



***NEW YORK STATE
COLLEGIATE TRACK CONFERENCE***

2006 INDOOR CHAMPIONSHIPS

Gordon Field House



February 24th & 25th, 2006

**NEW YORK STATE
COLLEGIATE
TRACK CONFERENCE

2006 INDOOR
CHAMPIONSHIPS**

**HOSTED BY: Rochester Institute of Technology
ROCHESTER, NY
FRIDAY & SATURDAY, FEBRUARY 24th & 25th, 2006**

Rochester Institute of Technology (RIT) is proud to be hosting the NYSCTC Track and Field Championships at the state of the art, Gordon Field House and Activities Center. We hope that you will find the following information helpful when you make your plans to visit RIT for the NYSCTC Championships on February 24th and 25th.

MEET DIRECTORS:		<u>Phone:</u>	<u>E-mail</u>
	David Warth	585-475-6666	dave.warth@rit.edu
	<i>Assistant Meet Directors:</i>		
	Bill Quinlisk	585-475-6666	billq@frontiernet.net
	Tom Gigliotti	585-475-6666	
	Greg Moss	585-475-2610	gamped@rit.edu
	Scott McVean	585-475-7448	rsmatl@rit.edu

Clark Gym
51 Lomb Memorial Drive
Rochester, NY 14623
Fax number: 585-475-5675

INITIAL ENTRIES:

An initial entry roster of all potential competitors must be postmarked or faxed to the Meet Director and Jim Nichols (NYSCTC Treasurer) at Ithaca College by Friday, February 10, 2006. Each roster additions after February 10, 2006 will be subject to a \$50.00 fine. No roster additions will be accepted after Wednesday, February 22, 2006 at 9:00 A.M. Jim Nichols' contact information is as follows:

Jim Nichols
Head Track & Field Coach
Ithaca College
201 Ceracche Athletic Center
Ithaca, NY 14850
Phone: 607-274-3745, Fax: 607-274-1667

USER FEE:

A "users" fee of three(\$3.00) dollars per athlete entered on the initial entry roster must be paid prior to the start of the championship. Checks should be made payable to NYSCTC and will be collected at the championship registration.

QUALIFYING STANDARDS: See enclosed sheet.

FINAL DECLARATIONS: The final declaration procedure is as follows:

1. Fax any final performance updates or additions to John Newman (fax: 315-229-5589 or 7433) by Monday, February 20th at 6:00 P.M. Remember that your athlete must appear on the performance list or you will have to use a wild card.
2. The final performance list will be posted on the NYSCTC Web Site and an e-mail notification will be sent to each coach by Tuesday, February 21st at noon.
NYSCTC Web Site Address:
<http://web.stlawu.edu/sports/nysctc/nysctcpage04.htm>
3. Fax or email your final declarations to Dave Warth (fax: 585-475-5675) on Wednesday, February 22nd between 9:00 A.M. and 12:00 noon. Final Declarations may be made by e-mail using the enclosed declaration form. RIT will e-mail their declarations to John Izzo, U of R by 9:00 A.M.
4. The seeding coordinator will send a receipt verifying entries to each coach by 3:00PM on Wednesday. Each institution has until 4:00PM to verify entries.
5. The official seeding of event entries will begin at the close of final verifications. (4:00 P.M. on Wednesday, February 22nd, 2006).
6. A final list of entries will be made available electronically to coaches by 12:00 Noon on Thursday, February 23rd, 2006.

LATE DECLARATIONS: Late declaration petitions (forgotten declarations or declaration forms received after 12:00 Noon) may be made until the seeding process begins on (Wednesday, February 22nd, 2006 at 4:30 P.M.). If the late entry or declaration petition is approved by the Executive Committee, a \$50.00 fine will be assessed.

WILD CARDS: Each institution will be allowed two wild card entries per gender. List wild card entries, as such, on the declaration form.

FILLING FIELDS: The field size will be filled to 18 athletes per event in the following order of preference:

1. All Qualified Declared Athletes
2. All Non-Qualified Declared Athletes that are listed on the performance list

Wild Card entries will automatically be added to the field regardless of field size.

If you want an athlete to compete, he/she must be declared, even if he/she has not met the standard. The following examples should help answer any questions you might have on declaring your athletes.

Example 1: Qualified athletes that are declared receive automatic entry into field.

Example 2: Twelve athletes on the performance list have met the standard in an event. Your athlete who has not met the automatic standard, but is ranked 18th, will be picked up for the field if he/she is declared. There is no need to use a wild card for this athlete.

Example 3: If your athlete is 20th on the list and has not met the qualifying mark, you have two options. Declare him/her as you did in example two and hope that 2 athletes in the top 18 are not declared or you can use a wild card to guarantee he/she gets in.

DECLARATION FORM:

Please reference to the following guidelines when completing your declaration form:

1. Alphabetize all entries
2. Type all entries
3. Indicate wild card entries as "WC".
4. Declare all relays by placing an x in the appropriate place on the declaration form.
5. There is no need to list "relay only" athletes on the declaration form if he/she is not being entered in an open event.

HEAT SHEETS:

Heat sheets will be available in your packet when you register on Friday, February 24th, 2006, as well as on the web by noon on Thursday.

PACKET PICK-UP:

Coaches may pick up meet packets in the lower level of the Gordon Field House beginning at 12:00, noon on Friday, February 24th, 2006. Refer to the enclosed campus map for location of Gordon Field House.

TIMING and RESULTS:

Fully automatic timing will be used in all running events. A system including one Finish Lynx camera will produce the times and will be integrated with Hy-Tek meet management software to produce the results for the championship. Results will be available as soon as possible after the last event of the day. Final results will also be available on the NYSCTC Web Site.

FACILITIES:

The Gordon Field House and Activities Center features:

1. 200m Beynon BSS-1000 polyurethane track and field event surface
2. 6-42" lanes on the oval, 8-42" lanes on the straight
3. Synthetic runway's for the following:
 - Long Jump, Triple Jump, High Jump, Pole Vault
4. Shot Put and Weight Throw will take place from a raised wooden platform inside a UCS indoor throwing cage
5. 8- Olympic style blocks will be provided
6. 1-Moye style blocks will be provided

SHOE LIMITATIONS:

Spikes with or without a rigid spikeplate may be used. The maximum allowable "exposed" spike length is 1/4 of an inch. Pyramid or Christmas Trees **only**, no pins!

- SEATING:** Chairs for 100 people will be available in the upper level of the Gordon Field House, approx. 200 seats are available on the track floor, as well as a limited number of portable seating at some of the event areas (for coaches only!).
- ORDER OF EVENTS:** A tentative order of events is enclosed. This schedule may be altered based on the actual number of athletes declared per event. Any changes in the schedule will be e-mailed to all coaches by noon, Thursday, February 23rd, 2006
- IMPLEMENT CERTIFICATION:** All implement inspections will take place in the Gordon Field House loading dock with the use of a Trackmaster Implement Certification Unit. Implements for Fridays throwing events will take place between 1:00 and 2:30 PM on Friday. Implement certification for Saturdays throwing events will take place between 8:30 AM and 9:30 AM on Saturday. Only meet certified implements are allowed during the championships. All certified implements will be impounded and made available during the allotted warm-up time.
- PROTESTS:** *NYSCTC Article VIII, Section 1.*
All protests must be submitted in writing by the Head Coach or Authorized Representative to the referee.
NYSCTC Article VIII, Section 2.
To be officially considered, all protests must be filed within one half hour following the posting of results of an event or ruling associated with the protest.
NYSCTC Article VIII, Section 3.
All protest of the seeding procedures or petitions for acceptance of late declarations will be heard by the Executive Committee of the Association.
NYSCTC Article VIII, Section 4.
After the scheduled beginning of competition, the Referee shall be the sole and final arbiter of all protests.
NYSCTC Article VIII, Section 5.
Finally declared contestants must honestly participate in all the events in which they are declared, or be barred from all remaining events in the current meet.
- Also, protest forms will be available in your meet packet.
- CONCESSIONS:** Will be available in upper level of Gordon Field House.
- LOCKER ROOMS:** Locker rooms are located on the lower level of the Student Life Center and Gordon Field House. Towels and Locks are the responsibility of the visiting teams.
- WARM-UP AREAS:** Warm-ups are to take place in the adjacent Student Life Center (200m elevated track).
- INSURANCE:** Insurance coverage shall be the responsibility of each participating institution.
- RULES/SCORING:** NCAA & NYSCTC Rules apply. Scoring is to eight "8" places: 10, 8, 6, 5, 4, 3, 2, 1 for all events.

AWARDS:

Medals will be presented immediately following official results in each event. Medals will be awarded to the top 8 finishers in each event and the top 8 relay teams. Trophies will be presented to the Men's and Women's Team Champions as well as the 2nd and 3rd Place Teams, Coach of the Year, Outstanding Field Events Performer, and Outstanding Running Events Performer. "All-NYSCTC" certificates will be awarded to the top 3 finishers in each event and the winning relay teams.

TRAINING ROOM:

The Athletic Training Room is located on the lower level of the Clark Gym adjacent to the Gordon field house. The Athletic Training Room will be open by 12:00 noon on Friday, February 24th and by 8:00 A.M. on Saturday, February 25th. Please bring your own tape and supplies. In addition there will be a small trainers rooms located right outside the track in the Gordon field house. If other arrangements are necessary, you should have your athletic trainer contact Christine Worsley at 585-475-5601. See enclosed letter from the RIT Athletic Training Room.

PARKING:

Parking for team vehicles will be available in the main parking area (D lot) in front of the Gordon field house. Bus and overflow parking is available in adjacent lots including K lot behind the field house.

DIRECTIONS TO RIT:

Rochester Institute of Technology is located off Jefferson Rd. (Rt. 252) southwest of Rochester, NY. RIT's main entrance is located off Jefferson Rd. (Rt. 252) between W. Henrietta Rd. (Rt. 15) and River Rd. Turn into campus from Jefferson Rd. at the light (indicated with a VERY large sign: "Rochester Institute of Technology, Founded 1829"). Please park in "D" Lot, next to the outdoor track. Buses may be directed to a separate parking lot.

RESTAURANTS & LODGING

Applebee's	3020 Winton Road	585.272.7753
Arby's	2911 W. Henrietta Road. Henrietta Road	585.424.4903
Burger King	Marketplace Mall 3679 W. Henrietta Road. Henrietta Road	585.427.2261 585.359.1870
	1100 Jefferson Road	585.424.5552
China Buffet	376 Jefferson Road	585.427.0240
China Gate	368 Jefferson Road	585.427.0680
Denny's	3820 W. Henrietta Road. Henrietta Road	585.271.3510
Dibella's Subs	420 Jefferson Road	585.475.1831
Don Pablo's	780 Jefferson Road	585.424.6860
Fresno's	749 E. Henrietta Road	585.427.0744
Friday's	125 Whites Spruce Road	585.424.6700
Friendly's	2425 W. Henrietta Road. Henrietta Road	585.424.1370
Jack Astor's	869 E. Henrietta Road	585.424.6616
KFC	2973 W. Henrietta Road. Henrietta Road	585.424.1713
Lonestar	1150 Jefferson Road	585.292.6690
McDonald's	4840 W. Henrietta Road. Henrietta Road 45 Jay Scutti Blvd.	585.334.0178 585.292.0060
Olive Garden	532 Jefferson Road	585.292.0590
Outback	1180 Jefferson Road	585.424.6880
Papa John's	2177 W. Henrietta Road. Henrietta Road	585.321.1100
Pizza Hut	3861 W. Henrietta Road. Henrietta Road	585.334.6185
Pizzeria UNO	1000 Hylan Drive	585.272.8667
Red Lobster	655 Jefferson Road	585.424.2060
Ruby Tuesday	400 Jay Scutti Blvd.	585.427.2680
Schaller's	W. Henrietta Road. Henrietta Road	585.427.7810
Taco Bell	950 Jefferson Road	585.272.2440
Tully's	1225 Jefferson Road	585.272.8900
RIT Inn and Conference Inn		585-359-7798 Janice Emerson
Park Plaza Inn		585-475-1910 Melissa Cass
Holiday Inn-Airport		585-328-6000 Ben VanVliet
Holiday Inn – Holidome		585-475-1510 ext. 155 Sharon
Days Inn	4853 Henrietta Road	585.334.9300
Econo-Lodge	940 Jefferson Road	585.427.2700
Hampton Inn	717 Henrietta Road	585.272.7800
Howard Johnson's	3350 Henrietta Road	585.475.1661
Marketplace Inn	800 Jefferson Road	585.475.9190
Microtel	905 Lehigh Station Road	585.334.3400
Red Roof Inn	4820 W. Henrietta Road	585.359.1100
Sheraton Inn-Airport	1100 Brooks Ave.	585.235.6030
Super 8 Motel	1000 Lehigh Station Road	585.359.1630
Wellesley Inn	797 E. Henrietta Road	585.427.0130

ADDITIONAL DOCUMENTS:

- Meet Schedule
- Advancement procedures & starting heights
- Athletic Training Room Letter
- Initial Entry Form
- Go to Meet forms on the NYSCTC Web Site to access:
 - Initial Entry Form (hardcopy and Excel)
 - Final Declaration Form
 - Delete from Performance List Form
 - NYSCTC Indoor Qualifying Standards
 - NYSCTC Indoor Meet Records
 - RIT Campus Map

COACHES CHECKLIST:

- Friday, February 10th -Initial Roster due (one copy to Dave Warth at RIT & one copy to Jim Nichols at Ithaca).
- Process paperwork for "\$3 user fee/athlete" (must pay prior to start of championship).
- Monday, February 20th -Fax or e-mail final performances & updates to John Newman by 6:00 P.M. for the Performance List.
- Tuesday, February 21st-Check Final Performance List after 12:00 noon.
- Wednesday, February 22nd between 9:00 A.M. and 12:00 noon -Fax or e-mail Final Declarations to Dave Warth.
- Wednesday, February 22nd before 3:00 PM - Check e-mail entry verification to be sure your entries are correct.
- Thursday, February 23rd -Check e-mail for final list of entries and heat sheets after 12:00 noon.

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HOSTED BY: Rochester Institute of Technology
Friday and Saturday, February 24th & 25th, 2006

MEET SCHEDULE

FRIDAY, FEBRUARY 24th, 2006

<u>TIME</u>	<u>FIELD EVENTS</u>
2:00 PM	LONG JUMP (men)
2:00	35# WEIGHT (men)
2:00	HIGH JUMP (women)
4:00	LONG JUMP (women)
4:00	20# WEIGHT (women)
4:00	HIGH JUMP (men)

<u>TIME</u>	<u>RUNNING EVENTS</u>
2:35 PM	3000m RACEWALK (women and men)
3:00	55m HURDLE TRIALS (women)
3:20	55m HURDLE TRIALS (men)
3:40	400m DASH TRIALS (women)
3:55	400m DASH TRIALS (men)
4:10	55m DASH TRIALS (women)
4:25	55m DASH TRIALS (men)
4:40	DISTANCE MEDLEY RELAY SECTIONS (women)
5:00	DISTANCE MEDLEY RELAY SECTIONS (men)
5:15	200m DASH TRIALS (women)
5:35	200m DASH TRIALS (men)
5:55	5,000m RUN SECTIONS (women)
6:20	5,000m RUN SECTIONS (men)
6:40	4 x 200m RELAY SECTIONS (women)
6:55	4 x 200m RELAY SECTIONS (men)

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SATURDAY, FEBRUARY 25th, 2006

<u>TIME</u>	<u>FIELD EVENTS</u>
10:00 AM	POLE VAULT (men)
10:00	SHOT PUT (men)
10:00	TRIPLE JUMP (women)

12:00 NOON	TRIPLE JUMP (men)
12:00	SHOT PUT (women)
12:00	POLE VAULT (women)

<u>TIME</u>	<u>RUNNING EVENTS</u>
10:00 AM	1 Mile RUN SECTIONS (women)
10:15	1 Mile RUN SECTIONS (men)
10:35	55m HURDLE FINAL (men)
10:45	55m HURDLE FINAL (women)
10:55	400m DASH FINAL (women)
11:05	400m DASH FINAL (men)
11:15	500m DASH FINAL (women)
11:25	500m DASH FINAL (men)
11:35	55m DASH FINAL (women)
11:45	55m DASH FINAL (men)
11:55	800m SECTIONS (women)
12:10	800m SECTIONS (men)
12:25	1000m SECTIONS (women)
12:40	1000m SECTIONS (men)
12:55	200m FINAL (2 sections) (women)
1:05	200m FINAL (2 sections) (men)
1:15	3000m RUN SECTIONS (women)
1:45	3000m RUN SECTIONS (men)
2:15	4 x 800m RELAY SECTIONS (women)
2:45	4 x 800m RELAY SECTIONS (men)
3:15	4 x 400m RELAY SECTIONS (women)
3:30	4 x 400m RELAY SECTIONS (men)

Note -Final time schedule will be based on the number of entries in each event.

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ADVANCEMENT PROCEDURES

NYSCTC Article IX, Section 3

- ❑ In the 55m or 55m hurdles there will be only two rounds of competition.
- ❑ In 200m & 400m there will be no more than two rounds of competition.
- ❑ Final time schedule will be based on the number of entries in each event.
- ❑ Opening heights for the pole vault and high jump will be two heights below the established qualifying standard. The executive committee has the authority to change the opening heights based on the final performance list. (see projected opening height below)
- ❑ Following general warm-up, the warm-up period between flights in all field events must be equal

NYSCTC Article IX, Section 6

In the indoor and outdoor championships, the number of competitors advancing to the final round in the horizontal jumping events and the weight events shall be the greater of the following:

1. The number of final competitors in the longest track race run in lanes.
2. One more than the number of scoring places in the meet.

NYSCTC Article IX, Section 7

In the Indoor and Outdoor Championships, in all running events having more than two rounds of competition, advancement shall be on a combined place-time basis, with at least fifty percent (50%) for the next round advancing by place. In events having only two rounds of competition, heat winners and the next fastest times will advance to the championship race.

NYSCTC Article IX, Section 8

In events where two or three rounds of competition need to be run, the first round WILL ALWAYS BE COMPETED AT THE FIRST SCHEDULED TIME FOR THAT EVENT. If originally scheduled races are eliminated, the order of elimination will be semi-finals, trials. Rounds are limited to the fewest needed within NCAA rules and facility potential. On a six-lane track, in running events which start in lanes if 13 or 14 athletes are declared the event will be run in two rounds of competition.

RUNNING EVENTS:

Procedure for oval races on a 6-lane track with the 6th lane incorporating the LJ, TJ runway:
5 or fewer competitors will run in qualifying heats (lane 6 will remain empty).
8 competitors will advance to the finals

Ties: Broken first by reading FAT to the thousandths or beyond, then by Run-off

55m, 55 HH

Two rounds. Heat winners and the next fastest times will advance.
Advance 8 to the finals.

200m

Two rounds. Heat winners in heats of 5 and the next fastest times will advance.
Advance 8 to the finals, 2 heats of 4.

400m

Two rounds. Heat winners in heats of 5 and the next fastest times will advance.
Advance 8 to the finals, 2 heats of 4.
The 400 will start in lanes with a 2-turn stagger

500m Run

Will be run in sections of 5 competitors. Will start in lanes with a 2-turn stagger

800m Run

Will be run in sections of 8 competitors. Will start with a 1-turn alley

1000m Run

Will be run in sections. Heats will be limited to 12 competitors.
Will start with a 1-turn alley

1 Mile Run / 3000m Run / 5000m Run

Shall be run in sections if more than 15 competitors are declared. 12 will run in the fast heat.
Will start with a 1-turn alley

4 x 200m Relay, 4 x 400m Relay,

Will be run in sections of 5.

Will start in lanes with the following starts:

- 4 x 400 will be a 2-turn stagger
- 4 x 200 will be a 3-turn stagger

4 x 800m Relay, Distance Medley Relay

Will be run in sections.

Will start in alleys or waterfall

FIELD EVENTS:

9 Competitors shall advance to the finals in the Long Jump, Triple Jump, Shot Put and Weight Throw

OPENING HEIGHTS -POLE VAULT / HIGH JUMP

The projected starting heights are as follows:

	<u>Men</u>	<u>Women</u>	<u>Increments</u>
High Jump	1.80m	1.42m	5cm
Pole Vault	3.66m	2.44m	15cm

NYSCTC INITIAL ROSTER FORM

Institution: _____ Coach's email: _____

Head Coach's Name: _____ Office Phone: _____

Address: _____ Home Phone: _____

Zip Code: _____ Assistant Coaches _____

<i>Last Name</i>	<i>First Name</i>	<i>Class</i>	<i>C'ptn</i>	<i>Last Name</i>	<i>First Name</i>	<i>Class</i>	<i>C'ptn</i>
1. _____	_____	_____	_____	25. _____	_____	_____	_____
2. _____	_____	_____	_____	26. _____	_____	_____	_____
3. _____	_____	_____	_____	27. _____	_____	_____	_____
4. _____	_____	_____	_____	28. _____	_____	_____	_____
5. _____	_____	_____	_____	29. _____	_____	_____	_____
6. _____	_____	_____	_____	30. _____	_____	_____	_____
7. _____	_____	_____	_____	31. _____	_____	_____	_____
8. _____	_____	_____	_____	32. _____	_____	_____	_____
9. _____	_____	_____	_____	33. _____	_____	_____	_____
10. _____	_____	_____	_____	34. _____	_____	_____	_____
11. _____	_____	_____	_____	35. _____	_____	_____	_____
12. _____	_____	_____	_____	36. _____	_____	_____	_____
13. _____	_____	_____	_____	37. _____	_____	_____	_____
14. _____	_____	_____	_____	38. _____	_____	_____	_____
15. _____	_____	_____	_____	39. _____	_____	_____	_____
16. _____	_____	_____	_____	40. _____	_____	_____	_____
17. _____	_____	_____	_____	41. _____	_____	_____	_____
18. _____	_____	_____	_____	42. _____	_____	_____	_____
19. _____	_____	_____	_____	43. _____	_____	_____	_____
20. _____	_____	_____	_____	44. _____	_____	_____	_____
21. _____	_____	_____	_____	45. _____	_____	_____	_____
22. _____	_____	_____	_____	46. _____	_____	_____	_____
23. _____	_____	_____	_____	47. _____	_____	_____	_____
24. _____	_____	_____	_____	48. _____	_____	_____	_____

Entries are due no later than Friday, February 10, 2006.

Please mark your team captains with an "X" in the C'ptn. Column.

Mail or Fax to:
 David Warth - T & F Coach
 Rochester Institute of Tech.
 51 Lomb Memorial Drive
 Rochester, NY 14623
 Fax: 585-475-5675

And:
 Jim Nichols, Track & Field
 201 Ceracche Athletic Center
 Ithaca College
 Ithaca, NY 14850
 Fax: 607-274-1667

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Rochester Institute of Technology
Sports Medicine

Lomb Memorial Drive, Rochester, NY 14623

TO: All Visiting Sports Medicine Staff and Athletic Teams

FROM: Christine Worsley, MS, ATC
Assistant Director of Sports Medicine
585.475.5601

RE: Athletic Training Services Provided

Welcome to Rochester Institute of Technology. In planning for your journey to our campus, the following information might be helpful.

Training Room: A certified athletic trainer, student athletic trainers and the training room will be available at least two hours prior to and one half hour after your contest.

Treatments: Ice, hydrocollator packs and whirlpools are available upon request. Please send a written request for ultrasound, electric stimulation and any special wrappings or tapings.

Emergencies: Campus Safety 585.475.3333, for on campus ambulance.

Equipment: Ice bags and water, bench towels and cups will be provided at all contests. Please supply water bottles and medical kit.

Hospitals: Highland Hospital 585.473.2200
Strong Memorial Hospital 585.275.4551
Student Health Services 585.475.2255

Team Physician: Dr. Ken Veenema
University Sports Medicine
Strong Memorial Hospital
585.275.7379

Please contact us if your team will be traveling without an athletic trainer or if you have any questions or special requests.