

**2007 NCAA Division I
Men's and Women's
Outdoor Track and Field
East Regionals**



**May 25 – 26, 2007
University of Florida
James Pressly Stadium
at Percy Beard Track
Gainesville, FL**

Participant Manual

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CHAMPIONSHIPS ADMINISTRATIVE TEAM

Director of Athletics:

Jeremy Foley - UAA Administration
352-375-4683, ext. 6002

Florida Men's Track Coach:

Mike Holloway - UAA Men's Track
352-375-4683, ext. 4458
352-373-1432 (fax)

Meet Coordinator:

Brian Barton - UAA Administration
352-375-4683, ext. 6045
352-376-9132 (fax)

Operations & Facilities

Chip Howard - UAA Administration
352-375-4683, ext. 6047
352-376-9132 (fax)

Ticket Manager:

Mark Gajda - UAA Ticket Office
352-375-4683, ext. 6855
352-376-0787 (fax)

Training Room:

Inga George - UAA Athletic Center
352-375-4683, ext. 5122
352-494-5540 (cell)
352-373-1432 (fax)

Concessions:

Charlie Maloney - UAA Concessions
352-375-4683, ext. 6566
352-375-8319 (fax)

Sports Shop Merchandise:

John Sullivan - UAA Sportshop
352-375-4683, ext. 6544
352-376-0143 (fax)

NCAA Track Representatives:

John Weaver
Appalachian State University
Director, Track & Field/Cross Country
828-262-3074
828-262-3074.1

Associate Athletics Director:

Jamie McCloskey - UAA Administration
352-375-4683, ext. 6001

Florida Women's Track Coach:

Steve Lemke - UAA Women's Track
352-375-4683, ext. 5548
352-373-1432 (fax)

Championship Liaison:

Mike Spiegler - UAA Administration
352-375-4683, ext. 6035
352-384-2527 (fax)

Sports Information:

Mike Vietti - Sports Information
352-375-4683, ext. 6120
352-377-8971 (fax)

Marketing Coordinator:

Meghan Fitzgerald - UAA Marketing
352-375-4683, ext. 6607
352-375-4803 (fax)

Equipment Manager:

Frank Caraway - UAA Athletic Center
352-375-4683, ext. 4383
352-384-2723 (fax)

Maintenance:

Bo Lauramore - UAA Maintenance
352-375-4683, ext. 6291
352-375-7905 (fax)

Alicia Shields-Gaston
Coppin State University
Associate Athletics Director/
Senior Women's Administrator
410-951-3732

ATHLETE ENTRANCE, CHECK-IN AND SEATING

All athletes need to enter the facility at the Percy Beard Track center gate using their bib numbers. Seating is general admission. Team camps will be allowed on the football practice field (warm-up area). Event check-in will be at the north end of the track (see page 20 for map.)

AWARDS

No NCAA individual awards or team trophies will be presented during or after the regional meet. There will be a recognition ceremony after each event final to present the top five individuals and the top three relay teams who have achieved the automatic qualification for the national championships. At the conclusion of the regional championships, the two top teams in the team scoring shall be recognized on the awards stand.

COACHES' MEETING

A mandatory coaches meeting will be held on Thursday, May 24, 2007 at 4:30pm at the Holloway Touchdown Terrace (located at north end of Ben Hill Griffin Stadium).

COACHING AREAS

The host institution shall designate coaching areas, which will be discussed at the Coaches' Meeting.

DECLARATION

- a. The track and field committee will post declaration forms online for all institutions whose student-athletes meet regional qualifying standards or are conference champions, regardless of position on the descending order lists, by 9p.m. Eastern time, Wednesday, May 16. Coaches will have access to their declaration form and can make changes up to the deadline of 1p.m. Eastern time, Saturday, May 19. Declaration forms or changes submitted after the 1p.m. Eastern time deadline and prior to 3p.m. Eastern time, will be accepted as late and the institution will be fined \$300. **There is no opportunity to submit declaration forms after 3p.m. Eastern time, May 19. Institutions failing to complete and submit the declaration form will have their student-athletes scratched from regional competition.**
- b. Access to the declaration form is controlled through the same password assigned for proof-of-performance (POP) form submission. Any coach unable to access the online declaration form after 9p.m. Eastern time, Wednesday, May 16, must contact Bob Podkaminer (phone: 707/545-1781 or email: rpodkam@aol.com) for assistance.
- c. All student-athletes must be declared or scratched on the declaration form in every event in which they qualify. There is no reason to list preferences on the regional declaration form because **student-athletes must compete in each and every event in which they are declared.** The final list of student-

athletes who have been declared in each regional competition will be posted on the NCAA Web site by midnight, Eastern time, Sunday, May 20.

- d. Coaches are responsible for including a telephone number (preferably cell phone number) on the declaration form in case the games committee needs to contact them or their representative if questions arise.
- e. Declarations for the 10,000 meter run and the combined events are not submitted as part of the declaration process for the regional competitions. Declaration for these events only occurs during the declaration process for the national championship as outlined in the championships handbook.
- f. The declaration process for the regional competitions is the first step in the final qualification procedure for the national championships. **Competition in an event at the regional competitions is required for consideration to participate in that event at the national championships. Any individual or relay team on the descending order list for each event, from which the participants in the national championships will be selected, must declare, participate and remain eligible for advancement in the regional competitions,** except for those events not contested at the regional competition (men's decathlon, women's heptathlon and the men's and women's 10,000 meter races.) The performances of student-athletes in the at-large pool list used for the national championship selections will be the best mark achieved during the regular season and through the regional competitions.
- g. For each event at the regional competitions, all declared student-athletes will be accepted into the competition and be required to compete in compliance with Rule 4-2.2a, "Failure to Participate."
- h. Only one relay team per institution per event which has made the qualifying standard may be declared for the regional competition. It will be seeded by **its qualifying time**, and that time will be preserved for possible use in preparing the descending order list for the national championships.
- i. A relay team for the regional competition is defined as a declared "pool" of six (6) student-athletes. The composition of this pool must be:
 - (1) The four student-athletes on the originally qualifying team; and
 - (2) May include two additional student-athletes named during the declaration period, but not later than packet pick-up. These additional student-athletes may be from those already in the competition in another event, or designated alternates not in the competition.

The competing team of four, in any round at the regional, may be comprised of any student-athletes in the declared pool of six.

For national championships qualifying purposes, the relay team's best mark on the final descending order list will be its original regular season qualifying time or its regional time (if it is an improvement over its original regular season qualifying time), regardless of which pool members attain that mark during any round of the regional competition.

- j. The four student-athletes who comprised the fastest time for the institutions declared relay at the regional competition, whether during the regular season or

during any round of the regional competition, will be the four student-athletes that the institution must declare for the national championships.

- k. Automatic qualification to the national championships will be awarded to the top five declared finishers from each regional individual event and the top three declared finishers from each regional relay event. This guarantees a specific number of automatic qualifiers from each region.

(Note: Declaration procedures for the national championships are located in the championships handbook.)

DRUG TESTING

Student-athletes who compete in these championships may be subjected to drug tests in accordance with Bylaws 18.4.1.5 and 31.2.3 and may be determined to be ineligible as a result thereof. Only student-athletes who have consented in writing to such testing initially are eligible for these championships; thereafter, student-athletes who are tested shall remain eligible only if they test negative.

If there is a drug testing, coaches will be notified at the appropriate meeting.

ELECTRONIC TIMING PROCEDURES

Fully electronic time and photos will be official. Time will be recorded officially to the 1/1000 of a second when needed. The finish evaluators will determine the results of each race from the photos. If there is an equipment failure, the manual timing and judging or video will then be official. Three watches should always be used on all potential scoring and/or qualifying places. If manual timing is used for one heat (against time), it will be used for all heats in that event. If there is a tie with the manual time, electronic time may be used to determine the one to advance in the competition. Two fully-automatic electronic timing devices should be used at the finish line and be independent of each other. In the event of protest (pertaining to the reading of the picture), the meet referee and the two official evaluators will make the final decision. There shall be no appeal of this decision to the jury of appeals. In the case of a tie, institutions that have Lynx system will break ties for the last qualifying position to the 1,000th second.

FACILITY DESCRIPTION

Mondo Surface: nine 48" lanes; double field event areas in long and triple jump, high jump, shot put, discus, and pole vault; maximum length of spikes – ¼" pyramids or christmas tree.

FORMAT

- a. The regional championships will be conducted as a two-day event, with the women's and men's events alternating throughout the schedule.
- b. The time schedule for the meet will be established by the committee.
- c. Any questions of issues related to rules or procedures not covered in this manual concerning the competition should be referred to the rules book and the

referee.

- d. The events contested in the regional championships will include the 100m, 200m, 400m, 800m, 1,500m, 3,000-meter steeplechase, 5,000m, 100-meter hurdles (women), 110-meter hurdles (men), 400-meter hurdles, 400-meter relay, 1,600-meter relay, high jump, pole vault, long jump, triple jump, shot put, discus, javelin and hammer.
- e. In all running events which start and finish in lanes, only lanes one through eight will be used for starting positions. This is to provide for consistency and fairness at each regional site. Since only eight lanes will be used, in the event of an unbreakable tie for the last qualifying place in a subsequent race, runoff will be the method used to break the tie (Rule 5.11.8). It is preferred that all finals be run as a single race.
- f. Preferred Lanes
 1. Unless otherwise indicated, all lanes in the first round of competition, including a final if it is the first round, will be drawn randomly.
 2. In all rounds after the first round for the 100m, 100m hurdles, 110-meter hurdles, 110-meter hurdles, and 800m, the lanes will be assigned as prescribed in Rule 5.11.4, in the following order: 4, 5, 3, 6, 2, 7, 8, 1.
 3. In all rounds after the first round for the 200m, 400m, 400-meter hurdles and 400-meter relay, the lanes will be assigned as prescribed in Rule 5.11.4, in the following order: 5, 6, 4, 7, 3, 8, 2, 1.
- g. Heats, Flights, Qualifying Procedures and Staggers. The following event procedures will apply or supersede the procedures prescribed in Rule 5.11.3, 5-11.6 and 5-11.7 regarding the formation, cancellation or redrawing of heats or flights. Changes to heats or flights, predetermined by declaration, may be made only with games committee authorization.
 1. 100 Meters, 100-meter Hurdles and 110-meter Hurdles
 - (a) Lanes one through eight will be used in all rounds.
 - (b) A maximum of two rounds will be contested, a prelim and final. Eight will qualify for the final.
 - (c) The following table will be used for forming heats and advancing qualifiers based on the number of competitors who report, as instructed in the meet information, to the clerk of the course.

| # of Competitors | # of Prelim heats | Advancing to the final |
|-------------------------|--------------------------|--|
| 1 to 8 | 0 | Final only; at original time of final |
| 9 to 16 | 2 | Heat winners plus 6 fastest times |
| 17 to 24 | 3 | Heat winners plus next 5 fastest times |

| | | |
|------------|-------------|--|
| 25 to 32 | 4 | Heat winners plus next 4 fastest times |
| 33 to 40 | 5 | Heat winners plus next 3 fastest times |
| 41 to 48 | 6 | Heat winners plus next 2 fastest times |
| 49 or more | # as needed | 8 fastest times advance |

- (d) If the formation of heats in the first round provides for advancement to the final only on the basis of time, then Rule 10-5.1a shall apply.

2. 200 Meters, 400 Meters, 400-Meter Hurdles and 400-Meter Relay.

- (a) Lanes three through eight will be used for the prelims if more than eight student-athletes report.
- (b) Lanes one through eight will be used in the final.
- (c) A maximum of two rounds will be contested, a prelim and a final. Eight will qualify for the final.
- (d) The following table will be used for forming heats and advancing qualifiers based on the number of competitors who report, as instructed in the meet information, to the clerk of the course.

| # of Competitors | # of Prelim heats | Advancing to the final |
|------------------|-------------------|--|
| 1 to 8 | 0 | Final only; at original time of final |
| 9 to 12 | 2 | Heat winners plus next 6 fastest times |
| 13 to 18 | 3 | Heat winners plus next 5 fastest times |
| 19 to 24 | 4 | Heat winners plus next 4 fastest times |
| 25 to 30 | 5 | Heat winners plus next 3 fastest times |
| 31 to 38 | 6 | Heat winners plus next 2 fastest times |
| 39 or more | # as needed | 8 fastest times advance |

- (e) If the formation of the heats in the first round provides for advancement to the final only on the basis of time, then Rule 10-5.1a shall apply.

3. 1,600-Meter Relay

- (a) Lanes one through eight will be used.
- (b) Will be run in seeded sections as a timed final. Each seeded section, starting with the fastest, will be filled before proceeding to the next section, except that no section shall have fewer than four teams.
- (c) Sections will run from slowest to fastest, with the fastest seeded section running last.
- (d) Lane assignments will be drawn randomly.

4. 800 Meters

- (a) Lanes one through eight, with one runner per lane for the start, will be used in the prelims and final.
- (b) Will be run using a one turn stagger.
- (c) A maximum of two rounds will be contested, a prelim and a final. Eight will qualify for the final.
- (d) The following table will be used for forming heats and advancing qualifiers based on the number of competitors who report, as instructed in the meet information, to the clerk of the course.

| # of Competitors | # of Prelim heats | Advancing to the final |
|------------------|-------------------|--|
| 1 to 8 | 0 | Final only; at original time of final |
| 9 to 16 | 2 | First 2 per heat plus next 4 fastest times |
| 17 to 24 | 3 | First 2 per heat plus next 2 fastest times |
| 25 to 32 | 4 | Heat winners plus four fastest times. |
| 33 to 40 | 5 | Heat winners plus next 3 fastest times |
| 41 to 48 | 6 | Heat winners plus next 2 fastest times |
| 49 or more | # as needed | Eight fastest advance |

5. 1,500 Meters

- (a) A single waterfall start will be used.
- (b) Starting positions in all rounds will be assigned by a random draw.
- (c) A maximum of two rounds will be contested, a prelim and a final. Twelve will qualify for the final.
- (d) The following table will be used for forming heats and advancing qualifiers based on the number of competitors who report, as specified, to the clerk of the course.

| # of Competitors | # of Prelim heats | Advancing to the final |
|------------------|----------------------------------|--|
| 1 to 18 | 0 | Final only; at original time of final |
| 16 to 24 | 2 | First 4 in each heat plus next 4 fastest times |
| 25 to 36 | 3 | First 3 in each heat plus next 3 fastest times |
| 37 to 48 | 4 | First 2 in each heat plus next 4 fastest times |
| 49 or more | # as needed, 12 maximum per heat | Heat winners plus fastest on time to total 12 |

6. 3,000 Meter Steeplechase

- (a) If more than 18 report, it will be run in seeded sections of no more than 18 competitors, as a timed final. The fastest

seeded section shall have 18 competitors, notwithstanding that no section shall have fewer than five competitors.

- (b) It will be run in seeded section order from slowest to fastest.
- (c) Starting positions will be assigned by a random draw.
- (d) The single waterfall start shall be used.

7. 5,000 Meters

- (a) Will be run as a one section final.
- (b) There will be no more than 18 competitors in any row at the starting line.
- (c) If more than one row is necessary, competitors will be assigned to their rows, seeded by their entry times. The front row will be the fastest, second row next fastest, etc.
- (d) Starting positions within each row will be assigned by a random draw.
- (e) A double waterfall start shall be used when more than 18 report, with two-thirds of the field at the main waterfall across the entire width of the track and the remainder on the staggered waterfall. Up to the fastest seeded 18 competitors will occupy the front row of the staggered waterfall. Up to the next seeded nine competitors will occupy the front row of the staggered waterfall. Up to the next 18 competitors will be the second row of the main line and to the next nine competitors will be the second row of the staggered line, and so on.

8. Shot Put, Discus, Hammer, Javelin, Long Jump and Triple Jump

- (a) Flights in the prelims shall be seeded by entry performance.
- (b) The flights will compete in order from shortest to longest, with the best seeded flight competing last in the prelims.
- (c) The flights will be as even in number as possible. There will be no more than 12 competitors, and no less than six competitors, in any flight. If possible, the last flight will have nine competitors.
- (d) The throwing/jumping order within each flight will be determined by a random draw.
- (e) Nine competitors (plus ties by mark) shall qualify for the final and compete in reverse order of their finals qualifying mark.
- (f) Two boards of like construction shall be available for the triple jump. The use of plasticine to determine fouls in the long and triple jump is not authorized.
- (g) In the case of ties for the final automatic qualifying positions to the national championships, the tie will be broken using the procedure outlined in Rule 7-1.5. At-large positions by student-athletes not competing in the final of an event will also be determined based on the tie-breaking rule for advancement 7-1.5 (e.g. next best effort in a field event.)

9. High Jump and the Pole Vault

- (a) The order will be drawn by random.

- (b) The continuous flight of five (“five alive”) will be used until there are fewer than nine competitors at a given height. See rule 5-4.3.
- (c) The “one hour” time limit indicated in Rule 6.1.11 will be in effect.
- (d) Starting heights and increments shall be determined by the committee and will be identical at all regional championship sites. For 2007 the progressions will be:

| | | | | | | | |
|--------------------|------|------|------|------|------|------|------|
| Women’s High Jump | 1.71 | 1.76 | 1.81 | 1.84 | 1.87 | 1.90 | 1.93 |
| Men’s High Jump | 2.06 | 2.11 | 2.16 | 2.19 | 2.22 | 2.25 | 2.28 |
| Women’s Pole Vault | 3.66 | 3.81 | 3.96 | 4.06 | 4.16 | 4.26 | 4.36 |
| Men’s Pole Vault | 4.91 | 5.06 | 5.21 | 5.31 | 5.41 | 5.51 | 5.61 |

- (e) In the case of ties for the final automatic qualifying position to the national championships, the tie will be broken using the procedures outlined in Rule 7.1.6c.1, normally applied for breaking ties for the first place. This jump off will continue until the tie is broken in order to obtain distinct fifth through eighth places. At-large positions will be determined based on the tie-breaking rule for advancement 5-11.8 (e.g. next best effort in a field event.) Actual ties in the high jump and pole vault will increase the at-large pool.
10. Scoring. Team Scoring shall be 10-8-6-5-4-3-2-1.
 11. Breaking Ties for Automatic Qualifying Positions at Regional Competitions. After applying tie-breaking rules in the rules book, if a tie still exists for the fifth automatic qualifying position, a jump-off, run-off or throw-off will take place. The results from breaking ties will not impact the regional team scoring. It is necessary to have placement established from first to fifth to identify the automatic qualifiers (assuming each will declare for the national championship.) Should one of the top five performers at the regional scratch from the national championship, the next highest declared regional performer will fill the automatic qualifier position. If there is a tie for the next highest declared regional performance, the committee will identify the student-athlete with the best seasonal performance as the next automatic qualifier. If a tie remains after examining the seasonal best performances, the committee will identify the student-athlete with the most recent best performance as the next automatic qualifier. If a tie remains after the chronological examination, the committee will identify all who are tied as automatic qualifiers.
 12. Ties for At-Large Pool Positions. At each regional site ties for the final at-large position (that may create more than seven at-large candidates from that region) will be added to the national at-large pool. There is no need to break ties during the regional competition to specifically identify the advancement order for at-large candidates. All candidates in the at-large pool will be listed by their season best performance, including any best performances established at the regional.

GENERAL INFORMATION

Heat and flight information for each regional championship will be available online no later than noon Eastern-time the Tuesday prior to the regional meet.

There will be a "technical meeting" the Thursday evening prior to the start of the regional championships. At this meeting, all aspects of the competition and meet administrative procedures will be discussed. First day heat/flight sheets will be made available to each competing team.

HOSPITALITY

A coaches and VIP hospitality area will be available for both days of the Regional Championship. The hospitality area will be located at the Lemerand Practice Gym.

HOTEL ACCOMMODATIONS

Florida has reserved hotel rooms for the officials. Each participating university will be responsible for reserving its own hotel rooms.

LAUNDRY SERVICES

Laundry services will be available to participants and coaches. If interested, please contact Frank Caraway at 352-375-4683 ext.4383.

MEDIA/CREDENTIALS

Working media and SIDs will have access to a media work area which will include electrical outlets, one pool phone and wireless internet access. It is strongly recommended that those wishing to file from the press box possess wireless capabilities.

All requests for media credentials must be submitted in writing to Mike Vietti, Assistant Sports Information Director. E-mail is preferred: mikev@gators.uaa.ufl.edu. Individuals requesting credentials should include NAME and OUTLET.

Credentials will be issued per NCAA policies and must be worn at all times. Misuse will result in revocation of credentials and removal from the media area. Credentials are non-transferable. Credentials may be picked up in the press box on Thursday during the practice session or on Friday or Saturday at the Percy Beard Track Will Call Window.

MERCHANDISE/HEAT SHEETS/PROGRAMS

NCAA approved merchandise will be available for purchase at the track. If you would like to place an order in advance, please contact John Sullivan at 352-375-4683 ext. 6514. Heat sheets and programs will be sold at the track's concession stands.

OFFICIALS

The meet director will obtain the following officials: referee for track events; referee

for field events; starter; three-person jury of appeals to be used by the referee to aid in decisions and to act on appeals, and two finish evaluators. In addition, the director will obtain the remaining officials needed to conduct the meet. The host institution is responsible for training all officials in accordance with NCAA rules. A meeting for officials will be held in the Touchdown Terrace at 5:30pm on Thursday, May 24th.

ORDER OF EVENTS

The order shall not change, except in field events where the University of Florida may make a change in the time schedule to accommodate a facility problem, but may not change the day of the event without the approval of the NCAA Committee.

PARKING

Team parking will be available at Flavet Field, which is located to the south of the track stadium off Woodlawn Drive. Drop off will be available on the North End of Woodlawn Drive next to the track. Spectator parking will be in the O'Connell Center parking lot and on Fraternity Row.

PACKET PICK-UP

Coaches may pick up packets between 2pm and 4pm before the Coaches' meeting at 4:30pm in the Touchdown Terrace on Thursday, May 24th.

PRACTICE

The track will be available for practice on Thursday, May 24th from 8am to 10pm.

PREFERRED LANES

In the 200-Meter and 400-Meter dashes, the term preferred lane means the following: The fastest heat winner will receive the No. 1 preferred lane, the second fastest heat winner will receive the No. 2 preferred lane, etc. This pattern will continue according to the number of entries. For example, in the 200-meter dash, the four fastest heat winners will go into the fast section in the appropriate preferred lanes. Preferred lanes will be determined by the championships committee. The second fastest qualifier is always to the outside of the fastest qualifier.

PROTESTS

- a. Protests relating to matters that develop during the conduct of the meet should be made at once and not later than 30 minutes after the results have been announced or posted. All implicated coaches must be notified of the protest.
- b. Any such protest may be immediate and oral by a competitor or competitor's coach in order to protect and preserve evidence, but must be submitted in writing by a coach to the protest table within the allotted time.
- c. The protest shall be reviewed by the referee, who shall render a decision after determining and considering evidence. Evidence specifically excluded is all visual material, except that produced by official photo-timing and official video designated by the games committee before the meet.

d. Results revised because of a protest shall be posted and announced. Coaches of competitors affected by the referee's decision shall be notified.

e. Protests relating to Articles 1, 2 and 3 shall not interrupt an event once it begins.

RESULTS

Results will be posted on the back-side of the track stadium grandstand and will be available on www.ncaasports.com and www.GatorZone.com.

SCORING

The scoring system will be: 10-8-6-5-4-3-2-1.

SPORTS INFORMATION CONTACT

The host SID shall: 1) Prepare and distribute advance publicity for the conference championship event; 2) Provide information to local, regional and national media during the championship; 3) Supervise and coordinate media interviews and the media work area; 4) Post results on the fax on Florida's website; 5) At the end of the championship, mail three clean copies of the final results to the NCAA office and to each institution; 6) Perform any other duties pertaining to the media aspect of conducting the event; and 7) Work with the tournament director as needed.

TICKET INFORMATION

A Will Call window for the teams will also be located at the ticket window at the north end of the track. Should your university be purchasing tickets for student-athletes' families, our ticket office will handle this at the will call window. Please fax your list to Mark Gajda at 352-372-5801 no later than **Thursday, May 24, 2006**. Please use the Players' Guest List – page 19. **Each school will be invoiced after they submit their order form.**

Ticket prices are as follows:

| | <u>2 Day Pass</u> | <u>Single Day Pass</u> |
|------------------|-------------------|------------------------|
| Adult | \$15 | \$10 |
| Students/Seniors | \$10 | \$7 |

TRAINING ROOM/MEDICAL INFORMATION

The main athletic training facility is found in the Lemerand Center. The phone number is (352) 375-4683, ext. 5122. An area for visiting trainers and training area for visiting teams will be set-up on the football practice field. A University of Florida certified athletic trainer will be on-site at all times. Florida's team physicians and support staff will be on-site throughout the meet. Available equipment includes:

- | | | |
|-----------|----------------|--------------|
| -water | -towels | -ice |
| -ice cups | -hydrocollator | - ultrasound |
| -E-stim | | |

Emergency equipment including a spine board, sports chair, crutches, and vacuum splints will be readily available.

There will be a Physician's Clinic in the training room each morning during the meet. Specific hours will be announced at a later time. During this clinic, a physician will be available for illnesses, injuries, etc., however, arrangements must be made with a University of Florida certified athletic trainer in advance.

Phone Number:

Inga George

(352) 375-4683, ext. 5122

If the need for medical assistance should arise, contact a University of Florida athletic trainer. Do not hesitate to call them at home. Should any situation arise in which additional medical service is needed, please refer below for necessary information.

Shands Hospital Emergency Room Phone: (352) 265-0050

Hours: 24 hours, Monday - Sunday

- From the track, turn left (East) onto Stadium Road
- Turn right (South) onto Gale Lemerand Drive
- Continue on Lemerand Drive until it ends at Archer Road
- Turn left (East) onto Archer Road. Shands will be on the left.
- Continue past the hospital and turn left (North) onto Newell Drive
- The Emergency Room is on the left.
- Approximate travel time is five minutes.

Emergency Medical Center Phone: (352) 331-4357

Hours: 8am-8pm, Monday - Saturday

- From the track, turn left (West) onto University Avenue and continue to 62nd Boulevard
- Turn left (South) at 62nd Boulevard and follow it for 0.4 miles
- The Emergency Medical Clinic is on the left side.
- Approximate travel time is nine minutes.

TRANSPORTATION

Should you need transportation during the championships, the following is a list of local car rental agencies:

National Car Rental

Location: Gainesville Regional Airport
Phone: (352)377-7005/(800) 227-7368

Budget Car Rental

Location: Gainesville Regional Airport
Phone: (352)373-3959/(800) 527-0700

Avis Rent-A-Car

Location: Gainesville Regional Airport
Phone: (352) 376-8115/(800) 331-1212

BUS TRANSPORTATION

Annett Bus Lines

Local bus line service. Ask for the Charter Department.
Phone: 1-800-858-7747

Hertz Car Rental

Location: Gainesville Regional Airport
Phone: (352) 373-8444/(800) 654-3131

UNIFORMS

All student-athletes shall conform to NCAA regulations governing the appearance of commercial identification on uniforms, equipment and apparel. Failure to adhere to

this policy may result in information submitted to the NCAA enforcement staff.

WARM-UP AREA

The warm-up area for running events will be located on the football practice field which is adjacent to the Percy Beard Stadium on the east side of the track. See page 20.

WEATHER ISSUES

Inclement weather or extenuating circumstances may delay the start of competition. The committee liaison, in consultation with the meet referees and the tournament manager, shall contact Mark Bockelman, NCAA championship liaison, at 317/966-6446 (cellular) or Keanah Smith, 317/966-6444 (cellular) prior to informing teams of any changes.

Once competition has begun, the meet referees and committee liaison shall determine if weather shall cause a delay. If competition is suspended, the meet referees, committee liaison and tournament manager will decide if and when competition can continue. If conditions dictate that the competition cannot be completed that day, the committee liaison and tournament manager shall contact Mr. Bockelman. Only after contacting Mr. Bockelman may competition be suspended until the following day.

WEIGH-IN

Athletes must weigh-in all throwing implements at the north end of the Track and Field stadium. Implement weigh-in will take place for all participants Friday and Saturday from 8am to 10am.

Athletes may check-in implements at preceding days or times as long as the weigh-in station is open. All implements will be impounded and will be available 1 hour before event at field event site.

NCAA Regional Track and Field Championships

May 25-26, 2007

Master Schedule (tentative)

FRIDAY

Field Events

| | | |
|--------|-------------|--------------------|
| Noon | Hammer | (M) Trials & Final |
| 1:00pm | High Jump | (W) Final |
| 3:00pm | Javelin (W) | |
| 3:00pm | Pole Vault | (M) Final |
| 6:00pm | Shot Put | (W) Trials & Final |
| 6:00pm | Discus | (M) Trials & Final |
| 6:00pm | Long Jump | (M) Trials & Final |
| 6:00pm | Long Jump | (W) Trials & Final |

SATURDAY

Field Events

| | | |
|--------|-------------|--------------------|
| Noon | Hammer | (W) Trials & Final |
| 1:00pm | High Jump | (M) Final |
| 3:00pm | Pole Vault | (W) Final |
| 3:00pm | Javelin | (M) Trials & Final |
| 6:00pm | Shot Put | (M) Trials & Final |
| 6:00pm | Triple Jump | (M) Trials & Final |
| 6:00pm | Triple Jump | (W) Trials & Final |
| 7:00pm | Discus | (W) Trials & Final |

- General warm ups: Throws 45 minutes; Jumps 45 minutes; Pole Vault 90 minutes
- Flight specific warm ups: Throws 15 minutes; Jumps 15 minutes
- Finals warm up: Throws 10 minutes; Jumps 10 minutes maximum

Track Events

| | | |
|------|--------------|-------------|
| 3:00 | 4x100 | (M) Prelims |
| 3:15 | 4x100 | (W) Prelims |
| 3:30 | 1500m | (M) Prelims |
| 3:50 | 1500m | (W) Prelims |
| 4:10 | 110m Hurdles | (M) Prelims |
| 4:30 | 100m Hurdles | (W) Prelims |
| 4:50 | 100m | (M) Prelims |
| 5:10 | 100m | (W) Prelims |
| 5:30 | 400m | (M) Prelims |
| 5:50 | 400m | (W) Prelims |
| 6:10 | 800m | (M) Prelims |
| 6:30 | 800m | (W) Prelims |
| 6:50 | 400m Hurdles | (M) Prelims |
| 7:10 | 400m Hurdles | (W) Prelims |
| 7:30 | 200m | (M) Prelims |
| 7:50 | 200m | (W) Prelims |
| 8:10 | 5000m | (M) Finals |
| 8:50 | 5000m | (W) Finals |

Track Events

| | | |
|------|--------------------|------------|
| 5:30 | 4x100 | (M) Finals |
| 5:40 | 4x100 | (W) Finals |
| 5:50 | 1500m | (M) Finals |
| 6:00 | 1500m | (W) Finals |
| 6:15 | 110m Hurdles | (M) Finals |
| 6:25 | 100m Hurdles | (W) Finals |
| 6:35 | 100m | (M) Finals |
| 6:40 | 100m | (W) Finals |
| 6:45 | 400m | (M) Finals |
| 6:50 | 400m | (W) Finals |
| 6:55 | 800m | (M) Finals |
| 7:00 | 800m | (W) Finals |
| 7:10 | 400m Hurdles | (M) Finals |
| 7:20 | 400m Hurdles | (W) Finals |
| 7:30 | 200m | (M) Finals |
| 7:35 | 200m | (W) Finals |
| 7:45 | 3000m Steeplechase | (M) Finals |
| 8:10 | 3000m Steeplechase | (W) Finals |
| 8:35 | 4x400 | (M) Finals |
| 8:50 | 4x400 | (W) Finals |

AREA HOTEL LIST

Best Western Gateway Grand

4200 NW 97 Blvd.
Gainesville, FL 32606
1-800-528-1234/352-331-3336
152 Rooms, suites available.
Pool, fitness room, meeting
rooms, continental breakfast
Included.

Cabot Lodge

3726 SW 40th Blvd.
Gainesville, FL 32608
1-800-843-8735/352-375-2400
208 Rooms.
Pool, fitness center, meeting room,
handicapped accessible, continental breakfast
included.

Holiday Inn Express

3905 SW 43rd Street
Gainesville, FL 32608
352-376-0004
115 Rooms. Pool, fitness center,
Breakfast included.

Comfort Inn West

3440 SW 40 Blvd.
Gainesville, FL 32608
1-800-228-5150/352-264-1771
83 Rooms, 11 Suites.
Refrigerator & microwave in room.
Pool, fitness center, meeting room,
Continental breakfast included.

Hampton Inn

4225 SW 40 Blvd.
Gainesville, FL 32608
1-800-426-7866/352-371-4171
105 Rooms.
Handicapped accessible. Continental
Breakfast included.

Holiday Inn University Center

1250 West University Ave.
Gainesville, FL 32601
1-800-465-4329/352-376-1661
165 rooms.
Pool, restaurant, car rental, Handicapped
accessible rooms, shuttle available.

Holiday Inn West

7417 NW 8th Ave.
Gainesville, FL 32605
1-800-551-8206/352-332-7500
280 rooms, suites available.
Pools, meeting rooms, restaurants,
Handicapped accessible rooms.

Red Roof Inn

3500 SW 42 Street
Gainesville, FL 32608
1-800-843-7663/352-336-3311
129 Rooms, suites available.
Pool, handicapped accessible rooms

Paramount Plaza

2900 SW 13 Street
Gainesville, FL 32608
1-800-325-3535/352-377-4000
197 Rooms.
Pool, fitness center, meeting rooms,
restaurant, shuttle available.

Hilton Hotel & Conference Center

1714 SW 34 Street
Gainesville, FL 32607
352-371-3600.
248 Rooms, suites.
Meeting rooms, pool, fitness center,
restaurant, shuttle services.

Comfort Inn - Gainesville

2435 SW 13 Street
Gainesville, FL 32608
1-800-228-5150/352-373-6500
59 Rooms.
Pool, handicapped accessible rooms,
continental breakfast included.

Courtyard by Marriott

3700 SW 42 Street
Gainesville, FL 32608
1-800-321-2211/352-335-9100
81 Rooms.
Rooms, suites, meeting rooms, pool,
fitness center, handicapped accessible
Rooms.

University of Florida - Participant Guest Signature List

Event: 2007 NCAA Track & Field Regionals **School:** _____

Location: University of Florida - Gainesville, FL **Event Date(s):** May 25-26, 2007

This signature list will be used by guests of all teams. Please make copies of the following page as needed.
Please return to Mark Gajda by May 21st, 2007 at fax # 352-372-5801.

| <u>Participant's Name</u> (Last, First) | Name of Guest(s) | Signature | <i>5/25</i> | <i>5/26</i> |
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