ENTRIES/SEEDING
● Schools should forward entry lists and rosters to the Big Sky Conference office at their designated time on Monday, May 8.
● After the Big Sky Conference office reviews entries and verifies marks, Eastern Washington University Sports Information Director Dave Cook will seed the meet utilizing Hy-Tek Meet Manager software version 4.53. Seeding will be approved by the Big Sky Conference office before being forwarded to coaches Tuesday morning.
● Seeded heat sheets will also be available Tuesday, May 9, and on the website www.goeags.com.

PACKETS
● Team packets may be picked up at the field or the athletic department from Dave Cook anytime after 4 PM on Tuesday, May 9.

COACHES DINNER/MEETING
● A coaches dinner will take place at 7 PM in PUB 206 with the technical meeting following at 7:30 PM. There will be signs along the approximate 5-minute walk to PUB 206.

FACILITY
● Woodward Field is located on the West end of the Eastern Washington University campus. The main grandstand seats 5,000 spectators and is on the West side with excellent view of the Pole Vault and all finishes. We have bleachers for approximately 2000 on the East side for viewing the Long/Triple Jumps, Discus and Javelin. Coaches only will be allowed in the bleachers on the North infield where they may watch the Discus, Shot, Steeplechase pit and any curved race. We will have portable bleachers for the viewing of the High Jump, Javelin and the Shot. The Hammer will be across the upper parking lot by the baseball field.
● The Woodward Field track is an 8-lane, 400-meter track with an 8-late straightaway. The track, as well as all runways, is polyurethane. Except for the hammer throw, all throwing and jumping events take place on the infield.
● Tents and tarps are not allowed in the main grandstand (West side) but are permitted in the bleachers on the opposite side of the stadium (East side).
● Concessions will be sold at the track on Friday and Saturday. The Pence Union Building, located about a quarter mile from the track, has dining facilities that are open to the public. Food service will be available Monday through Friday from 7:15 AM to 7 PM and Saturday from 10:30 AM to 6:30 PM.

LOCKERROOM FACILITIES
● Facilities for men and women are located in the PE Activities Building student lockerrooms. Showers are available but no towels will be provided. Because it is an area open to all Eastern students, athletes should not leave personal items unattended.

TRAINERS
● Trainers will be available at Woodward Field one hour prior to the start of competition daily. Trainers from visiting schools should provide their own supplies. Questions may be directed to Michelle Floch at Eastern Washington University at 509-359-7007.
PRACTICE TIMES
● Consult the meet schedule for times when Woodward Field and Thorpe Fieldhouse are available for practice. No practice will be allowed at Woodward Field during multi-events competition but Thorpe Fieldhouse will be open at that time.
● During practice times at both locations, no trainers, implements, facilities personnel or meet personnel will be available.

PASSES
● Passes will be printed with the meet schedule on the back. “Officials” passes are red and allow entry to the infield. “Coaches/Guests” passes are yellow and allow entry to the stadium bleachers only.

TEAM PARKING/ENTRANCES
● Team vans and busses may unload by ticket booths in P16 and may park in upper parking lot P12. Coaches and officials may also be allowed to park in P12 by showing their pass.
● Athletes can enter the stadium by showing their competition number. Coaches will be allowed to enter with a yellow “coaching/guests” pass. Only personnel with red “officials” passes will be allowed on the infield area. Athletes will only be admitted to the track through the clerking area located on the Northwest corner of the track near the starting line of the sprints.
● Spectators will only be admitted after ticket booths open.

SPECTATOR ADMISSION/PARKING
● Admission per day on May 12-13 is $7 for adults and $5 for senior citizens and students high school age and under. There is no charge to attend the heptathlon and decathlon competitions on May 10-11.
● Ticket booths on the West side and South end of Woodward Field will open Friday at 1:30 PM and Saturday at 10 AM.
● There is no charge for parking as long as spectators park in parking lot P12 behind the pressbox. On Saturday, all marked, on-campus lots will be open. Recreational vehicles can park in the AMPCO Parking Lot located at N. 9th and Elm Streets subject to fees.

SPIKES
● Spikes must not exceed ¼” and only pyramid spikes are allowed.

NUMBERS
● Numbers are to be placed on the front of the competitor’s top.
● Hip numbers will be issued in the clerking area for all races. They should be worn on both hips.

UNIFORMS
● The official school uniform must be worn. Please refer to the NCAA rule book.

TIMING
● All running events will be timed by two Finish Lynx timing systems as well as by hand-timers.

RESULTS/SCORING
● Results following each day’s events will be available to coaches at the Woodward Field scoreboard. They will also be posted on the walls next to the concession/restrooms building.
● Results will also be available on the website www.goeags.com.
● Each event, including relays, will be scored 10-8-6-4-2-1.

PROTEST/APPEALS
● Protests relating to matters that develop during the conduct of the meet should be made at once and not later than 30 minutes after the conclusion of the event. Any such protests must be submitted in writing by
the head coach to the protest table located at the tent along the fence between the finish line and scoreboard. The protest will be submitted to the referee who will render a decision.
● The decision of the referee may be appealed though the jury of appeals.

**JURIES**
● Duties of the jury members are a) to insure through the referee that NCAA track and field rules are being enforced by officials at event sites; b) to observe competition in areas assigned and report concerns about the safety and fairness of the competition to the meet referee or games committee; and c) to convene with the referee when requested regarding competitive circumstances for events where a decision is necessary and not provided for by NCAA track and field rules.

**Meet Procedures – Field Events**

**IMPLEMENT WEIGH-IN/STORAGE**
● Weigh-ins will take place in the ticket booth at the Southeast corner of the track. Consult the schedule for the weigh-in times.
● Implements will be taken to the event site one hour prior to the start of the event. Implements not passing inspection will be impounded until the end of the championship. Impounded implements may be picked up at 5 PM Saturday.
● Meet management will provide one shot put, hammer, discus and javelin.
● Pole vault poles and javelins may be stored in the storage building at the South end of the track.

**LOCATION/DIRECTION OF FIELD EVENTS**
● Exact location and direction of the long jump, triple jump and pole vault competitions are subject to change, depending on wind conditions. A decision on any changes will be decided by the meet referee no later than one-hour before the event begins.

**SEEDING/ATHLETE ADVANCEMENT**
● NCAA rules will be used to determine seeding.
● Flight assignments and order of competition are drawn by lot.
● Once seeding has taken place, no changes in flight assignments will be allowed unless an error in seeding has occurred.
● Eight athletes will advance to the finals in all events.

**STARTING HEIGHTS/PROGRESSION**
● Starting heights will be two increments less than the Big Sky Conference qualifying standard in that event. Starting heights and incremental progressions are as follows:
  Women’s High Jump – 1.55 meters (5’1”) – 5 centimeter (2”) increments
  Women’s Pole Vault – 3.05 meters (10’0”) – 15 centimeter (6”) increments
  Men’s High Jump – 1.85 meters (6’0.75”) – 5 centimeter (2”) increments
  Men’s Pole Vault – 4.00 meters (13’1.25”) – 15 centimeter (6”) increments

**DISTANCE OF JUMP BOARDS FROM PITS**
● The distances of jump boards from the pits are as follows:
  North Pit – 12’4”, 23’11”, 30’1 ½”, 38’4” – South Pit – 12’4”, 24’1”, 30’, 38’4”

**CLERKING PROCEDURE – Field Events**
● Competitors may enter through the clerking area one hour prior to the scheduled start of an event. In the hammer throw, athletes should report to the event site. A first call will be made 25 minutes prior to the
scheduled start and a final call will be made 15 minutes prior to the start. Pole Vault competitors may check in 90 minutes prior to the scheduled start time.

ATHLETE INTRODUCTION
● Competitors will be announced as they compete by flight. Athletes will not need to be lined up for introductions.

ABSENCE FROM COMPETITION
● As per NCAA rules (rule 6, section 1, article 6 a & b), if a competitor is competing in some other event that requires a long absence, the head judge of an event may allow that competitor to take preliminary attempts out of the official order within his/her flight. In horizontal events, excused competitors must not delay the start of the finals nor can they take finals attempts out of order. In the vertical jumps, competition must continue in the excused competitor’s absence and the athlete will compete at the existing height when he/she returns.

AWARDS
● Following finals in each event, the top three finishers will be escorted to the awards stand by the head judge.
● Team and Outstanding Athlete awards will be presented at the conclusion of the meet.

Meet Procedures – Running Events

WARM-UP AREA
● Thorpe Fieldhouse and un-used surrounding athletic fields will be open and available to use prior to competition. Coaches are permitted in these areas. Because no communications are provided in those locations, athletes are responsible for reporting to the clerking area at their designated time.
● After entering the stadium through the clerking area, athletes may warm-up in areas where no competition is taking place. Coaches will not have access to this area.

CLERKING PROCEDURE – Running Events
● Competitors must check into the clerking area approximately 25 minutes prior to the scheduled start of their event when the first call is made. The last call for competitors will be made 15 minutes prior to the scheduled start of the event at which time competitors will be allowed on the track to begin warm-up.
● Athletes competing in field events at the same time may be excused to participate in running events but are subject to NCAA rules (rule 6, section 1, article 6 a & b).

ATHLETE INTRODUCTION
● Runners will be introduced in their starting positions.

RELAYS
● At any time prior to a relay event, coaches may give to the clerking area their relay card with final declarations listing leg number, competitor number and competitor name. However, to assist the public address announcer, computer personnel and spectators, meet management requests coaches submit this list as soon as possible prior to the start of the event – at least one hour if possible.

SEEDING/ATHLETE ADVANCEMENT
● NCAA rules will be used to determine seeding and athlete advancement. Coaches’ packets will include an advancement/seeding sheet.
º In the first round of competition (finals or preliminaries), lanes are drawn by lot. If preliminaries are run, eight athletes will advance to the finals.
º Preferred lanes for the 200, 400, 400 hurdles, 800 and relays will be 4-5-3-6-2-7-1-8. In the 100 and 100/110 hurdles, the preferred lanes will be 4-5-3-6-2-7-1-8. In races that start in lanes but do not have a full field of eight competitors, the least-preferred lanes will be left empty.
º 1500M/Steeplechase/5000M/10,000M = waterfall start.
º Once seeding has taken place (finals or preliminaries), no changes in lane or flight assignments will be allowed unless an error in seeding has occurred.
º If a tie exists for the final qualifying position in races run in lanes, the photo timing device will be read to the thousandth of a second. If a tie still exists, a coin flip will determine the competitor advancing to the finals.
º In relays, only finals will take place.

FINISH PROCEDURE
º Please inform your athletes that they are to return to the finish line at the conclusion of the race. They will be released by the finish line officials.
º At the conclusion of running events, athletes may pick-up their sweats at the athlete exit gate between the finish line and scoreboard.

AWARDS
º Following finals in each event, the top three finishers will be escorted to the awards stand. Awards are given to each member of winning relay teams.
º Team and Outstanding Athlete awards will be presented at the conclusion of the meet.

EWU Track and Field Phone Directory  Athletic Department Toll-Free Number – 1-800-648-7697

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pamela Parks</td>
<td>Athletic Director</td>
<td>509-359-2511</td>
</tr>
<tr>
<td>Lawson Van Kuren</td>
<td>Meet Director</td>
<td>509-235-4762</td>
</tr>
<tr>
<td>Dave Cook</td>
<td>Sports Information Director</td>
<td>509-359-6334</td>
</tr>
<tr>
<td>Marcia Mecklenburg</td>
<td>Women’s Track and Field Coach</td>
<td>509-359-2426</td>
</tr>
<tr>
<td>Stan Kerr</td>
<td>Men’s Track and Field Coach</td>
<td>509-359-2376</td>
</tr>
<tr>
<td>Renee Scott</td>
<td>Assistant Track and Field Coach</td>
<td>509-359-6047</td>
</tr>
<tr>
<td>Chris Zeller</td>
<td>Assistant Track and Field Coach</td>
<td>509-359-6679</td>
</tr>
<tr>
<td>Michelle Floch</td>
<td>Athletic Trainer</td>
<td>509-359-7007</td>
</tr>
<tr>
<td>Judy Crabb</td>
<td>Athletic Department Admin. Asst.</td>
<td>509-359-2463</td>
</tr>
<tr>
<td>Athletic Department FAX</td>
<td></td>
<td>509-359-2828</td>
</tr>
<tr>
<td>Jaynee Nadolski</td>
<td>Big Sky Conference, Asst. Commissioner</td>
<td>801-510-9431</td>
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</tbody>
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