

2006 Great Lakes Intercollegiate Athletic Conference
Track and Field Championships
Top Taggart Stadium – Ferris State University – Big Rapids, Michigan
Thursday & Friday May 4-5, 2006

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 Ferris State University every Monday by 6:00pm throughout the outdoor season using Hy-Tek's Team Manager Software. This serves as your athlete's entry into the meet as stated in the operating code: "any performance mark used as an entry performance mark must be listed on the weekly performance list..."

Confirmation

Confirmation of entries will take place Tuesday May 2nd between 11:00am and 2:00pm. On Monday, a declaration form will be e-mailed to you listing your current entries. You will declare or scratch each entry – this may be done via fax or email. **This is the final declaration period. Any scratches after final declaration or any athlete that does not compete in an event in which he or she entered after final declarations will render that athlete ineligible for his or her remaining events**

-Sunday April 30th 9:00pm final performances are due.

-Monday May 1st 9:00pm entries are due.

-Tuesday May 2nd confirmations via fax (231/591/2869) or email (kavalunj@ferris.edu)

-Wednesday May 3rd heat sheets posted

***NOTE THAT WHEN SUBMITTING YOUR ENTRIES, DELETE ALL ATHLETES
THAT YOU DO NOT WANT TO COMPETE IN EACH EVENT***

Entry Fee

Entry fee is \$200 per men's team and \$200 per women's team.

Performance List

Performances should be submitted every Monday by 6:00pm, starting April 3rd. Submitted marks must be obtained during the 2006 outdoor track and field season. Marks need to be submitted using Hy-Teks Team Manager software. **The weekly update (Team Manager) should be submitted to kavalunj@ferris.edu.** Performances will be posted on the 2006 GLIAC Outdoor Track and Field Championships website:
ferris.edu/htmls/sports/track/06gliac/homepage.htm.

Heat and Flight Sheets

Heat and flight sheets will be posted on our website on Wednesday May 3rd, 2006

Coaches Meeting

A mandatory coaches meeting will take place in the Wheeler Pavilion/Press Box 2nd floor at 1:30pm on Thursday May 4th.

MEET PROCEDURES

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.

Implement Weigh-in

Implement weigh-in will take place 90 minutes prior to the event. Any implement that does not pass inspection will be impounded until the end of competition.

Starting Heights

Starting heights will be determined as follows: 10cm below the eighth ranked entrant (upon final confirmation) in the high jump and 20cm below the eight ranked entrant (upon final confirmation) in the 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.

Race Seeding

100m/200m/400m/110H/100H/400H: These races will be seeded heats by qualifying times with random lanes. Heat winners and the next fastest times which make 8 to the finals.

800m: Top two in each heat and the next fastest times to make 8 to finals.

1500m: The top three to five in each heat and the next two to three fastest times to make 12 to the finals.

3k/5k/10k/3k steeple: One heat timed finals.

4 x 100m/ 4 x 400m: No Prelims, timed finals seeded by entry times.

Field Event Seeding

High Jump/Pole Vault: Single flight final, with jumping order random.

LJ/TJ/DT/HT/SP/JT: Seeded flights by entry mark with random jump/throw order within the flight. The top eight in prelims will make the final. The final will be seeded reverse order from worst to best.

Awards

Awards for the top 3 in each event will take place approximately 15 minutes following the conclusion of the event.

Results

Results will be posted throughout the meet on the wall next to the concessions area and a complete set will be available following the meet. Results will also be posted on our website.

FACILITY

The track has a Southwest polyurethane surface with eight lanes. There are two LJ/TJ pits, each with an approximate 175' runway. The pole vault runway is approximately 150' and can run East or West. Shot Put will take place at the stadium. The javelin will be contested on grass.

Spikes

1/4" or less pyramid spikes can be worn for all running and jumping events.

Training Room

A training tent will be located near the southeast corner of the track. Ice and ice baths will be available. The training room will be available by appointment only, see attached letter.

Locker Rooms and Restrooms

Locker rooms will be available at the University Recreation Center directly across from the track. Restrooms below the press box will be available.

Concession Stand

A concession stand will be available throughout the competition.

Seating/Admissions

Teams may set-up camp any where on the visitors bleachers and on the north end of the home bleachers. Seating for the throws will be flagged off due to safety.

Tickets will be \$5 for adults and \$3 for students for one day passes and \$8 and \$5 for two day passes.

Parking

Buses and team vans will be directed to lots on the West side of the stadium. Spectators parking will be free.