NEW ENGLAND DIVISION III TRACK & FIELD CHAMPIONSHIP

HOSTED BY: Bowdoin College

New England Division III Women's Indoor Track and Field Championships on February 22-23, 2019
In case of Severe Weather, look at the Bowdoin Track & Field website for updates.

Soon after entries close, we will post the performance sheets on the website.

Meet Date
Friday/Saturday, February 22-23, 2019

Games Committee
Kristen Morwick, Ned Bishop, Matt Hird, Ethan Brown, Brian Chabot

Meet Website
https://athletics.bowdoin.edu/sports/wtrack/index

Facility
Bowdoin College Farley Field House
42” Lanes - 6-Lane Oval – 8-Lane Straightaway
Rekortan Red Polyurethane Rubber
Field events contested on infield
¼” pyramid spikes permitted.

Timing/Results/Live Streaming
Brewer Timing
(http://gobrewerwitches.com/sports/track/brewer_timing_services) will handle all timing and results.
The Saturday portion of the meet will be webcast. Information for the webcast will be found on the Bowdoin track web site.
https://www.nsnsports.net/colleges/bowdoin-college/
Results will also be posted on the meet website
https://athletics.bowdoin.edu/sports/wtrack/index

Entries
Final declarations, including pentathlon, are due by end of the day midnight, Monday, February 18. All final declarations will be made on Direct Athletics at

The performance list can be found at Bowdoin website
https://athletics.bowdoin.edu/sports/wtrack/index

Qualifying Standards
Standards can be found on the Connecticut College website:
http://oak.conncoll.edu/sports/standards.html

Weigh-ins
Weigh-ins will be conducted at a table near the circle. Only bagged weights and indoor shots will be accepted. Illegal implements will be impounded and available for pickup at the conclusion of the meet. Weigh in will be open Friday for the Pentathlon from 12:30pm-1:30pm. On Saturday weigh-in for both implements will be open from 9:00am-10:00am, and again from 11:00 to noon for the shot put.

Check-In
Clerking for the running events will be done in the middle of the infield. Check-in for field events will be conducted at the field event site. Check-in will be no later
than 20 minutes prior to all events up through the 1000 Meter Run. In order to have complete sections, a preliminary check-in stating an affirmative intent to compete must be made by all athletes in the 200 meters and subsequent events. All events after the 1000 require a 30 minute advance check-in. In the 200, 3K, 4x400 Relay and 4x800 Relay, be sure to check-in 30 minutes before the event.

**Coaches Packets**
Team packets are to be picked up upon arrival at the facility on Friday or Saturday. Packets will not be issued if the team is not in good standing financially and approved by Matt Hird. Coaches meeting will be held at 10:30 am next to the finish line.

**Scoring**
Scoring will be 10-8-6-5-4-3-2-1 for all events.

**Jumping Boards**
The Long jump board is 12’ from the pit and the triple jump boards are 30’ and 36”.

**Throwing Circle**
The throwing circle is painted plywood.

**Credentials**
Only competing athletes & coaches on the infield. Each team will be issued 4 credentials for coaches, assistant coaches, and photographers. Parents, spectators, and children are not allowed on the infield. You cannot give passes to parents, spectators, or children. Non-competing athletes should watch from outside the track.

**Concessions/Hospitality**
There will be a snack bar in the balcony.

**Friday Open Warm-ups**
The track will be available from noon to 8:00 p.m. Warm-ups are allowed so long as athletes avoid Friday event competition areas.

**Saturday Warm-Ups**
Throws: Seeded flights. 15 minutes flight specific warm-up during which only throwers in that flight can warm-up in the circle. 10 minute warm-up before finals.

Horizontal Jumps: Seeded flights. 15 minutes flight specific warm-up during which only jumpers in that flight can warm-up. **No general warm-ups.** 10 minute warm-up before finals.

Throws & Horiz. Jumps: 3 preliminary attempts, top-9 advance to finals (ties not broken), 3 attempts in finals.

Vertical Jumps: 60 minute warm-up. Opening heights to be determined based on number of entries. Athletes who enter the competition one hour or more after the competition begins get to warm-up. One hour rule will be in effect.

**Careful Warm-ups will be permitted on the track once the meet has begun.**
**Athletes must listen to umpires when told to get off the track.**
**Oval Races**

In oval races that do not finish in lanes, the lead runner has to hold lane one off the final curve. A lead runner cannot veer to the right to force an oncoming runner to run a greater distance. Our officials are watching for lead runners who drift into lane two because lead runners intuitively drift right to hold off oncoming runners. If a runner shifts to the right coming off the final curve, they will be flagged for forcing the following runner to run a greater distance.

**Opening Heights**

Opening heights will be determined based on the number of entries, and will work backwards from the NCAA DIII New England qualifying standards.

**Awards**

The awards ceremony will be held as soon after the meet as possible. The top 3 teams will receive championship plaques.

Awards: T-shirts will be awarded to the top three finishers in each event.

**Locker Rooms**

Limited Locker rooms are available in Farley Field House, and the adjacent Pickard Field House which is accessed by going outside the fieldhouse.

**Entrance/Parking**

Vans can park in the field house or hockey arena parking lots.

Buses need to drop off and go park elsewhere in town: The best options will be:
147 Bath Road (Shaw's grocery store)
15 Tibbetts Dr, Brunswick (Wal-Mart)
111 Bath Road, Brunswick (Fat Boy’s drive-in hamburger stand that closes for the winter)

**Athletic Training**

The Athletic Training Room will open 2 hours prior to the start of each contest. The Athletic Training Room is located in Farley Field House. Taping and wrapping will be available provided visiting teams provide the necessary supplies. Specific modalities may be available provided the student athlete has a signed letter from their certified athletic trainer or team physician stating the parameters of the treatment to be rendered. Athletic training services will also be available during the meet.

Please contact our coordinator of athletic training services if you have any additional questions or concerns; Dan Davies Head Athletic Trainer

ddavies@bowdoin.edu

**Emergency Contact Information**

Campus Police (207) 725-3314

Athletic Training Room (207) 725-3018
**Schedule of Events**

**Friday 2/22**

Pentathlon
2:00 pm Pentathlon 60m High Hurdles
Pentathlon High Jump (30 minutes after completion of 60m HH)
Pentathlon Shot Put (30 minutes after completion of HJ)
Pentathlon Long Jump (30 minutes after completion of SP)
Pentathlon 800m (30 minutes after completion of LJ)

Field Events
4:00 pm Pole Vault

Track Events (seeded sections, fast section last)
5:30 pm Distance Medley sections
6:00 pm 5000 meters sections
6:45 pm 4x200 meters (women only) sections

**Saturday 2/23**

Field Events (seeded flights, top flight last)
10:30 am Weight Throw
10:30 am Long Jump
11:30 pm High Jump
1:00 pm Shot Put
1:00 pm Triple Jump

Track Events (seeded sections, fast section last)
11:00 am 60m High Hurdles trials
11:30 am 60 meters trials
12:00 pm Mile sections
12:15 pm 60m High Hurdles final
12:25 pm 400 meters sections
12:40 pm 600 meters sections
12:55 pm 60 meters final
1:05 pm 800 meters sections
1:20 pm 1000 meters sections
1:35 pm 200 meters sections
1:50 pm 3000 meters sections
2:15 pm * 4x400 meters sections
2:30 pm * 4x800 meters sections
4x4 & 4x8 times may be adjusted based on the number of sections run in the 3k and the relays
DIRECTIONS TO BOWDOIN COLLEGE

GPS Building Address
Farley Field House/Pickard Field
35 Watson Dr.
Brunswick, ME 04011

From Points South
- Take Interstate 95 north to I-295 exit (South Portland/Rt. 295).
- Follow Route 295 through Portland to exit 28 (Route 1).
- Follow Route 1 for about two miles. As Route 1 bears off to the left at a set of lights, stay straight on Pleasant Street.
- Pleasant will end at an intersection with Maine Street in Downtown Brunswick. Take a right on Maine and travel approx. a quarter of a mile.
- After a white church, take a left on Old Bath Road (Route 123). The main Bowdoin campus will be on your right.