



Great Lakes Intercollegiate Athletic Conference 2009 Outdoor Track & Field Championships

Wednesday, April 29th - Friday, May 1st
Hosted by: Hillsdale College

CONTACT INFORMATION

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ENTRY INFORMATION

Entry Limit

Each school is limited to four entries per individual event and one relay team per relay event.

Entry Procedures

Coaches are to submit their athletes' performances to Hillsdale College (atowne@hillsdale.edu) **every Monday by 1:00pm** using Hy-Tek's Team Manager software. This serves as your athlete's entry into the meet as stated in our operating code: "any performance mark used as an entry performance mark must be listed on the weekly performance list..." A performance list will be posted every Monday by 6pm at www.hillsdale.edu/athletics, beginning March 30th.

If you plan to enter any athletes in an event that they have not contested this outdoor season, then you must include those athletes in your final weekly submission, and enter them with a NM or NT. The final weekly submission is due by **Sunday, April 26th @ 2:00pm**. A final performance list will be posted by **Sunday, April 26th @ 5:00pm**. Any challenges to submitted marks must be made in writing and submitted prior to the coaches meeting on Thursday of the championships.

Entry Confirmation

The deadline to confirm entries is **Monday, April 27 at 2:00pm**. To confirm, submit your final entries via email (atowne@hillsdale.edu) using Hy-Tek's Team Manager software. You will receive an email confirmation of those entries. If any errors are found, you must report them by **5:00pm** that evening. This is your FINAL declaration. Any scratches after final declaration or any athlete that does not contest an event in which he or she entered after final declaration will render that athlete ineligible for his or her remaining events.

Sunday, April 26th – 2:00pm- Final performances are due.

Monday, April 27th – 2:00pm – Final declarations are due.

Tuesday, April 28th – 4:00pm – The meet will be seeded and heat sheets posted to our website.

Entry Fee

Entry fee is \$200 per men's team and \$200 per women's team. An additional \$25.00 per heptathlete and decathlete should be added to your entry fee.

MEET INFORMATION

Coaches Meeting

A mandatory coaches meeting will take place at 1:30pm on Thursday, April 30th in Classroom 64/65, which is located on the bottom floor of the George Roche Sports Complex. To access the classroom, enter the building at the north end of the track.

Rules

The meet will follow the rules as stated in the NCAA Track and Field Rule Book, and as stated in the GLIAC Operating Code.

Scoring

Eight places will be scored for individual and relay events: 10-8-6-5-4-3-2-1.

Awards

Awards for the top eight in each event will take place immediately following the conclusion of the event at the podium near midfield of the football field.

Awards for Most Valuable Running Event Athlete, Most Valuable Field Event Athlete and Coach-of-the-Year will be presented at the conclusion of the meet. The winners of these awards will serve as the GLIAC's official nominations for Regional Athlete-of-the-Year and Regional Coach-of-the-Year.

Results

Results will be posted in the Southwest Corner of the Track Complex. Results will also be posted at www.hillsdale.edu/athletics.

Complete results will be available at the conclusion of each day.

Race and Field Event Seeding

The meet will follow the seeding rules as stated in the NCAA Track and Field Rule Book, and as stated in the GLIAC Operating Code. In the field events 9 competitors will advance to the finals.

Implement Weigh-in

Implement weigh-in for all throwing events will take place 75 minutes prior to the start of each event in the equipment room at the north end of the track. Any implement that does not pass inspection will be impounded until the end of competition.

Starting Heights

Starting heights will be determined as follows: 10 cm below the eighth ranked entrant (upon final confirmation) in the high jumps and 20 cm below the eighth ranked entrant (upon final declaration) in pole vaults. Slight adjustments in these starting heights may be made to maximize national qualifying performances. Starting heights will be included in the flight sheets.

FACILITY INFORMATION

The Ken Herrick Track is an 8-lane, 400 Meter, Super-X Mondo surface.

The Shot Put circle is a concrete pad at the southeast end of the track. The Hammer and Discus circles are concrete pads located on the lower field, just behind the softball field at the northeast end of the track. The Javelin runway is a grass surface located on the lower field, at the North end of the track.

Spikes

No longer than ¼” pyramid spikes.

Admissions

Spectator tickets will be \$5 for adults and \$2 for students.

Seating/Team Camps

The West bleachers are reserved for spectators. All team camps will be located in the East bleachers.

Locker Rooms and Restrooms

Locker rooms and restrooms are located at the Northwest end of the Track Complex. Portable restrooms will also be available.

Athletic Training

A certified athletic trainer will be present to provide ice, water, and any emergency medical treatment. Please bring your own athletic tape. For any questions, or special considerations involving athletic training, please contact Certified Athletic Trainer Lynne Neukom at 517-607-3157.

Concession Stand

A concession stand will be available at the Southwest end of the Track Complex.

Outside Food and Beverages

Food and beverages should be kept in the team camp areas in the East bleachers. There will also be a hospitality tent for coaches/volunteers located in the North Endzone. We ask that your athletes abide by our policy of no food or beverages (except water) inside the track area.

Parking

Buses will be parked along Barber Dr., and team vans will be able to park in the access drive that leads back to the Hammer/Discus/Javelin areas. There will be a \$5.00 charge for spectator parking in the paved, gravel, and grass lots located in front of the Hillsdale College Sports Complex.