

2009 NEWMAC Track & Field Championships
Saturday, April 25, 2009
Mount Holyoke College – South Hadley, MA

- Meet Director:** Peter Olsen
polsen@mtholyoke.edu
(413) 538-3316
- Time:** 11 am for both track & field events. National Anthem at 10:50am
- Games Committee:** The games committee will be comprised of one representative head coach from each school for a total of eight.
- Games Committee Meeting:** The games committee will meet at 9:30 am, by the large tent by the finish line, to determine if any events need to move indoors due to weather. The committee will also set the starting heights at this time. Starting heights will be determined by working incrementally backward as stated in the NCAA rulebook from the Division III New England height. Scratches are due at this time.
- Facilities:** 400m all weather track: 10 lane straightaway, 8 lane oval.
Surface: 13mm Benyon Sports Surface
All Jumps, including PV and Javelin are on same surface type.
Separate runways for Triple and Long Jump
Pyramid spikes only up to ¼", no needle spikes.
- Kendall Sports and Dance Complex Field House will be available for bathrooms, showers and water only.
- Entries:** Entries should be entered online at www.onlineentries.com by Midnight Wednesday, April 22. Entries should be in metric and should be verifiable.
- Entries:** Entries are limited to 4 individuals per team per individual event. Entrants in events over 200 meters will be seeded in sections according to time. These events will be run as finals based on time, slower sections first. Athletes in the 100m and 110m hurdles will be seeded for trials and finals. Eight to advance to finals. Each team is limited to one relay per relay event. Individuals without times/heights/distances will be seeded at the end of the last heat/flight. 9 Athletes will advance to the finals in field events.
- Sample Entry:**
- | | | |
|--------------|---------|----------|
| Team: | | |
| Individuals: | | |
| Name: | Event: | Mark: |
| Jane Doe | 100m | 12.30 |
| | LJ | 4.57m |
| | 4 x 100 | 53.10.23 |
- (Hand times will be converted to FAT using .24)
Please have marks listed; actual, or estimated as accurately as possible.
- Performance Lists:** Please review the performance lists on Thursday, April 23rd on www.finishright.com. (Upcoming events, NEWMAC) Call Pete Olsen

413-538-3316 with any errors no later than 5pm on that day.

- Heats/Flights:** Heat sheets and flights will be available to view on Friday morning, April 24th, After 10am on www.finishright.com.
- Scratches:** Please list scratches on the enclosed scratch sheet and submit to Pete Olsen no later than 9:30 am Saturday, April 25th.
- Results:** Available at: www.finishright.com
- Weigh-In:** Weigh-in will be from 9:30 am until 10:45 am in the barn located at the end of the grand stands on the far end of the soccer field
- Parking:** Drop off of athletes in the Kendall Complex lot. Busses will then be directed by Mount Holyoke Public Safety Officers on site to other open lots on campus. Vans and cars will be directed by MHC Public Safety officers to park in legal, marked spaces. No Parking is allowed on Silver Street.
- Lockers:** Shower facilities are available in Kendall Sports and Dance Complex. Please bring your own towels and locks to secure your valuables.
- Athletic Trainers:** A Certified Athletic Trainer will be available at the meet one hour prior to the start and throughout the meet. Please bring your own supplies. Ice and water will be provided. For questions, contact Ellen Perrella (eperrell@mtholyoke.edu) or 413-538-2640.
- Inclement Weather:** In the case of inclement weather, Poll Vault and High Jump will take place indoors at Smith College on Sunday, May 26th, beginning at 11am.
- Team Tents:** Tents will be allowed on the soccer field only. NO tents will be allowed inside or close to any competitive area. Stakes CAN NOT be used due to the MHC irrigation system.
- T-shirts:** Design to follow, orders must be received by April 13th.
- Seating:** Bleachers will be available adjacent to each event venue
- Awards:** Awards will be presented immediately following the meet. We request that all teams attend. All conference athletes must wear team warm-ups or team uniforms when they are recognized at the awards ceremony.