running events in Conference dual meets shall be run in meters. (5/76, 12/76, 6/86, 6/88, 12/95, 2/98, 1/00, 10/01, 10/12)

**(a) 3000M.**

The 3000M run may be substituted for the 5000M run with the agreement of all head coaches of teams participating in the meet. (12/71, 5/76, 6/86, 6/01, 10/01)

**(b) Pole Vault and High Jump.**

The starting height in the pole vault and high jump shall be determined by mutual agreement of the coaches of the competing teams. (5/81, 6/86, 12/95, 6/99, 10/01, 10/05)

**(3) Protests.**

The meet referee shall be instructed by the host institution that protests are in order and must be accepted when filed by a coach. The protesting coach must notify the meet referee at the time of the act which he or she is protesting. The meet referee shall then advise the coach of the team against which the protest is filed. The meet referee shall then rule on the protest. (10/01)

For a protest related to official finish images, a coach may ask to view the image(s) with the meet referee. The host institution may not deny this request. The protesting coach shall have 30 minutes after seeing the image to make a protest. The referee will consult only the Games Committee before a decision is rendered. (5/81, 12/82, 12/83, 10/05)

**(4) Time Schedule.**

The time schedule for all dual meets shall be provided by the host institution to the visiting institution(s) no later than Monday prior to the scheduled contest. (5/79)

**(5) Timing.**

A third starter shall be used in conjunction with the regular starting crew of two when FAT timing is in use. This person's duty shall be to recall the runners if the FAT operator signals that the system does not function properly. After two such recalls, the host institution will decide to continue with FAT attempts or to revert to hand times. (5/82, 10/07)

**(6) Wind Velocity Gauge.**

There shall be a reliable wind instrument used in the 100-meter dash, 110-meter hurdles, 200-meter dash, long jump, and triple jump in all Conference dual track and field meets. The policies in the NCAA Track and Field Rules shall apply to its use. (12/80)

**c. Precautionary Safeguards—Discus Throw, Hammer Throw, Shot Put, and Javelin.**

Reasonable precautions against dangers to spectators at Conference track and field meets shall be taken by each institution. (5/67, 5/76, 10/05, 10/10)

**3. Conference Championships.****a. Appeals Board.**

The appeals board shall consist of the meet, track, and field referees. (11/65, 5/76, 12/76, 6/86, 12/90, 12/91, 6/94, 6/99, 10/01, 10/10)

**b. Competitive Rules.**

The NCAA Track & Field Rules for championship events shall apply to the Conference Championships, except as modified below. (5/68, 5/80, 5/81, 6/99)

**(1) Entries.****(a) Deadline.**

Competitors in the combined events must be declared by 10:00 a.m. PST three days prior to start of the combined events, and the squad for the Championships must be reduced to 28 competitors (including the competitors in the combined events) by declaring by noon three days prior to the Conference Track and Field Championships. The Conference office shall determine the method by which institutions declare their competitors. It shall be the responsibility of the Conference office to email institutional entries received to head coaches by 10:15 am PST. It is the responsibility of the head coaches to verify those entries and notify the Conference office should there be any changes by 12 pm PST. The Conference office shall forward final declarations to all institutions. The host institution shall have copies of the heat sheets on hand for the coaches' technical meeting preceding the Championships. An institution's official declaration shall be its final entry list. If an institution wishes to change its entry after the declarations have been made public, majority approval of the coaches through a written ballot is required. (6/65, 5/70, 12/73, 5/76, 5/80, 6/86, 12/89, 12/94, 12/95, 12/96, 2/98, 6/99, 10/01, 10/05, 10/10, 12/13)

**(b) Event Limits.**

No institution may enter more competitors in any single individual event than there are places to be scored. Each institution is allowed a maximum of one relay in the 400-meter and 1600-meter relays. (11/65, 5/76, 5/80, 6/88, 12/90, 6/99, 10/01, 10/05)

**(c) Number.**

The maximum number of entrants a member institution shall have in the Conference Track and Field Championships is 28 for men and 28 for women. Decathlon and heptathlon entrants shall count against an institution's squad limit, and decathlon/heptathlon competitors may also enter other events in the Conference championships. (5/60, 6/65, 12/67, 5/78, 5/79, 6/86, 10/05)

**(2) Format.**

The Conference Track and Field Championships shall be a two-day meet. The combined events championships shall be a two-day event held one week prior to the Conference Track and Field Championships conducted under NCAA rules with the time schedule to be determined by the host institution. The host institution shall provide each institution with the schedule of events two weeks prior to the annual meeting of the track and field and cross country coaches. (5/75, 5/76, 12/76, 5/79, 12/85, 1/86, 6/86, 6/91, 2/98, 1/00, 10/01, 10/05, 10/08)

**Championships Order of Events**

**Day 1**

Hammer trials and finals (M)  
 Pole vault finals (M)  
 Long jump trials and finals (M & W)  
 Shot put trials and finals (M & W)  
 400M relay trials (M & W)  
 High jump finals (W)  
 Javelin trials and finals (M & W)  
 1500M trials (M & W)  
 110M hurdles trials (M)  
 100M hurdles trials (W)  
 400M trials (M & W)  
 100M trials (M & W)  
 800M trials (M & W)  
 3000M steeplechase final (M & W)  
 400M hurdles trials (M & W)  
 200M trials (M & W)  
 10,000M final (M & W)

**Day 2**

Hammer trials and finals (W)  
 Pole vault finals (W)  
 Triple jump trials and finals (M & W)  
 High jump finals (M)  
 Discus trials and finals (M & W)  
 400M relay finals (M & W)  
 1500M finals (M & W)  
 110M hurdles final (M)  
 100M hurdles final (W)  
 400M finals (M & W)  
 100M finals (M & W)  
 800M finals (M & W)  
 400M hurdles finals (M & W)  
 200M finals (M & W)  
 5000M final (M & W)  
 1600M relay finals (M & W)

Field event schedules may have to be determined at the fall track and field coaches meeting if conflicts occur due to layouts of some of the Conference track and field stadiums. (1/00)

**(a) Field Events—Other Than Pole Vault and High Jump.****i. Field Event Flights.**

Flights shall be seeded and shall consist of no fewer than five and no more than twelve competitors. The best-seeded competitors shall compete in the final flight. The order of competitors in each flight shall be drawn by lot. Flights in the field events will complete all three trials before the next flight competes. A 15-minute warm-up period will be available between flights. (5/71, 6/99, 10/01)

**ii. Field Event Finals.**

Nine competitors shall advance to the finals of all field events. The warm-up period before the finals shall not exceed 15 minutes. (2/99, 10/01, 10/04, 10/05)

**(b) Field Events—Pole Vault and High Jump.**

The order of competitors shall be drawn by lot and a continuous flight of five competitors shall be used. Starting heights and increments in the pole vault and the high jump shall be measured in meters and established by the coaches at their meeting preceding the Championships. (5/75, 5/81, 6/87, 12/95, 6/99, 10/01, 10/04)

**(c) Track Events—Finals Qualifying Procedures.**

The 1600-meter relay and all running events that start and finish in lanes shall be seeded by time if there are no preliminary heats held. (4/01)

**i. Steeplechase, 5000M, and 10,000M.**

The 3000-meter steeplechase and the 5000-, and 10,000-meter runs shall not have trials. All qualifiers will run in the final. Lane position for these events shall be drawn by lot unless two rows are needed. If two rows are needed, the front row shall be seeded with the top entered times. The maximum number of competitors for one row would be sixteen. If two rows are used, the maximum number of competitors in the front row will be twelve. (5/75, 6/86, 6/99, 10/01)

**ii. Relay Heats and Sections.**

If the host institution’s track has enough lanes to accommodate all teams that wish to participate, all relay races shall be conducted in one heat. In the event that the track does not have enough lanes to accommodate all participants in one heat, the 1600-meter relay shall be run in two sections, with the number of teams in each section being as even as possible. In the event there are an uneven number of teams, more teams shall be assigned to the faster section, Section 2. Times achieved by 4 x 400 indoor relay teams that include an individual(s) who has no outdoor track and field eligibility remaining may not be used for seeding purposes for that event. Coaches are required to enter relay teams at the designated declaration times but will not have to supply the relay personnel to the clerk of the course until 15 minutes prior to the start of the heats, sections, or finals of the two relays. Relays may be composed of any of the team’s 28 declared men or 28 declared women competitors. (5/66, 5/72, 5/76, 12/77, 12/88, 12/94, 1/00, 10/01, 10/02, 10/05, 10/06, 11/10)

**(d) Track Events—Preferred Lanes, Vacant Lanes.**

Lane assignments shall not be altered after the Games Committee has drawn them. The host institution shall identify the preferred lanes at the technical meeting held prior to the Championships. Advancement shall be by two groups. Group I shall be the automatic qualifiers and assigned by weighing place first and time second. Group II shall be the time qualifiers and assigned and seeded by time. Coaches may petition to the Appeals Board an athlete’s position on the seeded list of any running event. The Appeals Board will, by a majority vote, determine the proper seed place. Preferred lane assignments for the 1500 M shall be Lane 12 - Lane 1. (6/99, 1/00, 10/06, 10/10, 12/13)

If lanes are vacant, the following table will apply: (6/99)

	<b>8 lanes</b>	<b>9 lanes</b>
If nine compete, use lanes	—	1-9
If eight compete, use lanes	1-8	2-9
If seven compete, use lanes	2-8	2-8
If six compete, use lanes	2-7	3-8
If five compete, use lanes	3-7	3-7
If four compete, use lanes	3-6	3-6 (6/99)

**(e) Track Events—Staggers.**

The direction of run for the 100M, 100M and 110M Hurdles, and 200M will be determined by the Games Committee. Once this direction is established, it will stand. The 200M, 800M will be a one-turn stagger. The 1500M, 5000M, 10,000M and steeplechase will be run from a waterfall start. The 1600M relay will be run from a three-turn stagger. The 400M, 400M relay, and 400M intermediate hurdles shall be run in lanes all the way and from a two-turn stagger. (6/99, 10/01)

**(3) Protests.**

All protests made at the Conference Championships shall be submitted as per NCAA rules (except no fee will be charged) to the Appeals Board which shall make the final ruling on appeals. In matters related to official finish images, the coach may ask to view the finish image with the referee. If an image is under protest, the referee will consult only with the Appeals Board before a decision is rendered. The finish judge and the finish evaluators shall not be consulted. (6/99, 10/05)

**(4) Scoring.**

Scoring for all events of the Conference Track and Field Championships shall be as follows: 10-8-6-5-4-3-2-1 (for eight places). (5/66, 12/94, 12/95)

**(5) Time Schedule.**

The time schedule will be determined by the host institution’s facilities and Conference television commitments. (5/75, 5/76, 12/77, 6/86, 10/01)

**(6) Timing.**

The meet management at the Conference Track and Field Championships shall make sure that the full electronic timing is used in the Championships. The Lynx system is the recommended system. The third starter shall be used in conjunction with the regular starting crew of two when FAT timing is used. This person’s duty shall be to recall the runners if the FAT operator signals that the system does not function properly. After two such recalls, meet management will consult with head coaches to determine the direction of the event/meet. (12/76, 5/82, 12/90, 6/93, 10/07)

Fully electronic timing will be official for track events. Time will be recorded officially to the 1/100th of a second. Two officials will be appointed by the host to determine the results of each race. If manual timing is used for one heat (against times), it must be used in all heats in that event. If heats scratch down to provide a heat with no competition, they shall be redrawn. (6/99, 10/01, 10/05)

**c. Date and Site Rotation.**

The Conference Men’s and Women’s Track and Field Championships shall be scheduled two weeks before the NCAA Outdoor Championships first round. The combined events shall be a two-day event held one week prior to and at the same site as the Conference Championships. The championships site shall be selected on the following rotation basis: (5/70, 5/76, 5/79, 6/91, 2/98, 6/02, 10/05)

<b>Year</b>	<b>Host Institution</b>	<b>Year</b>	<b>Host Institution</b>
2014-15 .....	UCLA	2020-21 .....	California
2015-16 .....	Washington	2021-22 .....	Arizona
2016-17 .....	Oregon State	2022-23 .....	Colorado
2017-18 .....	Stanford	2023-24 .....	Oregon
2018-19 .....	Utah	2024-25 .....	USC
2019-20 .....	Arizona State	2025-26 .....	Washington State

(12/87, 12/88, 1/94, 6/96, 4/01, 10/04, 10/05, 6/08, 10/09, 10/10, 10/11, 12/13, 8/14)

An institution must declare its inability to host no later than the September coaches’ meeting the academic year prior to the academic year it is scheduled to host the Championships. (10/08, 10/09)

**d. Host Responsibilities.**

The host institution, at least one month in advance of the Championships, shall notify the other member institutions of the time schedule for the Championships, giving details of the meet and such related details as housing, coaches meetings, and publicity needs. If the host institution has rules concerning the type of spikes that it allows on its track surface, it must inform all other institutions when it sends out this information to the institutions. If the host institution will not allow individuals to use their own or their institutions’ starting blocks, but will provide only one kind of starting block, it must notify all other institutions of the type of block when it sends out this information to the institutions. The host institution may use the following groups and individuals for assistance in the capacities indicated: (5/65, 5/76, 6/99)

**(1) Head Track and Field Coaches.**

The head track and field coaches shall be utilized as counsel for planning the event, as their technical knowledge and personal experience in administration of meets will assure the maintenance of the meet reputation for excellence and efficiency. Selection of certain officials may be made upon the recommendation of the track and field coaches. Review of planning for the outdoor championship meet shall be an item on the agenda for the annual fall meeting of the track and field coaches. (6/99)

**(2) Meet Director.**

The meet director shall be appointed by the host institution. The meet director shall: (6/99)

- (a) Serve as the administrator and supervisor for the meet. (6/99)
- (b) Coordinate the promotional and planning activities of all aspect of the meet. (6/99)
- (c) Coordinate and supervise the activities of the officials and groups involved in administration of the meet. (6/99)
- (d) Provide and disseminate information to the coaches of competing institutions relative to the meet. (6/99)
- (e) See to the needs of contestants, officials and spectators and ensure that all technical details of the meet have been taken care of within the rules of the Conference. (6/99)

**(3) Games Committee.**

The primary purpose of the games committee is to give specialized assistance and guidance to the meet director, prior to and during the meet. The meet director should use all individuals and/or groups for the basic planning and promotion of the championships. The committee should be made up of a representative cross section of the community and be divided into subcommittees as the meet director deems necessary. (6/99)

**e. Officials.**

The meet director will select the following officials: head referee (option of field referee and track referee), starter, recall starter, second recall starter (confirm timing function), clerk & assistant clerks, declaration official, combined-event officials. (6/99, 10/01)

The host institution shall select and train all other officials in accordance with the NCAA Track and Field Rules. Use of athletes or spectators selected at random from the stands prior to the competition shall not be permitted. Experienced officials must be secured well in advance of competition. The use of TAC/USA or local officials organizations is recommended. The Conference coaches may be polled by the host each year for recommendations for officials. The host will conduct a training session for the above-mentioned officials prior to the competition. (6/99)

During competition the referee will not be responsible for heating and seeding. These responsibilities will be delegated to the declaration official. All other officials and their duties will be outlined in the NCAA Track and Field Guide unless Conference rules stipulate otherwise. (6/99)

**f. Qualifying Standards.**

There shall be no qualifying standards for the Conference Track and Field Championships. (6/86, 6/87, 11/87, 12/88, 12/90, 12/91, 10/04)

**g. Seeding.**

All marks must be achieved between December 1 and the declaration date for the Conference Championships. All marks earned in like events, whether indoor or outdoor, altitude adjusted or wind-aided, may be used for seeding purposes at the Conference Championships. For the multi-events, all open marks earned from the current calendar year may be used for seeding purposes at the Conference Championships. No relay performances may be used in seeding for individual events. The NCAA rules governing timing and conversions shall prevail for marks used to determine seeding at the Championships. Seeding and flights for the second day of competition in the multi-events during the Conference Championships shall not be determined until the conclusion of the first day of competition as well as a polling of the coaches to determine continuance of competing student-athletes. (12/73, 12/91, 12/93, 12/94, 12/95, 6/99, 10/04, 10/10, 12/13)

**4. Awards.**

The Conference men's and women's track and field coaches shall select recipients for all track and field awards following the conclusion of the NCAA Track and Field Championships. Coaches are to submit up to two names of individuals they feel are worthy of consideration. The Conference office shall provide the coaches with a ballot that lists these individuals. Balloting conducted for individual awards shall use a weighted voting method. Coaches may vote for themselves or for any of their athletes for any of the individual awards. (6/92, 10/07, 6/11)

**a. Individual Awards.**

Individual awards from the Conference office shall be provided to the Coach of the Year, Track Athlete of the Year, Field Athlete of the Year, the Freshman/Newcomer of the Year, and the Athlete of the Meet (the competitor with the highest point production at the Conference Championships) in both men's and women's track and field. Relay points scored shall be divided by four for the purpose of determining the high scorer for the Championships. (6/92, 2/99, 10/04, 6/07, 10/07)

**b. Conference Records.**

If a Conference record is set or tied, or to submit an entry into the all-time top 10 performance list, it is the responsibility of the institution to notify the Conference Assistant Commissioner, Communications, by providing the official meet results via e-mail in both meters and in feet. September 1 shall be the last date on which a Conference record may be set for the previous academic year. (12/76, 5/78, 12/83, 6/87, 6/90, 10/12)

**5. Meetings of Coaches.**

There shall be an annual meeting of the track and field and cross country coaches. The attendance of each head coach of track and field or cross country is mandatory. The attendance of one other head coach is optional. Each Conference institution shall have two votes, one each for the men and women's programs. (5/66, 5/76, 5/80, 5/82, 6/86, 6/88, 5/89, 5/91, 3/92, 6/92, 12/95, 2/00, 10/01, 10/02)