



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-1

1. CHAMPIONSHIP ROSTER

Each championship team shall consist of all individuals, from their most recently submitted U SPORTS Eligibility Form, who have qualified for championship participation as per the standards articulated below.

2. TEAM BENCH (N/A)

3. PARTICIPANTS

3.1 TEAMS (N/A)

3.2 IDENTIFICATION (N/A)

3.3 INDIVIDUAL ELIGIBILITY

In order to participate in the U SPORTS Track and Field Championship, an individual must, in addition to satisfying U SPORTS eligibility rules, qualify as an official representative of his/her institution as follows:

3.3.1 Automatic Qualifiers:

AUS:	Gold medalist in each individual event and gold medal relay.
RSEQ:	Gold medalist in each individual event and gold medal relay.
Canada West:	Gold and silver medalist in each individual event and the gold and silver medal relay teams.
OUA:	Gold and silver medalist in each individual event and the gold and silver medal relay teams.

NOTE: There must be a minimum of three (3) participating university teams in the Sport Conference Championship (i.e. three men's teams in the men's division or three women's teams in the women's division) to qualify for U SPORTS funding as an automatic qualifier.

1. Failing to satisfy any of the above, an athlete may compete in the U SPORTS Championship, providing they have competed in the Sport Conference Championship and sometime during the current indoor season (October 1 to the completion of their Sport Conference Championships inclusive) achieved the U SPORTS standard in an individual event or on a university relay team in an interuniversity indoor competition involving at least two (2) university teams or at an open meet in which two or more universities and/or clubs are competing, or at an Athletics Canada or its affiliate sanctioned meets, or at meets sanctioned by the national sport governing body of another country.
2. Failing to satisfy 3.3.1 or 3.3.1-1 above, an athlete may compete in the U SPORTS Championship, providing the athlete has competed in the Sport Conference Championships and sometime during the current indoor season (October 1 to the



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-2

completion of their Sport Conference Championships inclusive) achieved the U SPORTS equivalent standard in an individual event. Furthermore, if an equivalent standard has been achieved in the 400m, it can be applied to qualifying for either the 300m or 600m, but not both; if an equivalent standard has been achieved in the 800m, it can be applied to the qualifying for either the 600m or 1000m, but not both. The declaration of the event the individual will be competing in at the U SPORTS Championships must be made by Wednesday 3:00 p.m., EST following the competition.

3.3.2 Additional Competitors:

At the close of entries 10 days prior to the championship, the number of entries accepted for each event will be twelve (12), following procedures outlined in C.4.4.

3.3.3 To be eligible for entry into the U SPORTS Championship an athlete must compete in their Sport Conference championship, or be listed as a conference relay alternate and part of the allowable conference team roster (where applicable) in order to be eligible members of the relay pool at U SPORTS, with the exceptions of extenuating circumstances (i.e. bereavement, illness, selected national team competitions, etc.). The U SPORTS Office will examine each case individually.

3.4 INDIVIDUAL ENTRIES

The Host institution must send a Hy-Tek Meet Events file to each U SPORTS member institution prior to February 1st. **Entries can also be done via a private registration site on TrackieReg.**

There is no limit to the number of events in which an individual may compete, provided that he/she has qualified under section 3.3.

3.4.1 The meet coordinator for the U SPORTS Indoor Track & Field Championship shall receive via e-mail a Hy-Tek entry from each institutions 11:59 pm EST on the Monday ten (10) days prior to the championship. All applications for exemptions (i.e., Medical, Bereavement, unforeseen circumstances, etc.) from conference Championships must also be submitted by this deadline to the U SPORTS Office as well as the meet coordinator. The meet coordinator will confirm receipt of entries. As well, the information shall be included in the Championship Bulletin.

3.4.2 The meet coordinator will prepare a DRAFT list of entries to be accepted in each event showing: the seed performances for each, automatic qualifiers (3.3.1), those with U SPORTS standard (3.3.1.1), those with U SPORTS Equivalent Standard (3.3.1.2) and those who are in the top 12 in all events. If there are less than 12 entries the meet coordinator will add the next available athlete / team who has entered according to entry deadline to bring the field to 12 entries. This draft list of entries to be accepted will be



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-3

made available for display on the Trackie website and sent to all participating institutions by 3:00 pm EST on the Tuesday nine (9) days prior to the U SPORTS Championships.

3.4.3 By midnight 11:59 pm EST on the Tuesday nine (9) days prior to the U SPORTS Championship, those that have entered (3.4.1) shall point out to the meet coordinator, using e-mail, any errors or omissions that may have occurred in preparing the DRAFT list of entries accepted.

3.4.4 All individuals and relay teams that have been entered (3.4.1) that are automatic qualifiers based on placing in the Sport conference championship (3.3.1) and those that have been entered (3.4.1) who have achieved the U SPORTS standard for the event or equivalent event (3.3.1.1) and those who are in the Top 12 in all events after the Conference Championships based on the official U SPORTS rankings (currently provided by Trackie). Continuing to fill the events to twelve (12) entries per event with the highest ranked athletes / relay teams that have been entered (3.4.1) ten (10) days prior to the championship. No post Sport Conference performances will be accepted for entry into the U SPORTS Championship.

If the number of automatic qualifiers based on placing in Sport Conference championships and those with U SPORTS standards, INCLUDING TIES, exceeds twelve (12) entries per event all shall be accepted provided they have been properly entered (3.4.1).

3.4.5 The meet coordinator shall prepare a FINAL list of entries accepted in each event, showing automatic qualifiers (3.3.1), those with U SPORTS standard (3.3.1.1) and those who are in the Top 12 in all events after the Conference Championships based on the official U SPORTS rankings (currently provided by Trackie). Continuing to fill the events to twelve (12) entries per event with the highest ranked athletes / relay teams that have been entered (3.4.1).

This list shall be sent by email before 3:00 pm EST on the Wednesday eight (8) days prior to the championship to all institutions that have submitted entries. Once the list is published these athletes are guaranteed entry into the U SPORTS Championship

Following the posting of the draft start list on the Tuesday nine (9) days prior to the U SPORTS Championship. If there are scratches, additions will be made to keep the entries in each event at twelve (12) for all events, until the final start list is posted on Wednesday eight (8) days before the Championship at 3:00 pm EST. These additions will only be made from those athletes / teams that were entered by the entry deadline (3.4.1)

After final declarations by midnight EST on the Tuesday nine (9) days prior to the Championships, athletes who scratch from an event without appropriate written medical evidence of an injury or an illness will be scratched from all events in which they have



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-4

entered including relays with the exception of extenuating circumstances (i.e. bereavement, written medical evidence of injury or illness, unavoidable travel delays, etc.). The Track & Field Coaches Executive will examine all cases individually and will render a decision if at all possible, prior to the technical meeting.

Note: This allows teams to finalize travel arrangements.

- 3.4.6 Final declarations are made of athletes whose entries were received by the entry deadline (3.4.1) as well as any scratches to the Meet Coordinator before midnight EST on the Tuesday nine (9) days preceding the championship. The host institution will contact institutions whose athletes have moved up on to the starting list to confirm their intentions to compete prior to the distribution of the final start list Wednesday afternoon.
- 3.4.7 The Meet Organizer of each Sport Conference Track & Field Championship shall forward the complete results of the Sport Conference championship by e-mail to the U SPORTS Championship Meet Coordinator and to the U SPORTS rankings statistician (currently Trackie) by no later than 3:00 pm on the day after the completion of the Sport Conference championship or 6:00 pm on Sunday for meets which conclude on the Sunday.

**TIMELINE FOR ENTRIES TO CHAMPIONSHIPS
 AND TRACKIE RANKINGS**

Top 15 results to Trackie	3:00pm EST Monday following competition
Remaining results to Trackie	3:00pm EST Wednesday following competition
Entry forms distributed	February 1 st
Conference Championships	2 weekends prior to the U SPORTS Championships
Conference results to U SPORTS and Meet Convener	3:00pm day after completion of meet or 6:00pm on Sunday if meet completes on Sunday
Entry Deadline for U SPORTS Championships	11:59 pm EST, Monday ten (10) days prior to the Championships
Draft List of entries	3:00pm EST, Tuesday nine (9) days prior to the Championships
Corrections to Draft List of entries	11:59 pm EST, Tuesday nine (9) days prior to the Championships
Final List of entries	3:00pm noon EST, Wednesday eight (8) days prior to the Championships

3.5 INDIVIDUAL RANKINGS



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-5

- 3.5.1 The Trackie Web Site shall be the official U SPORTS Track and Field ranking mechanism. Areas covered by the Trackie site can include and are not limited to:
1. Site where coaches will input all individual results after each competition as well as their team rosters
 2. Site where coaches will have the ability to input profiles on each of their team members. Profiles will be updated from year to year to create a history for each athlete.
 3. Site is also available for posting of stories related to U SPORTS track and field either by coaches or Sport Information Departments
 4. Hourly rankings of the Top 15 performances within the U SPORTS and also by conference.
 5. Weekly U SPORTS team rankings both nationally and by conference
 6. Team rankings with and without Non-U SPORTS equivalent events
 7. Archived results by team going back to the beginning of the Trackie site
 8. Posting of meet results
 9. Posting of athletes or relay teams who achieve U SPORTS Equivalent Standards
 10. Automatic addition of correction factors to performances achieved on flat tracks.
- 3.5.2 Performances from competitions (beginning in November) that affect the top 15 entry qualification must be forwarded to U SPORTS rankings statistician (currently Trackie) by **3:00pm** EST the Monday following the competition. Trackie will close any results into that competition at that time. The school will have a seven (7) day appeal period to correct any errors or omissions. The appeal must be submitted in writing to U SPORTS. The seven (7) day appeal period closes the Monday before the conference championships.
- 3.5.3 All institutions are required to enter the remainder of their athlete's performances (i.e. all performances) by 3:00 pm EST, the Wednesday following competition.
- 3.5.4 Athletes who achieve a performance that is required to be entered into the official rankings and are then ruled to have been ineligible when the performance was achieved must request to have this performance removed from official rankings within seven (7) days following the ruling of ineligibility. Requests must be made to the U SPORTS office and the provider of the official rankings.
- 3.5.5 Performances within the top 15 of the official rankings by athletes who are ineligible to compete at the U SPORTS championships must be indicated to the U SPORTS office and the provider of the official rankings by Monday at 11:00 p.m., EST following the conference championships. These performances will not be included as top 12 rankings for the purposes of U SPORTS entries or for setting future year U SPORTS standards.

3.6 TEAM ENTRIES



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-6

The Host institution must send entry forms to each U SPORTS member institution prior to February 1st. Each institution may enter one (1) relay team only per relay event, provided that the institution has satisfied one or more of the criteria for eligibility to participate in that relay as outlined in rule 3.3.

3.7 TEAM RANKINGS (N/A)

4. COMPETITION

4.1 CHAMPIONSHIP FORMAT

The U SPORTS Championship, for both men and women, shall take place at the same location over two (2) and a half days as set out below.

The 600m heats, the 60m heats & finals, the 4 x 200m heats, the Women's Pentathlon events, and the first day of the Men's Heptathlon are to be held on the evening of the first day

The events in the women's competition shall be as follows: 60m, 300m, 600m, 1000m, 1500m, 3000m, 60m Hurdles (5x84 cm), 4x200m Relay, 4x400m Relay, 4x800m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put (4.0 kg), Weight Throw (20lb) and Pentathlon (60mH, HJ, SP, LJ, 800m).

The events for the men's competition shall be as follows: 60m, 300m, 600m, 1000m, 1500m, 3000m, 60m Hurdles (5x107cm), 4x200m Relay, 4x400m Relay, 4x800m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put (7.26 kg), Weight Throw (35 lb), and Heptathlon (Day 1: 60m, Long Jump, Shot Put, High Jump, Day 2: 60mH, Pole Vault, 1000m).

4.2 SELECTION, SEEDING, DRAWS, POOLS, TRIALS AND HEATS

4.2.1 Trial rounds for advancement to the finals shall be held in specified track events:

1. The 60m Hurdle trials and final will be held on the second day and the 60m trials and final will be held on the first day.
2. The 1000m, 1500m, 3000m and 4 x 800m Relay shall be run as a final.
3. The 4 x 400m Relay shall be run as a timed section final on the final day of the championship with the fastest seed performances running in the last section.
4. The 300m and 600m shall run with heats deciding the finalists. If the Championship is held over three (3) days the heats of the 600m shall be run on the first day of the championship with the final on the third day. The number of competitors qualifying to the final is specified in 4.2.2.
5. In each field event, trials shall not be held.
6. The order of competitors in the horizontal jumps and throws shall be seeded low to high with the top seeds competing last. The event would be reseeded for the final.
7. The order of competitors in vertical jumps shall be determined by random draw.



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-7

8. To reseed an event, in case of injury or athlete scratching from the heats, the event will be reseeded and notification will be made as soon as possible, with a minimum of one (1) hour before the event. This notification of potential reseed information shall be included in the Championships Bulletin.
- 4.2.2 Where trials are held the maximum number of competitors to advance to the final shall be:
1. A number of competitors corresponding to the number of lanes available for the 60m, 60m Hurdles.
 2. A number of competitors corresponding to the number of lanes available, where six (6) or more lanes are available and six (6) competitors shall advance to the 600m final.
 3. The 300m and 4x200m shall consist of eight (8) athletes/teams and will be run as a two section final with the fastest 4 qualifiers in the second section (see section 4.2.4.3 for additional clarification). The 600m final shall consist of six (6) athletes and shall be run as one section.
 4. The fastest two non-qualifiers for any final shall be named as alternates to replace any qualifier(s) that do not compete in the final.
- 4.2.3 The procedure to be followed by the meet director in establishing heats for the 60m, 60m Hurdles, 300m, 600m and 4 x 200m Relay. (Note: The fastest qualifiers will be in the second heat (last), with the slower qualifiers in the first heat.)
1. Where only two (2) heats are necessary, the seeded runners or relay teams shall be assigned to each heat as follows:
 - * heat one: 1st, 4th, 5th, 8th, 9th, 12th, etc.
 - * heat two: 2nd, 3rd, 6th, 7th, 10th, 11th, etc.
 2. Where three (3) heats are necessary, the seeded runners or relay teams shall be assigned to each heat as follows:
 - * heat one: 1st, 6th, 7th, 12th, 13th, 18th, etc.
 - * heat two: 2nd, 5th, 8th, 11th, 14th, 17th, etc.
 - * heat three: 3rd, 4th, 9th, 10th, 15th, 16th, etc.
 3. Where four (4) heats are necessary, the seeded runners or relay teams shall be assigned to each heat as follows:
 - * heat one: 1st, 8th, 9th, 16th, 17th, 24th, etc.
 - * heat two: 2nd, 7th, 10th, 15th, 18th, 23rd, etc.
 - * heat three: 3rd, 6th, 11th, 14th, 19th, 22nd, etc.
 - * heat four: 4th, 5th, 12th, 13th, 20th, 21st, etc.
- 4.2.4 Qualifying policies to subsequent rounds of competition.
1. In the 60m and 60m Hurdles where six (6) lanes are available, the following policy shall apply:
 - if two (2) heats are run the first two (2) finishers per heat and the next overall fastest two (2) runners advance to the final.



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-8

- if three (3) heats are run, the first finisher per heat and the next overall fastest three (3) runners advance to the final.
- 2. Where eight (8) lanes are available, the following policy shall apply:
 - if two (2) heats are run, the first three (3) finishers per heat and the next overall fastest two (2) runners advance to the final.
 - if three (3) heats are run, the first two (2) finishers per heat and the next overall fastest two (2) runners advance to the final.
- 3. In the 300m and 600m the winners of each heat and the next fastest non-winning times shall advance to fill the available lanes in the final(s).
 - Where a two section 300m final is contested (rule 4.2.2), the heat winners along with the next fastest times shall fill the lanes in the second section of the final. If there are more heats than lanes available in the second section of the final, the heat winners with the fastest times shall compete in the second section. The remaining qualifiers shall compete in the first section of the two section final. Final placing shall be based on times achieved in the final regardless of section. If heats are not required (rule 4.2.1) the competitors with the fastest seed times shall fill the lanes in the second section with the remaining competitors seeded into the first section.

4.3 FORMULAS AND FORMAT (N/A)

4.4 PROCEDURES AND PROTESTS

4.4.1 Starting procedures for Track events:

The maximum number of starters in each section or final is:

	6 lanes		4 lanes	
	Heat/Section	Final	Heat/Section	Final
300	5	4	3	2x3
600	6	6	-*	6
1,000	-	12	-	8
4 x 200	5	4	3	2x3
4 x 400	-	2x6	-	3x4
4 x 800	-	12	-	8

*This is left to the meet director's discretion based on the nature of the track. If the number of entries in individual events 600 meters or longer or the 4 x 800m exceeds the maximum number of starters for a final, heats or timed sections shall be run in accordance with rules detailed in section 4.2 of the playing regulations.

1. In the 300m, a three (3) turn stagger start shall be used with one (1) competitor per lane at the start.
2. A two (2) turn stagger start shall be used for the 600m with one (1) competitor per lane at the start.



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-9

3. A two (2) turn stagger start for the 4 x 400m Relay with one (1) team per lane at the start.
4. A three (3) turn stagger start for the 4 x 200m Relay with one (1) team per lane at the start. The second runner per team must remain in his/her lane until he/she has entered the straightway opposite the finish line.
5. Whereas the conditions vary from banked track to banked track, and the Meet Director is knowledgeable about what is most appropriate for the local track, any changes due to a banked track shall be determined at the Coaches Technical meeting prior to the championships on the recommendation of the Meet Director.
6. Starting position in track events shall be:
 1. The middle four (4) lanes in the straightaway events (60 meters and 60 meters Hurdles) shall be declared the preferred lanes. For track events run on the oval, the Meet Organizer shall declare the preferred lanes.
 2. In the 300m and the 4x200m relay there will be a random draw from the top seeds for lanes 4 and 5 and the lower seeds will be randomly drawn to lanes 3, and 6.
 3. Where the number of starters necessitates more than one (1) row in the 1000m, 1500m, 3000m, or 4X800m relay the competitors shall be divided into two groups with one group of approximately 65% of the competitors on the regular arced start line and the other group, made up of the fastest qualifiers, on a separate arced start line marked across the outer half of the track. The outer group should run as far as the end of the first bend on the outer half of the track.
 4. The winners from the 300 m and 4 x 200 m heats will draw for the preferred lanes.

4.4.2 Weight Throw:

1. The NCAA rules for specification of the weight throw (construction) will be used.
2. The NCAA rules regarding the technical delivery of the weight (a two handed delivery, similar to that used in the hammer throw) will be used.
3. The slim-line weight, using the “fishnet” bag is banned from use at the U SPORTS Championship.

4.4.3 Vertical Jumps:

1. If an athlete has been waiting more than one hour to jump, they may use the runway for 2 minutes during height changes.
2. In Pole Vault, an athlete may check their takeoff position on the runway immediately after an attempt, prior to the official calling the next athlete to the runway.

4.4.4 General:

1. Any competitor who fails to start an event after being declared a starter shall be disqualified and barred from further competition in the meet except for an injury appeal.



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-10

2. Coaching of athletes during the competition is permitted provided that the coach remains in areas designated for coaches and does not interfere with the conduct of the competition.
3. In the 4 x 200 relay, there shall only be a beginning of the exchange zone mark with no end of the exchange zone, making each exchange zone virtually open. Each outgoing runner must begin his/her run out within the first ten (10) meters of the beginning of the exchange zone but may receive the baton anywhere on the track provided there is no interference of other runners or lane line encroachment where applicable.
 In the 4 x 400m and 4 x 800m relay the normal 20m passing zone shall apply in accordance with IAAF rules.
 * The runners who will run the third and fourth legs of the 4x200m relay race and runners who will run the second, third and fourth legs of the 4x400m relay race shall, under the direction of a designated official, place themselves on the track in the waiting position in the same order (inside to out) as the order of their respective team members at the end of the back straight with approximately 100m of their legs remaining. Once the incoming runners have passed this point, the waiting runners shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. Should any athlete not follow this rule that athlete's team shall be disqualified.
4. It is required that the track referee notify the respective coaches of a disqualification of athletes and/or relay teams via the public address system. This will expedite the appeal process and eliminate returning of awards presented prior to the appeal of time of thirty (30 minutes). The clock on the appeal process begins the moment the announcement of disqualification is made.
5. Tape can be used on the track for the purpose of marking for Relays.

4.4.5 Line encroachment disqualification.

If the referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has deliberately run outside their lane, the referee shall disqualify him; but if the referee considers that such action was unintentional, they may at their discretion disqualify the competitor, if they are of the opinion that material advantage was gained thereby.

Track 400 meters Stride 2.30 m Number of Strides	Advantage Gained by Encroaching tcm on Inside of Lane			
	t=50mm	t=100mm	t=150mm	t=300mm
	mm	mm	mm	mm
1	4	7	11	22
2	7	14	22	44
3	11	22	33	66



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-11

4	11	29	44	88
5	18	36	54	109
6	22	44	65	131
7	25	51	76	153
8	29	58	87	175
9	33	65	98	197
10	36	72	109	219

This table shows, mathematically, the theoretical advantage gained by taking from 1 to 10 strides inside the inner border of a lane. The distances are shown in millimeters.
e.g. four strides 150mm inside gives an advantage of 44mm.

4.5 SCHEDULES OR ORDER OF EVENTS

The Host Organizing Committee shall give a proposed schedule to the President of the U SPORTS Track and Field Coaches Executive. The President of the Coaches Executive will circulate the schedule for comments. The President of the Coaches Executive in consultation with the Championship Organizing Committee will submit the finalized schedule for the approval by the U SPORTS Sport Committee.

Please see Appendix 11.3 for the **2021** Championship Schedule.

- 4.5.1 In the 4x400m relay should the number of automatic qualifiers be such that the field exceeds 12, then timed sections comprised as follows shall be run:
- * If 13 teams qualify, then the fastest six (6) seeds shall run in the final section, with the three (3) slowest seeds running in the first section, and the next four (4) fastest running in the second section.
 - * If 14 teams qualify, then the fastest six (6) seeds shall run in the final section, with three (3) slowest seeds running in the first section, and the next five (5) fastest running in the second section.
 - * If 15 teams qualify, then the fastest six (6) seeds shall run in the final section, with three (3) slowest seeds running in the first section, and the next six (6) fastest running in the second section.
 - * Where the number of teams exceeds 15, the fastest six (6) seeds shall run in the final section, the next six (6) fastest running in the second section, and the slowest seeds running in the first section.
- 4.5.2 In the 600m should the number of automatic qualifiers be such that the field exceeds 12, then heats comprising no more than six (6) athletes and no fewer than three (3) shall be run in a manner similar to that recommended for the 4x400m relay above.
- 4.5.3 In the 1000m & 4x800m should the number of automatic qualifiers be such that the field exceeds 10, the additional competitors would be accommodated with a single final if it were deemed safe. Where timed sections are deemed necessary no section will have



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-12

fewer than three competitors. It is recommended that the sections be comprised as follows:

- * If 11 or 12 competitors qualify, then there shall be one section.
- * If 13 or more competitors qualify, then the fastest twelve (12) shall run in the second section, with the other seeds running in the first section.

4.5.4 In the 1500m & 3000m should the number of automatic qualifiers be such that the field exceeds 12 the additional competitors would be accommodated with a single final if it were deemed safe. Where timed sections are deemed necessary no section will have fewer than three competitors. It is recommended that sections be comprised as follows:

- * If 13 or 14 competitors qualify then there shall be one section.
- * If 15 or more competitors qualify then the fastest 10 shall run in the second section with the other seeds running in the first section.

4.6 GAME TIMES (N/A)

4.7 PRACTICE TIMES / WARM-UPS (N/A)

4.8 OVERTIME AND TIME-OUTS (N/A)

4.9 TIE-BREAKING (N/A)

4.10 SCORING AND STANDARDS

4.10.1 STANDARDS

The Executive Committee of the Track & Field Coaches shall determine event qualification standards annually. The IAAF scoring tables will be used to determine the equivalent standards.

1. Standards shall be established for the U SPORTS event and equivalent standards for events closely related to the U SPORTS event.
2. For all events the qualifying event standards for the U SPORTS Championship shall reflect the sixth (6th) place in the final rankings following the U SPORTS Championships over the previous three (3) years. The standards are to be established by May 15th of the previous year.
 - * In the event that eight (8) or more athletes achieve the U SPORTS standard in an event in any year, the standard for that event for the following year will reflect sixth (6th) place on the final U SPORTS rankings.
3. Standards for the 60m, 300m, 60m hurdles and their respective equivalent events (i.e.. 50m, 200m, 50mh) shall be established for fully automatic electric timing only.
4. U SPORTS event standards are shown for fully automatic electric timing only for all U SPORTS track events and their equivalent events. Where an athlete or relay team has achieved a manual timed performance in events 400m or longer, .24 seconds should be added to the manual timed performance for ranking and seeding purposes. All individual events 300 m or less must be electronically timed.
5. Equivalent standard achievers are to be placed directly into the U SPORTS rankings, using the IAAF scoring tables to adjust them.



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-13

6. That mile times must be sent to the person designated as the U SPORTS Ranking Supervisor for conversion, then sent to the Athletics Canada rankings coordinator (Trackie).
7. Performances in equivalent events (NON-U SPORTS events) may not be converted and used for seeding purposes where a U SPORTS event performance has been achieved by that individual or relay team. Where no indoor performance is available the athlete shall be seeded last.
8. Performances in equivalent events (NON-U SPORTS) may not be converted and used for U SPORTS funding subsidy.
9. Correction and Conversion factors: That automatic addition of correction factors to performances achieved on flat tracks (200m or less) will be based on the Indoor Track Conversions Ratio's.

4.10.2 SCORING

1. Scoring for the team championship shall be done on an institutional basis.
2. A women's team champion and a men's team champion shall be declared.
3. Points shall be awarded as follows for all individual and relay events: 10 pts for 1st, 8 for 2nd, 6 for 3rd, 5 for 4th, 4 for 5th, 3 for 6th, 2 for 7th and 1 for 8th.
4. Non-qualifiers score their respective points. Athletes that do not finish (DNF), did not start (DNS), or are disqualified (DQ) score no points.

4.11 RECORDS AND STATISTICS

U SPORTS CHAMPIONSHIP WOMEN

60m	7.19	Khamica Bingham	York	2015
300m	37.35	Adrienne Power	Dalhousie	2005
600m	1:27.63	Camille Cato	York	1984
1000m	2:41.36	Jenna Westaway	Guelph	2019
1500m	4:16.41	Paula Schnurr	McMaster	1988
3000m	9:04.88	Brenda Shackleton	Victoria	1988
60mH	8.15	Michelle Harrison (Young)	Sask	2020
4x200m	1:36.46	Byng, Roxborough, Sherar, Smith	Guelph	2019
4x400m	3.40.08	Byng, Hickson, Smith, Sherar	Guelph	2019/20
4x800m	8:32.36	Jewett, Wlamsley, Gollish, Stafford	Toronto	2015
High Jump	1.88	Emma Nuttall	Trinity	2014
Pole Vault	4.24	Robin Bone	Western	2015
Long Jump	6.24	Jocelyn Adu-Gyamfi	Toronto	2001
Triple Jump	13.16	Caroline Ehrardt	Western	2015
Shot Put	17.56	Brittany Crew	York	2019
Weight Throw	19.66	Kate Forbes	Lethbridge	2005
Pentathlon	4380	Jessica Zelinka	Calgary	2007

Zelinka's Pentathlon Performances (8.46, 1.79, 14.06, 5.81, 2:21.87)



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-14

USPORTS CHAMPIONSHIP MEN

60m	6.57	Sam Effah	Calgary	2010
300m	32.89	Austin Cole	Alberta	2019
600m	1:16.10	Byron Goodwin	Manitoba	1995
1000m	2:22.09	Tommy Lecours	Guelph	2012
1500m	3:46.85	Allan Klassen	UBC	1990
3000m	7:59.29	Jeff Schiebler	UBC	1996
60mH	7.79	Sekou Kaba	Ottawa	2014
4x200m	1:25.65	O.Makinde, Robertson, Biocchi, T.Makinde	Ottawa	2012
4x400m	3:11.67	Hamilton, Thompson, Harper, Osei	Guelph	2019
4x800m	7:27.94	LaMarra, McArthur, Bellemore, Ullman	Windsor	2014
High Jump	2.24	Alex Zaliaskas	Toronto	1993
Pole Vault	5.65	Doug Wood	York	1992
Long Jump	7.88	Christopher Greenway	Ottawa	2010
Triple Jump	15.81	Olivier Huet	Sherbrooke	2013
Shot Put	18.48	Andrew Smith	Sask	2011
Weight Throw	24.08	Jim Steacy	Lethbridge	2009
Pentathlon	4126	Chris Crossley	Sask	2010
Crossley's Pentathlon Performances (8.35, 7.33, 13.54, 2.03, 2:46.21)				
Heptathlon	5374	James Turner	Toronto	2016
Turner's Heptathlon Performances (7.01, 7.13, 14.06, 1.84, 8.54, 4.50, 2:58.94)				

5. EQUIPMENT AND FACILITY

5.1 BALL (N/A)

5.2 RECORDING

5.2.1 FIRST ROUND OPPONENT (N/A)

5.2.2 HOST REQUIREMENT

The host institution for the recording of all track races must provide a recorder with operator and an adequate replay machine and monitor. The recording may be used by the meet officials to assist in decisions re finish placing and rule infractions. It is recommended that extra recorders and a separate replay unit be available so that continual recording of races may occur when meet officials are reviewing the recording of a race in question.

5.3 UNIFORMS (N/A)

5.4 BIBS, SOCKS, SHIRT COLOR, TIGHTS AND TOWELS (N/A)

5.5 HEAD GEAR AND HELMETS (N/A)

5.6 CAPTAIN'S IDENTIFICATION (N/A)

5.7 DEPTH CHARTS (N/A)

5.8 SPOTTER PHONES (N/A)

5.9 FACILITY AND MEET REQUIREMENTS



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-15

- 5.9.1 The host institution shall conduct the championships in an indoor facility that shall accommodate all the U SPORTS events and provide competitors in all events the opportunity to perform up to their capabilities. The running track should have a minimum of four (4) lanes around the oval and a minimum of six (6) sprint straightway lanes. It is recommended that each lane be a minimum of 1 meter (1.00m) in width.
- 5.9.2 All competition equipment supplied by the host institution must meet current IAAF standards.
- 5.9.3 Fully automatic timing should be used in all races.
- 5.9.4 Where available, long jump and triple jump take-off boards require the use of putty fault indicator strips.

6. RULES

The current Athletics Canada and **World Athletics** Rules of Competition shall govern the U SPORTS Championship **and regular season (where appropriate)** with particular exception of those U SPORTS rules noted in the U SPORTS Playing Regulations - Men's and Women's Track and Field.

7. MEETINGS

7.1 COACHES TECHNICAL MEETING

The Coaches' Technical Meeting shall be prior to the start of the Championship for the following purposes:

- 7.1.1 Final declaration and scratches of competitors and relay teams by each institution. Scratches will be dealt with on an event basis. No substitutions will be allowed at the championship after the final deadline of declaration.
- 7.1.2 Any changes in the seed performances as listed (Section 3.4.2)
- 7.1.3 Following discussion and recommendation from the coaches the final decisions will be made by the Meet Coordinator as to the need for and the composition of sections in the timed section events.
Note: The heat and starting position assignments will be determined at the conclusion of the meeting by the Meet Coordinator following the procedures in Section 4. The finalized event sheets must be posted at the competition venue at least one hour prior to the start of the first event.
- 7.1.4 Review of the check-in procedures prior to each event competition.
- 7.1.5 Review of the starting procedures for each track event.
- 7.1.6 Review of the qualifying policies to subsequent rounds where applicable.
- 7.1.7 Establishment of starting heights and subsequent increments for the vertical jump competitions.
- 7.1.8 Weigh-in procedures for throwing events.
- 7.1.9 Review of the procedures to be followed re award presentation.
- 7.1.10 Clarification of the rules of competition.
- 7.1.11 Review of appeal procedures re protests during the competition.



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-16

- 7.1.12 Appointment of a selection committee to choose the most outstanding female and male athlete at this meet.
- 7.1.13 Any changes to the starting procedures due to banked tracks.
- 7.1.14 Any other business regarding the conduct of the current meet.
- 7.1.15 A notice of motion meeting shall be held following the technical meeting and written motions are to be submitted to the President of the Coaches Executive for the Track and Field Coaches annual meeting.

7.2 COACHES ANNUAL MEETING

The Track & Field Coaches Meeting shall be held prior to the first day of competition for the following purposes:

- 7.2.1 Discuss and propose future recommendations regarding the conduct of the championships (rules, procedures, promotion, etc.) and other track related matters.
- 7.2.2 Discuss and propose recommendations regarding dates and venue for future U SPORTS Championships.
- 7.2.3 That starting with the 2012 U SPORTS Track and Field Coaches Meeting – Elections will be held every two years for the position of President, Vice-President and Secretary. An individual may serve a maximum two consecutive 2 year terms in their elected position. The role of Vice President includes being the liaison with the Rankings Coordinator.
- 7.2.4 Other Business

7.3 COACHES CLINIC (N/A)

7.4 PRESS CONFERENCE (N/A)

8. OFFICIALS

8.1 FUNDED OFFICIALS

Three (3) of the four (4) members of the Jury of Appeal will be selected from within the pool of officials secured by the host. Should the host have to select out of province officials for the Jury of Appeal, U SPORTS will provide funding up to the cost of an economy airfare. All other officials are the responsibility of the Host Institution.

The fourth member of the Jury of Appeal will be the U SPORTS Delegate or an appointed designate, to be selected by U SPORTS.

8.2 ASSIGNMENT

It is essential that Athletics Canada certified officials be used at the championship, particularly in key positions such as; starter, head timer, head finish judge, head for each field event, track umpires, referee and the three members of the Jury of Appeal.

8.3 NEUTRALITY (N/A)

8.4 QUALIFICATIONS



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-17

Preference is given to Level 5 officials.
Must be familiar with U SPORTS Track and Field Playing Regulations.
Must not have any affiliation with meet, i.e. active coach.

8.5 HOST RESPONSIBILITIES

It is essential that the host institution provide a competent meet announcer.

Host shall be responsible for the transportation of all officials, excluding the out-of-province Jury of Appeal members. The Host shall be responsible for the local transportation, meals and accommodation (double occupancy) of all members of the Jury of Appeal.

8.6 NSO RESPONSIBILITIES (N/A)

8.7 STANDBY OFFICIAL (N/A)

8.8 FEES (N/A)

8.9 SELECTION PROCESS

Athletics Canada National Officials Chairman may provide recommendations to the Meet Director. Final approval remains with the Meet Director. Officials selected shall usually be the most senior officials available.

8.10 ON-SITE ASSIGNMENT (N/A)

9. SEASON AND CHAMPIONSHIP AWARDS

**Please refer to policy 60.20 for more details re standard championship awards.*

9.1 ALL-CANADIANS (MALE AND FEMALE)

9.1.1 First place finishers in all events (includes individual and combined events plus relay teams) at the U SPORTS Championship will be named First Team All-Canadians and second place finishers in all events will be named Second Team All-Canadians.

9.1.2 Athletes who run in the qualifying rounds, but not the final of relay events shall receive the same awards or honors earned by the team in the final (to a maximum of two additional athletes).

9.2 OUTSTANDING ATHLETES

Sport Conferences should consider the following criteria when nominating for 9.2, 9.3, 9.4, 9.5 and 9.6:

9.2.1 The athlete's competitive record for the entire season in his/her primary event. Won/lost record versus U SPORTS athletes is to be considered;

9.2.2 The quality and sequences of performances for the entire season in the athlete's primary event including U SPORTS ranking;

9.2.3 The athlete's performance at his/her Sport Conference Championship;

9.2.4 The athlete's season record in other U SPORTS events in which he/she competed.



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-18

- 9.3 OUTSTANDING FEMALE TRACK EVENT PERFORMER OF THE SEASON
- 9.3.1 Each Sport Conference representative will forward their nomination to the President of the Coaches Executive on the Monday ten (10) days prior to the championship.
 - 9.3.2 Nominations must include Sport Conference results, season results and ranking.
 - 9.3.3 The Sport Conference representatives will select the recipient prior to the U SPORTS Championship.
 - 9.3.4 The President of the Coaches Executive will only vote in the case of a tie.
 - 9.3.5 To win the national award the athlete must have won that award in their sport conference, if such an award exists.
 - 9.3.6 The nominees will be recognized and the winner announced at the championship, preferable at an awards recognition event if the Host chooses to hold one.
- 9.4 OUTSTANDING MALE TRACK EVENT PERFORMER OF THE SEASON
Same as 9.3
- 9.5 OUTSTANDING FEMALE FIELD EVENT PERFORMER OF THE SEASON
Same as 9.3
- 9.6 OUTSTANDING MALE FIELD EVENT PERFORMER OF THE SEASON
Same as 9.3
- 9.7 ROOKIES OF THE YEAR (MALE AND FEMALE)
- 9.7.1 The individual must be 21 years of age or younger as of September 1st in the year of the competition.
 - 9.7.2 The individual must be in their first year of U SPORTS eligibility (i.e. a true freshman).
 - 9.7.3 The individual's regular season and Sport Conference performances are factored into the selection criteria.
 - 9.7.4 To win the national award the athlete must have won the rookie of the year award in their sport conference, if such an award exists.
 - 9.7.5 Final selection will be made prior to the U SPORTS Championship.
- 9.8 STUDENT-ATHLETE COMMUNITY SERVICE AWARD
- 9.8.1 Selected by the **Coaches Executive**.
 - 9.8.2 Recipients who demonstrate outstanding achievements in three (3) areas: track & field, academics and community involvement.
 - 9.8.3 To win the national award the athlete must have won the award in their Conference.
- 9.9 COACH OF THE YEAR (Women's Team - SUE WISE AWARD / Men's Team - BOB BOUCHER AWARD)
- 9.9.1 Recipients are selected by the coaches at the U SPORTS Championship for women's team coach and men's team coach.



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-19

- 9.9.2 The Meet Director will include results from the previous 2 years in the meeting information package. Coaches will use this information to see how teams have improved.
- 9.9.3 The selection committee shall conduct a ballot with one vote per participating institution to select a Men's and Women's Coach of the Year
- 9.9.4 The vote shall be conducted at the conclusion of the U SPORTS Championship (15 minutes after the completion of the competition).
- 9.10 **CHAMPIONSHIP TROPHY & U SPORTS PENNANT (MALE AND FEMALE)**
Presented to both the U SPORTS Women's and Men's Championship Team as well as the 2nd and 3rd place teams.
- 9.11 **CHAMPIONSHIP MEDALS (MALE AND FEMALE)**
- 9.11.1 Gold medals are awarded to U SPORTS Championship Team (18 total) as well as the silver and bronze medalists.
- 9.11.2 Gold, silver and bronze medals are awarded in each event.
- 9.11.3 Athletes who run in the qualifying rounds, but not the final of relay events shall receive the same awards earned by the team in the final (to a maximum of two additional athletes).
- 9.12 **OUTSTANDING MALE ATHLETE OF THE MEET (GEORGE GEMER AWARD)**
Determined by a selection committee with representatives from all Sport Conferences.
Note: The Men's High Jump Champion will receive the Greg Baril-Kenney Award.
- 9.13 **OUTSTANDING FEMALE ATHLETE OF THE MEET**
Determined by a selection committee with representatives from all Sport Conferences.
- 9.14 **AWARDS RECOGNITION EVENT**
The awards presentations should occur immediately following the conclusion of the last event of the last day of competition.
10. **COMMITTEES**
- 10.1 **CHAMPIONSHIP MANAGEMENT COMMITTEE**
The Championship Management Committee shall be comprised of the U SPORTS Coaches Executive and the Meet Director. The purpose of the committee shall be to rule on all matters necessary for the championships to proceed. The committee shall apply the U SPORTS rules as written.

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee at the championship. The Management Committee shall apply U SPORTS Rules. The Management Committee may not, nor may any member, make an exception to any U SPORTS Rule or to a sanction



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-20

imposed by U SPORTS. The Management Committee has no jurisdiction to consider or interpret U SPORTS Eligibility Regulations.

Composition of the Management Committee shall be:

1. Convener of Championship - non-voting chair;
2. U SPORTS Delegate;
3. Technical Delegate;
4. President of the Coaches Executive, or designate.

A quorum shall require all of the four members, or their replacement.

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a U SPORTS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in U SPORTS policy 90.70.4.1.1 (see below), the U SPORTS Championship Management Committee shall have the power and jurisdiction to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at U SPORTS Championships, in a timely fashion. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the U SPORTS office and Discipline Committee.

It is the expectation of U SPORTS that persons representing Member institutions, and/or U SPORTS, at U SPORTS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

90.70.4.1.1 Procedures Regarding Misconduct

Where misconduct occurs at a U SPORTS Championship (including traveling to and from the event, practice days and competition days), the Chief Executive Officer, assisted by the event Convener, shall:

1. Investigate the particulars of the incident that gave rise to the misconduct.
2. Determine the amount and type of damage to property or injury to persons.
3. Identify the persons and institutions responsible for the incident.
4. Summarize this information in a written report.

The Chief Executive Officer shall provide a copy of the written report to the President, who may bring a complaint in accordance with U SPORTS Policy 90.40 - Discipline. A copy of the written report shall be provided to the Directors of Athletics of the institutions involved.



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-21

10.2 JURY OF APPEAL

The host institution, working in consultation with the U SPORTS Office shall appoint an impartial jury of appeal and referees.

10.3 DELEGATES (N/A)

11. APPENDICES



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-22

11.1 QUALIFYING STANDARDS

Qualifying Standards
2021 U SPORTS Indoor Track and Field Championships
March 11-13, 2021
University of New Brunswick
 Prepared by Claude Berube

WOMEN'S STANDARDS
 as of March 15, 2020

U SPORTS EVENT	STANDARD	EQUIVALENT EVENT STANDARD
60m ***	7.50	6.45 (50m), 6.98 (55m)
300m	39.23 - Flat	24.44 (200m), 55.12 (400m)
	38.68 – OS/B	24.12 (200m), 54.33 (400m)
600m	1:31.01- Flat	55.12 (400m), 1:12.49 (500m), 2:08.57 (800m)
	1:29.91 – OS/B	54.33 (400m), 1:11.41 (500m), 2:07.09 (800m)
1000m	2:47.18 – Flat	2:08.57 (800m)
	2:45.37 – OS/B	2:07.09 (800m)
1500m	4:26.89 – Flat	
	4:24.25 – OS/B	
3000m	9:35.42 – Flat	16:33.43 (5000m)
	9:30.53 – OS/B	16:24.74 (5000m)
60m Hurdles ***	8.38	7.15 (50m H), 7.76 (55m H)
4x200m	1:40.52 – Flat	47.85 (4x100m)
	1:38.98 – OS/B	46.34 (4 x 100m)
4x400m ***	3:49.86 – Flat	3:50.96 (4x440y)
	3:46.85 – OS/B	3:47.95 (4x440y)
4x800m	9:07.48 – Flat	9:10.78 (4x880y)
	9:01.24 – OS/B	9:04.53 (4x880y)
High Jump	1.71	
Pole Vault	3.83	
Long Jump ***	5.92	
Triple Jump ***	12.01	
Shot Put	13.63	



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-23

20 lb. W.T.	16.78	
Pentathlon ***	3722	

Note 1: Standards based on sixth (6th) in final U SPORTS rankings for past three (3) years

Note 2: Events marked * are sixth (6th) place in the previous year's final U SPORTS rankings where the event standard was achieved by eight (8) or more individuals/teams in the final U SPORTS rankings (see rule D.10.1.2.1).**

Note 3: For oval events the standards have been indicated for both Flat Track Performances and Oversized/Banked (OS/B) Track Performances

**Qualifying Standards
2021 U SPORTS Indoor Track and Field Championships
March 11-13, 2021
University of New Brunswick
Prepared by Claude Berube**

**MEN'S STANDARDS
as of March 15, 2020**

U SPORTS EVENT	STANDARD	EQUIVALENT EVENT STANDARD
60m ***	6.81	5.90 (50m), 6.37 (55m)
300m	34.34 - Flat	21.85 (200m), 48.52 (400m)
	33.77 – OS/B	21.51 (200m), 47.75 (400m)
600m	1:19.98 - Flat	48.52 (400m), 1:03.74 (500m), 1:52.29 (800m)
	1:18.80 – OS/B	47.75 (400m), 1:02.72 (500m), 1:50.62 (800m)
1000m	2:26.61 – Flat	1:52.29 (800m)
	2:24.62 – OS/B	1:50.62 (800m)
1500m	3:51.24 – Flat	
	3:48.28 – OS/B	
3000m ***	8:15.88 – Flat	14:17.12 (5000m)
	8:08.89 – OS/B	14:05.21 (5000m)
60m Hurdles	8.21	7.01 (50m H), 7.65 (55m H)
4x200m ***	1:28.48 – Flat	42.66 (4x100m)
	1:26.92 – OS/B	41.10 (4 x 100m)
4x400m ***	3:19.14 – Flat	3:20.22 (4x440y)
	3:16.01 – OS/B	3:17.09 (4x440y)
4x800m ***	7:39.61 – Flat	7:41.51 (4x880y)



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-24

	7:33.13 – OS/B	7:35.29 (4x880y)
High Jump	2.08	
Pole Vault	4.87	
Long Jump ***	7.28	
Triple Jump	14.51	
Shot Put	15.69	
35 lb. W.T.	16.78	
Heptathlon	4671	

Note 1: Standards based on sixth (6th) in final U SPORTS rankings for past three (3) years

Note 2: Events marked *** are sixth (6th) place in the previous year's final U SPORTS rankings where the event standard was achieved by eight (8) or more individuals/teams in the final U SPORTS rankings (see rule D.10.1.2.1).

Note 3: For oval events the standards have been indicated for both Flat Track Performances and Oversized/Banked (OS/B) Track Performances

11.2 SCHEDULE OF EVENTS

2021 U SPORTS Indoor Track and Field Championships

Day 1 - Thursday

2:30pm	Weight Throw	W	Final
3:00pm	60 M Hurdles	W	Pent
3:15pm	60 M Hurdles	M	Hep
3:45pm	High Jump	W	Pent
4:00pm	Long Jump	M	Hep
5:15pm	Shot Put	M	Pent
6:00pm	60 M	W	Heats
6:10pm	60 M	M	Heats
6:15pm	Shot Put	W	Pent
6:30pm	High Jump	M	Hep
7:00pm	60 M	W	Final
7:10pm	60 M	M	Final
7:30pm	Long Jump	W	Pent
7:30pm	600 M	W	Heats
7:45pm	600 M	M	Heats
8:00pm	4x200 M	W	Heats
8:20pm	4x200 M	M	Heats
8:45pm	800 M	W	Pent



September 2020

Playing Regulations: Indoor Track and Field (Men & Women)

PR/12-25

Day 2 - Friday

2:00pm	Weight Throw	M	Final
3:30pm	60 M	M	Hep
4:30pm	Pole Vault	M	Hep
4:30pm	60 M Hurdles	W	Heats
4:45pm	60 M Hurdles	M	Heats
5:00pm	Long Jump	W	Final
5:00pm	High Jump	M	Final
5:00pm	1000 M	W	Final
5:10pm	1000 M	M	Final
5:30pm	60 M Hurdles	W	Final
5:40pm	60 M Hurdles	M	Final
5:50pm	300 M	W	Heats
6:05pm	300 M	M	Heats
6:30pm	Pole Vault	W	Final
6:30pm	3000 M	W	Final
6:50pm	3000 M	M	Final
7:00pm	Long Jump	M	Final
7:00pm	Shot Put	W	Final
7:40pm	300 M	W	Final
7:50pm	300 M	M	Final
8:00pm	4x800 M	W	Final
8:15pm	4x800 M	M	Final

Day 3- Saturday

12:30pm	Triple Jump	W	Final
12:30pm	Pole Vault	M	Final
1:15pm	600 M	W	Final
1:30pm	600 M	M	Final
2:15pm	4x200 M	W	Final
2:25pm	4x200 M	M	Final
2:30pm	High Jump	W	Final
2:45pm	Triple Jump	M	Final
2:45pm	Shot Put	M	Final
2:45pm	1500 M	W	Final
3:00pm	1500 M	M	Final
4:00pm	4x400 M	W	Final
4:15pm	4x400 M	M	Final