



**Indoor Track & Field  
Championship  
Principia College  
Saturday, February 18, 2023**



**Participant Guidelines**

- Facility:** The Crafton Athletic Center has a 6 - lane 200 m indoor Mondo track with pole vault, long jump and high jump areas. There are 8 lanes for the 60m straight sprints. There are locker areas within the facility.
- Team Camps:** Teams can have camps around the track. Absolutely NO athletes are permitted on the track area unless they are competing. We enforce the NCAA no electronics policy anywhere, anytime on the competition floor. Failure to follow this rule will result in disqualification.
- Entry Fees:** **TBD per team (TBD per school)**  
Payable to "American Midwest Conference"  
Invoices sent from the Conference Office following the Championship
- Entries:** [Direct Athletics](#)  
**Meet entry deadline is Wednesday, February 15 at 9:00 am**
- Entries Due – Wed., Feb. 15 at 9 am  
Final Changes Dues – Thurs., Feb. 16 at 3 pm  
Entry List Published – Thurs. Feb. 16 at 5 pm  
Protest Period – Thurs. Feb. 16 at 5 pm until Fri. Feb. 17 at noon  
Heat/Flight Sheets Available – Fri., Feb. 17 at 2 pm (provided all protests have been resolved)
- Scratches/  
Changes:** [Direct Athletics](#)  
Final Changes Dues – Thursday, Feb. 16 at 3:00 pm
- There will be **no additions or substitutions after 3:00 pm on Thursday, February 16.** Scratches can be made up to the start of the meet.
- Performance List:** Will be made available after the entry deadline.
- Starting Heights:** 1 mark below the last recognized entry.  
Ex: Lowest HJ mark is 1.50, starting height is 1.45.
- Field events:** 6 attempts (3 preliminary, 3 final)
- Coaches Meeting:** 9:30 am at the start/finish line
- Team Awards:** Meet Conclusion (see last page in this document)
- Games Committee:** Dan Schwab (William Woods), Tim Shepard (Williams Baptist), Addy Swaim (Central Baptist), Brennan Cape (Columbia)

- Scoring:** The meet shall score the top 8 places (10-8-6-5-4-3-2-1)
- Event Check in:** **Running Events:** Report to the clerk at least 20 minutes prior to the start of the event.
- Field Events:** Participants must check in with the head judge of their event no later than 30 minutes prior to the start of the event. They may be there up to 1-hour prior.
- Failure to check in on time in running and field events will mean the athlete is scratched from the competition and all events after.**
- Spikes:** 1/4 inch allowed. (per Principia rules) **No needle or Christmas tree spikes.** If athlete is checked at the start and found to have illegal spikes, the event will not be held.
- Heat Sheets:** Heat sheets will be available online.
- Results:** Complete results will be posted on the wall between the men's and women's locker rooms and available at [www.trxctiming.com](http://www.trxctiming.com).
- Confirmed Teams:** Central Baptist, Columbia, Cottey, Hannibal-LaGrange, Harris-Stowe, Health Sciences & Pharmacy, Lyon, Missouri Baptist, William Woods, Williams Baptist
- Meet Questions:** Brennan Cape - Meet Director
- Entry Questions:** Rich Schilling – TRXC Timing – 314-522-6176 – [rich@trxctiming.com](mailto:rich@trxctiming.com)

**Work Assignments**

Meet Director – Columbia  
 Athletic Training – Williams Baptist  
 Athlete Declaration Table – William Woods  
 Hospitality room – Central Baptist

**Workers will be needed for the following events (each school must provide 3 individuals):**

CBC	TBD	Lyon	TBD
CC	TBD	MBU	TBD
COT	TBD	UHSP	TBD
HLG	TBD	WWU	TBD
HSSU	TBD	WBU	TBD

**Officials**

Starters: Larry Foster, Tom Winkleman	Long Jump & Triple Jump: Brian Symes
Referee: Paul Stallman	Weight Throw & Shot Put: TBD
Clerk: Mary Stallman	High Jump: Terry Kloeppe
Pole Vault: Paul Stallman, Mary Stallman	Race Walk: TBD

## **Important NCAA Rules for coaches and athletes concerning the AMC Meet**

**Entry marks must be made during this season and they will be checked. If the mark is not accurate for the season, the entry will not be accepted.** Please refer to NCAA Rule 4:1. Coaches have the right to ask for clarification as to where the mark was attained. Please check that the automatic marks during entry are this year's mark, not a PR from the last year or before. Additionally, please be aware of the failure to participate rule when entering your athlete in more than one event.

### **NCAA RULE 4 - SECTION 1 - Misconduct**

Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up, that discredits the event or intercollegiate athletics. Misconduct includes coaches intentionally reporting false marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management.

### **NCAA Rule 4 section2 - Failure to Participate ARTICLE 2**

- a. Competitors or relay teams must participate in the trials and/or finals of all events in which they are declared. Declaration procedures and deadlines for individual and relay team members, excluding alternates, must be published. Such participation is also required in subsequent rounds as a result of qualifying, or when participation is a criterion for entry in a subsequent meet.
- b. Participation is the expectation that a competitor start the athletic challenge requirements of the event, according to the rules of the event. Qualification to the next round of an event is, in itself, satisfaction of participation within the qualifying round.

**AMC Conference Championships Schedule**  
**Time Schedule may be updated after entries are finalized**

**Field events** (Finals in all events; 3 preliminary attempts, 3 final attempts)

10:00 am	Weight Throw	Women	2 Flights
	Pole Vault	Men	1 Flight
	High Jump	Women	1 Flight
	Long Jump	Men	2 Flights
11:30 am	Weight Throw	Men	2 Flights
	Pole Vault	Women	1 Flight
	High Jump	Men	1 Flight
	Long Jump	Women	2 Flights
1:00 pm	Shot Put	Women	2 Flights
	Triple Jump	Men	1 Flight
2:30 pm	Shot Put	Men	2 Flights
	Triple Jump	Women	1 Flight

**Running Events**

(Running events are timed finals unless otherwise noted; Rolling Schedule, times are approximate)

11:45 am	Distance Medley Relay	Women	Final
12:05 pm	Distance Medley Relay	Men	Final
12:20 pm	3000M Race Walk	Women/Men	Final
12:50 pm	4 x 800 Relay	Women	Final
1:05 pm	4 x 800 Relay	Men	Final
1:20 pm	5000 M Run	Women	Final
1:45 pm	5000 M Run	Men	Final
2:05 pm	60M Hurdles	Men	Prelims
2:15 pm	60M Hurdles	Women	Prelims
2:25 pm	60M Dash	Men	Prelims
2:35 pm	60M Dash	Women	Prelims
2:45 pm	Mile Run	Women	Final
2:55 pm	Mile Run	Men	Final
3:05 pm	60 M Hurdles	Women	Final
3:10 pm	60 M Hurdles	Men	Final
3:15 pm	400M Dash	Women	Final
3:25 pm	400M Dash	Men	Final
3:40 pm	60 M Dash	Women	Final
3:45 pm	60 M Dash	Men	Final
3:50 pm	600 M Run	Women	Final
4:00 pm	600 M Run	Men	Final
4:10 pm	800 M Run	Women	Final
4:15 pm	800 M Run	Men	Final
4:20 pm	1000 M Run	Women	Final
4:27 pm	1000 M Run	Men	Final
4:35 pm	200 M Dash	Women	Final
4:50 pm	200 M Dash	Men	Final
5:05 pm	3000 M Run	Women	Final
5:20 pm	3000 M Run	Men	Final
5:35 pm	4 x 400 Meter Relay	Women	Final
5:45 pm	4 x 400 Meter Relay	Men	Final

**Awards:**

The Conference will provide the following awards (for both men and women) to be presented at the track and field championship:

Conference Championship (Team)

Coaching Staff of the Year

Athlete of the Meet

Outstanding Track Athlete of the Year

Outstanding Field Athlete of the Year

Freshman of the Year

Newcomer of the Year

**Medal**

First Team All-Conference

Second Team All-Conference

Third Team All-Conference

**Note:**

Athlete of the Meet, for both men and women, shall be awarded the individual scoring the highest number of points in Championship regardless of which events scored in.

Outstanding Track Athlete of the Year, for both men and women, shall be awarded to the individual scoring the highest number of points in Championship meet running events.

Outstanding Field Athlete of the Year, for both men and women, shall be awarded to the individual scoring the highest number of points in Championship meet field events.

Freshman and Newcomers of the Year, for both men and women, shall be awarded to the individual scoring the highest number of total points in the Championship meet that qualifies under the criteria in AMC Bylaw IX Section A.

Should a tie occur in awarding the Outstanding Track, Outstanding Field Athletes of the Year, Freshman or Newcomer of the Year, points achieved as part of a relay team will be removed for the athletes' point total to determine the recipient of the aforementioned awards. If a tie remains, or in the case of Field Athlete of the Year, the individual that competed in the most events (whether points were scored or not) will be the recipient of the aforementioned awards. If a tie remains, all tied individuals will share the award.