



heat will be available on an as needed basis, documentation is not needed. Knox College Team Physician, Dr. Jeremy Carrier will be on call during the conference meet. Questions, feel free to contact:

Scott Sunderland MS ATC, Head Athletic Trainer	cell# 309-335-4078	<a href="mailto:ssunderl@knox.edu">ssunderl@knox.edu</a>
Lexie Vernon MS, ATC, Assistant Athletic Trainer	cell# 309-335-4079	<a href="mailto:akvernon@knox.edu">akvernon@knox.edu</a>
Knox College Athletic Training Room	309-341-7378	

### **Sports Information**

James Clark, Knox College SID, will release all meet results to MWC schools, media outlets, and the Conference office.

Knox College Sports Information Director, James Clark      Cell: 309-335-4851

### **Timing Company**

AccuRace Timing Services  
501 East Oak Street, Boscobel WI 53805  
608-778-1727  
www accuracetimeing.com

### **Video/Webcasting**

Meet Will Be Announced/ will not be streamed

### **Programs**

Programs will be available at no charge.

### **Admission**

We will not charge admission to this event.

### **Fan Parking**

Fans should park in the gravel lots across from the field house on the corner of Depot St.

### **Concession Stand**

Will be located in the main hallway of Memorial Gymnasium.

### **Hospitality Room**

Coaches and officials' hospitality will be provided and located in the Hall of Fame Room located in the athletic offices right next to the field house.

### **Additional Key Contacts**

*Knox College Director of Athletics*

Chad Eisele                      (309)341-7280 – office                      (309)335-4065 – cell

*Director of Media & Information*

Lou Groce                      (920)229-0934

## Track Coaches Information

### **Entries:**

Entries will be made at <http://www.directathletics.com>

Entry marks must be on the MWC track site list to be considered (and will be checked through the TFFR's site). Initial entries are due Tuesday, 2/23/16, at 6:00 PM, CST to the Direct Athletics site. Final entries (with any changes from Tuesday entries) are due by 6:00 PM, CST Wednesday, 2/24/16. No late entries will be accepted after Wednesday at 6:00 PM. Please read the Code of Conduct for specific procedures (Section II, 4.06).

Verified Marks – “All entered marks for all athletes must be verified from the MWC website rankings page. Coaches should bring results to the conference championship meet in case of challenges. Times from track events of 400 meters or less must be reported as FAT; Hand times are acceptable for events longer than 400 meters. Only performances from the current season shall be allowed. Split times for relays or distance races and indoor performances are not acceptable. Only NCAA legal marks in running and field events may be listed on the MWC site and used for seeding purposes. Wind aided marks in the 100m, 200m, 100h/110h, long jump, and triple jump will not be used.” (Midwest Conference Articles of Incorporation, Bylaws, and Operation Manual)

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**Entry Fee:** \$258.93. Invoices will be sent to the Director of Athletics within 14 days of the conclusion of the event... Please make checks payable to Knox College.

### **Coach's Meeting and Scratches:**

Friday, February 26<sup>th</sup>: 12:30pm. There will be a coach's meeting 2<sup>nd</sup> floor Memorial Gym class room MG200. During this time, team packets will be available along with team camp assignments. Scratches for Friday's events will be made at this time.

Saturday, February 27<sup>th</sup>: 9:00am there will be a coach's meeting 2<sup>nd</sup> floor Memorial Gym class room MG200  
Scratches for Saturday's events will be made at this time.

### **Meet Conduct:**

Please refer to the MWC track code for meet conduct.

### **Results:**

Live results provided by **AccuRace Timing Services** and will also be posted live on AccuRace Timings website ([www accuracetimeing.com](http://www accuracetimeing.com)) as well as on the Knox College athletics website. Paper results will be posted in the hallway outside of the fieldhouse.

### **Tape:**

Jumps and relays will be allowed to use regular athletic tape. *No chalk will be allowed. **Modify as needed.***

### **Spikes:**

¼" or less pyramid spikes will be allowed. No Christmas tree or pin spikes allowed. Spikes will be checked at the clerking area. **NO SPIKES SHOULD BE WORN IN THE GYM OR ANY AREAS OUTSIDE OF THE FIELD HOUSE.**

### **Athlete Check In:**

Running event athletes will check in 15 minutes prior to their event with the clerk and at the clerks table. The clerks table will be located in the middle of the oval. Athletes will then stay at the staging area by the check-in table for the clerk to escort them to the start area of the event. Field event athletes will check in with the head official at the event site.

### **Hip-Chest #'s:**

Hip and chest numbers will be issued for athlete identification in all races. These will be distributed in the clerking area 15 minutes prior to each race.

For all races run in lanes (60m, 60MH, 200m, 400m): #'s will be placed on the right and left hip according to the lane

For the 800, 1500, 3000, 5000,: #'s will be placed on the right hip, left hip, and upper right chest

Relays (except the 4x200, 4x400m): the last runner will place the # on the right hip, left hip, and upper right chest

4x200, 4x400m Relays: the last runner will place the lane # on the right hip, left hip, and upper right chest

### **Weigh-In:**

North end of track. By the throws cage Shot: Friday 12:30 PM. Weight: Saturday 9:00 AM Implements deemed illegal will be impounded until the event is completed.

### **Team Camps:**

Team camps will be in the main gym. All food must be put in the main gym. No food or drinks (except water) is allowed in the field house. Only coaches, athletes, and officials will be allowed inside the track area. **NO SPIKES SHOULD BE WORN IN THE GYM OR ANY AREAS OUTSIDE OF THE FIELD HOUSE.**

### **Track Schedule**

The following order of events and time schedule shall be used for the MWC Indoor Championship Meet. In even years the men will run first in all track events. (*Amended Fall 2013*) All track events except 60m dash and 60m hurdles will be run as finals by heats against time. Refer to Attachment D for seeding procedures for indoor events.

<b>Friday, Feb. 26</b>	<b>Event</b>		
11:30 a.m.	Weigh-ins begin for Shot Put		
11:30 pm	Coaches Meeting	2 <sup>nd</sup> Floor Classroom	RmMG200
12:00 p.m.	Weigh-ins close for Friday's events		
	Sportsmanship Statement & National Anthem		
1:00 p.m.	Shot Put	Women, Men	Final
	Long Jump	Men, Women	Final
	High Jump	Women	Final
	Pole Vault	Men	Final
2:45 p.m.	5,000m – Section I [slow]	Men, Women	Final
3:30 p.m.	Sprint Medley Relay [200-200-400-800]	Men, Women	Final
4:00 p.m.	5,000m – Section II [fast]	Men, Women	Final
4:45 p.m.	60m Hurdle Trials	Men, Women	Prelims
5:00 p.m.	60m Dash Trials	Men, Women	Prelims
5:30 p.m.	Mile	Men, Women	Final
6:00 p.m.	4x200m Relay	Men, Women	Final

<b>Saturday, Feb. 27</b>	<b>Event</b>		
8:30 am	Weigh-ins begin for weight throw		
10:00 a.m.	Coaches Meeting	2 <sup>nd</sup> Floor Classroom	MG200
10:00 am.	Weigh-ins close for Saturday's events		
	Sportsmanship Statement & National Anthem		
10:30 a.m.	Weight Throw	Men, Women	Final
	Triple Jump	Women, Men	Final
	High Jump	Men	Final
	Pole Vault	Women	Final
12:00 p.m.	Distance Medley Relay [1200-400-800-1600]	Men, Women	Final
12:30 p.m.	60m Hurdle finals	Men, Women	Final
12:40 p.m.	60m Dash finals	Men, Women	Final
12:45 p.m.	400m	Men, Women	Final
1:15 p.m.	800m	Men, Women	Final
1:40 p.m.	3000m – Section I [slow]	Men, Women	Final
2:10 p.m.	200m	Men, Women	Final
2:40 p.m.	3000m – Section II [fast]	Men, Women	Final
3:05 p.m.	4x400m Relay	Men, Women	Final
	Awards to follow the conclusion of the meet		

***A short coaches meeting will follow the conclusion of the 4x4 for MOP and COY.***

