



**2024 American Midwest Conference  
Outdoor Track & Field Championship  
Missouri Baptist University  
May 1-2, 2024**



#AMCOTFChamp  
#AMCWOTF

#AMCSports  
#AMCMOTF

**Participating Teams**

Central Baptist College	Columbia College	Cotley College (women only)
Hannibal-LaGrange University	Harris-Stowe State University	Haskell Indian Nations University
Univ. of Health Sciences & Pharmacy	Missouri Baptist University	William Woods University
Williams Baptist University		

**General Details**

<b><u>Facility</u></b>	Spartan Field Missouri Baptist University 12575 N. Outer 40 Road St. Louis, MO 63141 <a href="#">#16 on Campus Map</a> <a href="#">EAP</a> (page 5)	<b><u>Javelin / Hammer</u></b> Medical Center Recreational Complex St. Louis University Track 3300 Hickory Street St. Louis, Mo. 63104
<b><u>Parking</u></b>	Spartan Field - Spaces will be assigned in Park Lot F near Spartan Field SLU Track – Hickory Garages	
<b><u>Team Camps</u></b>	Spaces will be assigned in Park Lot F near Spartan Field	
<b><u>Games Committee</u></b>	David Lee, Missouri Baptist University Dan Schwab, William Woods University Jeremy Morris, Williams Baptist University Ally Swaim, Central Baptist College AMC Office representative	

**Championship Entry**

<b><u>Entries</u></b>	Entries through Direct Athletics – <a href="#">Online Entry Form</a>  Status of entries is the coach’s responsibility to check on the performance list. Please print a list of entries. If you are not on the performance list, please check to make sure you submitted entries correctly; please print a copy of your entries. Coaches may not enter a non-roster athlete.
<b><u>Entry Timeline</u></b>	Entries Due – Mon., April 29 at 8 am Final Changes Due – Mon. April 29 at 5 pm Entry List Published – Mon. April 29 at 5 pm Protest Period – Mon. April 29 at 5 pm until Tue., April 30 at noon Heat/Flight Sheets Available – Tue., April 30 at 2 pm (provided all protests have been resolved)  There will be no additions or substitutions after 5:00 pm on Mon., April 29. Scratches can be made up to the start of the meet

**Required Marks**

All events require a mark or attempt (field events) to enter **except** racewalk, 10K, 4x800 relay and steeplechase. Entry mark must be from the current outdoor season.

**Entry Fee**

**TBD**

Conference will invoice schools following the Meet

**Competition Details**

**Coaches Meeting**

1:30 pm on Wednesday at the start/finish line

**Championship Schedule**

Go to [Schedule Section](#)

**Performance List / Heat Sheets / Results**

Will be posted on TRXC website – [www.trxctiming.com](http://www.trxctiming.com)

**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)  
Shot Put & Discus at CBC High School (adjacent to Spartan Field)  
Hammer & Javelin at St. Louis University

**Running Events:** Report to the clerk at least 20 minutes prior to the start of the event

**Event Check-in**

**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 will mean the athlete is scratched from that competition and all events after.

**Scoring**

The meet shall score the top-8 places (10-8-6-5-4-3-2-1)

**Spikes**

1/4" Pyramid Spikes only. **NO Christmas Tree or Needle Spikes**

**Awards**

Medals presented throughout the day on Thursday  
Championship Trophy, Meet Awards presented at the conclusion of the Championship  
Go to [Awards Section](#)

**Hotels & Restaurants**

**[Drury Inn & Suites St. Louis Creve Coeur](#)**

11980 Olive Blvd.  
Creve Coeur, MO 63141  
314-989-1100

MBU Promo Code 323777 for a discount

4 miles / 8 minutes from MBU

There are numerous other hotels located in west St. Louis County.

Nearest cities to look – Creve Coeur, Maryland Heights, Chesterfield, Town & Country

[FIND HOTELS](#)

Nearby Restaurants – [CLICK HERE](#)

## Ticket Information

Must be purchased online – [www.amcsportsonline.com/tickets](http://www.amcsportsonline.com/tickets)

Online ticket sales begin at noon on April 24

Single Day Tickets - \$10 for adults, \$5 for 12 and under, AMC students free with ID

Two-Day Pass - \$15 for adults, \$8 for 12 and under, AMC students free with ID

*Share this information with parents and fans.*

## Webpage / Social Media / Results / Video

Women's Web Page - <https://amcsportsonline.com/tournaments/?id=128&path=wtrack>

Men's Web Page - <https://amcsportsonline.com/tournaments/?id=127&path=mtrack>

Championship Program - [www.amcsportsonline.com/programs](http://www.amcsportsonline.com/programs)

Event Hashtag - #AMCOTFChamp

Live Stream - <https://www.team1sports.com/missouribaptist/>

Live Results - <https://liveresults.trxctiming.com/>

## Championship Rules

### Entry Marks

Entry marks must be made during the current season. Marks must be submitted via the Track and Field Reporting System (TFRRS). If the mark is not accurate for the season, it must be corrected prior to the entry deadline. Erroneous entry marks will not be accepted. Athletes with erroneous marks will be given NT or ND. Please refer to NCAA Rule 1:44. All entry must be made available to coaches by Thursday February 15 at 5 pm.

### Misconduct

#### **NCAA RULE 1 – Article 44 - Misconduct**

Any act of dishonesty, unsporting 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 the intentional reporting of false marks for entry purposes. Acts of misconduct are subject to disciplinary action by the referee or meet management.

### Failure to Participate

#### **NCAA Rule 6 Section 2 - Failure to Participate**

- a. Competitors or relay team must participate in the trial and/or finals of all events in which they are declared, defined as a form of commitment to compete. 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. For the initial rounds of all competitions, a declaration/commitment procedure and a withdrawal procedure, with appropriate deadlines for individual and relay team members, excluding alternates, must be published. Actual participation is a default commitment. When an institution's relay team declares but does not participate in the competition, individual competitors declared on the relay team shall be allowed to participate in subsequent events of the competition.
- b. Participation is the expectation that a competitor start the athletic challenge requirements for the field event or any round of a track event, according to the rules of the event.
- c. An athlete failing to attempt a start or make a trial in any event of a Combined Event shall be considered to have abandoned the Combined Event and shall not be allowed to participate in any following event within the combined-event competition. At the time of abandonment, the athlete will receive a Did Not Finish (DNF) and zero points for the competition.

**Note:** A Combined Event, such as the Heptathlon is one event. Failure to participate in a Combined Event, affecting other events in the meet, occurs only if the competitor fails to start the first event within a Combined Event competition.

- d. A failure to participate is considered an assumption that the competitor in violation has abandoned the competition and, therefore, shall be barred from all remaining events in the current meet.
- e. Time Schedule changes preventing competitor(s) from fulfilling their obligation is not considered failure to participate.
- f. The referee upon proper protest, based upon all authorized evidence and considering circumstances beyond the competitor's control (including documented severe medical conditions) shall determine whether circumstances clearly demonstrate that a violation of this rule has occurred. The referee shall disqualify competitors for violating the failure to participate rule.
- g. The rule shall not preclude conference or championship games committees from creating additional restrictions published in handbooks and manuals.

### Officials / Event Assignments for Schools

<b><u>Wednesday</u></b> <b><u>Events</u></b>	<b><u>Official(s)</u></b>	<b><u>School Assigned</u></b> <b><u>(must provide 3 individuals)</u></b>
Running Events	Starter: Frank Schultz Starter: Don Harris Referee: Paul Stallman Clerk: Mary Stallman	N/A
Discus	Nick Damaso	Haskell
Shot Put	Chuck Owens	Columbia
Triple Jump		M - Harris-Stowe W - Central Baptist
Pole Vault	Paul & Mary Stallman	Williams Baptist

<b><u>Thursday</u></b> <b><u>Events</u></b>	<b><u>Official(s)</u></b>	<b><u>School Assigned</u></b> <b><u>(must provide 3 individuals)</u></b>
Running Events	Starter: Frank Schultz Starter: Don Harris Referee: Paul Stallman Clerk: Mary Stallman	N/A
Javelin	Chuck Owens	William Woods
Hammer	Nick Damaso	Hannibal-LaGrange
High Jump	Terry Kloepfel	Health Sciences & Pharmacy
Long Jump		Cotley

## Contact Information

### Meet Director

David Lee  
(C) 618-214-1599  
(E) [david.lee@mobap.edu](mailto:david.lee@mobap.edu)

### Timing / Entries

Rich Schilling, TRXC Timing  
(C) 314-522-6176  
(E) [rich@trxctiming.com](mailto:rich@trxctiming.com)

### AMC Commissioner

Will Wolper  
(O) 636-231-5452  
(C) 636-368-7476  
(E) [wwolper@amcsportsonline.com](mailto:wwolper@amcsportsonline.com)

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### Athletic Trainer

Ellen Lavin (Head AT)  
(O) 314-392-2399  
(C) 920-619-9466  
(E) [ellen.lavin@mobap.edu](mailto:ellen.lavin@mobap.edu)

### Host Sports Information

Adam Samson  
(O) 314-744-5372  
(C) 402-689-2169  
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### AMC Assistant Commissioner

Sam McCune  
(C) 515-318-9140  
(E) [smccune@amcsportsonline.com](mailto:smccune@amcsportsonline.com)

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## Awards

### **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  
Champions of Character Team  
Medals for top-3 finishers in each event

### **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.

## AMC Outdoor Championship Schedule

**Time Schedule may be updated after entries are finalized**

### Wednesday, May 1, 2024

**Field events** *(Finals in all events; 3 preliminary attempts, 3 final attempts, top-9 advancing)*

- 1:00 PM (F) Discus – Men (followed by Women)
- 1:00 PM (F) Shot Put – Women (followed by Men)
- 2:00 PM (F) Triple Jump – Women (followed by Men)
- 2:00 PM (F) Pole Vault – Men (followed by Women)

### Running Events *(Rolling schedule)*

- 1:00 PM (F) 5000-meter Race Walk (Men/Women Together)
- 3:00 PM (F) 3,000-meter Steeplechase – Women
- 3:15 PM (F) 3,000-meter Steeplechase – Men
- 3:45 PM (P) 100-meter Hurdles (If Necessary)
- 4:00 PM (P) 110-meter Hurdles (If Necessary)
- 4:15 PM (P) 100-meter dash
- 4:25 PM (P) 100-meter dash
- 4:40 PM (F) 4 x 800-meter Relay
- 4:55 PM (F) 4 x 800-meter Relay
- 5:10 PM (P) 200-meter dash
- 5:25 PM (P) 200-meter dash
- 6:00 PM (F) 10,000-meter Run (Women/Men together) (**Sunset 7:55 pm**)

### Thursday, May 2, 2024

**Field events** *(Finals in all events; 3 preliminary attempts, 3 final attempts, top-9 advancing)*

- 10:00 AM (F) Javelin – Women (followed by Men) – **at St. Louis University**
- 10:00 AM (F) Hammer – Men (followed by Women) – **at St. Louis University**
- 10:00 AM (F) Long Jump – Men (followed by Women)
- 11:00 AM (F) High Jump – Women (followed by Men)

### Running Events *(We will not run ahead of schedule-Heats will be slow to fast)*

- 12:45 PM (F) 4x 100-meter Relay-Women
- 12:50 PM (F) 4 x 100-meter Relay-Men
- 1:00 PM (F) 100-meter Hurdles-Women
- 1:09 PM (F) 110-meter Hurdles-Men
- 1:16 PM (F) 1500-meter Run-Women
- 1:34 PM (F) 1500-meter Run-Men
- 1:51 PM (F) 400-meter Dash-Women
- 2:06 PM (F) 400-meter Dash-Men
- 2:21 PM (F) 100-meter Dash-Women
- 2:26 PM (F) 100-meter Dash-Men
- 2:33 PM (F) 800-meter Run-Women
- 2:40 PM (F) 800-meter Run-Men
- 2:57 PM (F) 400-meter Hurdles – Women
- 3:07 PM (F) 400-meter Hurdles – Men
- 3:17 PM (F) 200-meter Dash – Women
- 3:22 PM (F) 200-meter Dash – Men
- 3:32 PM (F) 5000-meter Run-Women
- 4:02 PM (F) 5000-meter Run- Men
- 4:32 PM (F) 4x400-meter Relay – Women
- 4:42 PM (F) 4x400-meter Relay – Men