

PLAYING REGULATIONS - MEN'S & WOMEN'S INDOOR TRACK AND FIELD

A. CHAMPIONSHIP ROSTER

Championship roster shall consist of all individuals who have qualified for championship participation as per the standards articulated below.

B. TEAM BENCH

C. PARTICIPANTS

C.1 TEAMS

C.2 IDENTIFICATION

C.3 INDIVIDUAL ELIGIBILITY

Refer to CIS General Eligibility Rules.

In order to participate in the CIS Track and Field Championship, an individual must, in addition to satisfying CIS eligibility rules, qualify as an official representative of his/her institution as follows:

C.3.1 Automatic Qualifiers:

Atlantic University Sport: Gold medallist in each individual event and gold medal relay.

QSSF: Gold medallist in each individual event and gold medal relay.

Canada West: Gold and silver medallist in each individual event and the gold and silver medal relay teams.

OUA: Same as Canada West.

NOTE: There must be a minimum of three (3) participating university teams in the Sport Conference Championship (i.e. three men's teams in the men's division or three women's teams in the women's division) to qualify for CIS funding as an automatic qualifier.

C.3.1.1 Failing to satisfy any of the above, an athlete may compete in the CIS Championship, providing they have competed in the Sport Conference Championship and sometime during the current indoor season (October 1 to the completion of the Sport Conference Championships inclusive) achieved the CIS standard in an individual event or on a university relay team in an interuniversity indoor competition involving at least two (2) university teams or at an open meet in which two or more universities and/or clubs are competing, or at an Athletics Canada or its affiliate sanctioned meets, or at meets sanctioned by the national sport governing body of another country.

C.3.1.2 Failing to satisfy C.3.1 or C.3.1.1 above, an athlete may compete in the CIS Championship, providing the athlete has competed in the Sport Conference Championship and sometime during the current indoor season (October 1 to the completion of the Sport Conference Championships inclusive) achieved the CIS equivalent standard in an individual event. Furthermore, if an equivalent standard has been achieved in the 400m, it can be applied to qualifying for either the 300m or 600m, but not both; if an equivalent standard has been achieved in the 800m, it can be applied to qualifying for either the 600m or 1000m, but not both. The declaration of the event the individual will be competing in at the CIS Championship must be made by the Wednesday 3:00 PM EST following the competition.

C.3.2 Additional Competitors:

At the close of entries 10 days prior to the championship, the number of entries accepted for each event will be twelve (12), except for the 1000m and 4 x 800m relays where the number of entries accepted will be ten (10) following procedures outlined in C.4.4.

C.3.3 To be eligible for entry into the CIS Championship an athlete must compete in their Sport Conference championship, with the exceptions of extenuating circumstances (i.e. bereavement, illness, selected national team competitions, etc.). Each case will be examined individually by the CIS Office.

C.4 INDIVIDUAL ENTRIES

The Host institution must send entry forms to each CIS member institution prior to February 1st. The entry procedures, including time lines for entering, and the format to be used, if submitting entries by e-mail, should be stated as part of the entry form.

Completed entry forms must include the first and surname of each individual and/or relay team member, and the current best performance noting the date and venue for said performance.

There is no limit to the number of events in which an individual may compete, provided that he/she has qualified under section C.3

C.4.1 The meet coordinator for the CIS Indoor Track & Field Championship shall receive via e-mail (e-mail is preferred) or fax the completed entry forms from each institution by 11:59 pm EST on the Monday ten (10) days prior to the championship. The meet coordinator will confirm receipt of entries.

C.4.2 The meet coordinator will prepare a DRAFT list of entries to be accepted in each event showing; the seed performances for each, automatic qualifiers (C.3.1), those with CIS standard (C.3.1.1) and those added based on the official CIS rankings (currently provided by sportingcanada) to bring the number of entries in the event to twelve (12), except in the 1000m and the 4x800m relay where the number of entries shall be brought to ten (10). This draft list of entries to be

accepted will be made available for display on the sportingcanada website by 3:00 pm EST on the Tuesday nine (9) days prior to the CIS Championships.

- C.4.3 By midnight 11:59 pm EST on the Tuesday nine (9) days prior to the CIS Championship, those that have entered (C.4.1) shall point out to the meet coordinator, using e-mail or fax, any errors or omissions that may have occurred in preparing the DRAFT list of entries accepted.
- C.4.4 All individuals and relay teams that have been entered (C.4.1) that are automatic qualifiers based on placing in the Sport Conference championship (C.3.1) and those that have been entered (C.4.1) who have achieved the CIS standard for the event or equivalent event (C.3.1.1) and continuing to fill the events to twelve (12) entries per event (except in the 1000m and 4x800m relay where ten (10) entries per event will be accepted) with the highest ranked athletes/relay teams that have been entered (C.4.1) based on the official CIS rankings (currently provided by sportingcanada) shall be guaranteed entry into the competition provided they have been entered (C.4.1) ten (10) days prior to the championship. No post Sport Conference performances will be accepted for entry into the CIS Championship.
- C.4.4.1 If the number of automatic qualifiers based on placing in Sport Conference championships and those with CIS standards, INCLUDING TIES, exceeds twelve (12) entries per event or in the case of the 1000m or 4X800m relay exceeds ten (10) entries per event all shall be accepted provided they have been properly entered (C.4.1).
- C.4.5 The Meet Coordinator shall prepare a FINAL list of entries accepted in each event, showing automatic qualifiers (C.3.1), those with CIS standard (C.3.1.1) and those added based on the official CIS rankings currently being provided by sportingcanada to bring the number of entries in the event to twelve (12), except in the 1000m and 4 x 800m where the number of entries shall be brought to ten (10) and showing seed performances for each. This list shall be sent by e-mail or FAX before 3:00pm EST on the Wednesday eight (8) days prior to the championship to all institutions that have submitted entries. Once this list is published these athletes are guaranteed entry into the CIS Championship.
- C.4.5.1 Following the posting of the draft start list on the Tuesday nine (9) days prior to the CIS Championship. If there are scratches, additions will be made to keep the entries in each event at twelve (12) for all events, with the exception of ten (10) for the 1000m and 4 x 800m races, until the final start list is posted on Wednesday eight (8) days before the Championship at 3:00 pm EST. These additions will only be made from those athletes / teams that were entered by the entry deadline (C.4.1)
After final declarations by midnight EST on the Tuesday nine (9) days prior to the Championships, athletes who scratch from an event without appropriate written medical evidence of an injury or an illness will be scratched from all events in which they have entered including relays with the exception of extenuating

circumstances (i.e. bereavement, written medical evidence of injury or illness, unavoidable travel delays, etc.). The Track & Field Coaches Association executive will examine all cases individually and will render a decision if at all possible, prior to the technical meeting.

Note: This allows teams to finalize travel arrangements.

- C.4.6 Final declarations are made of athletes whose entries were received by the entry deadline (C.4.1) as well as any scratches to the Meet Coordinator before midnight EST on the Tuesday nine (9) days preceding the championship. The host institution will contact institutions whose athletes have moved up on to the starting list to confirm their intentions to compete prior to the distribution of the final start list Wednesday afternoon.
- C.4.7 The Meet Coordinator shall prepare an updated list of entries including seed performance in each event to be sent to all institutions by e-mail or fax before 3:00pm EST on the Wednesday eight (8) days prior to the championship.
- C.4.8 The Meet Organizer of each Sport Conference Track & Field Championship shall forward the complete results of the Sport Conference championship by e-mail to the CIS Championship Meet Coordinator and to the CIS rankings statistician (currently sportingcanada) by no later than 3:00 pm on the day after the completion of the Sport Conference championship or 6:00 pm on Sunday for meets which conclude on the Sunday.

TIMELINE FOR ENTRIES TO CHAMPIONSHIPS AND SPORTING CANADA RANKINGS

Top 15 results to Sporting Canada	11:00pm EST Monday following competition
Remaining results to Sporting Canada	3:00pm EST Wednesday following competition
Entry forms distributed	February 1 st
Conference Championships	2 weekends prior to the CIS Championships
Conference results to CIS and Meet Convenor	3:00pm day after completion of meet or 6:00pm on Sunday if meet completes on Sunday
Entry Deadline for CIS Championships	11:59 pm EST, Monday ten (10) days prior to the Championships
Draft List of entries	3:00pm EST, Tuesday nine (9) days prior to the Championships
Corrections to Draft List of entries	11:59 pm EST, Tuesday nine (9) days prior to the Championships
Final List of entries	3:00pm noon EST, Wednesday eight (8) days prior to the Championships

C.5 INDIVIDUAL RANKINGS

The Sporting Canada Web Site shall be the official CIS Track and Field ranking mechanism. Areas covered by the Sporting Canada site can include and are not limited to:

- a) Site where coaches will input all individual results after each competition as well as their team rosters
- b) Site where coaches will have the ability to input profiles on each of their team members. Profiles will be updated from year to year to create a history for each athlete.
- c) Site is also available for posting of stories related to CIS track and field either by coaches or Sport Information Departments
- d) Hourly rankings of the Top 15 performances within the CIS and also by conference.
- e) Weekly CIS team rankings both nationally and by conference
- f) Team rankings with and without Non-CIS equivalent events
- g) Archived results by team going back to the beginning of the Sporting Canada site
- h) Posting of meet results
- i) Posting of athletes or relay teams who achieve CIS Equivalent Standards
- j) Automatic addition of correction factors to performances achieved on oversized tracks.

C.5.1 Performances from competitions (beginning in November) that affect the top 15-entry qualification must be forwarded to CIS rankings statistician (currently sportingcanada) by **3:00 am EST the Tuesday following the competition. Sporting Canada will close any results into that competition at that time. The school will have a seven (7) day appeal period to correct any errors or omissions. The appeal must be submitted in writing to CIS. The seven (7) day appeal period closes the Monday before the conference championships.**

C.5.2 All institutions are required to enter the remainder of their athlete's performances (i.e. all performances) by 3:00 pm EST, the Wednesday following competition.

C.6 TEAM ENTRIES

The Host institution must send entry forms to each CIS member institution prior to February 1st.

Each institution may enter one (1) relay team only per relay event, provided that the institution has satisfied one or more of the criteria for eligibility to participate in that relay as outlined in rule C.3.

C.7 TEAM RANKINGS

The sportingcanada web site shall be the official CIS Track and Field team ranking mechanism.

D. COMPETITION

D.1 TYPE OF EVENT AND EVENT ADMINISTRATION

The events in the women's competition shall be as follows: 60m, 300m, 600m, 1000m, 1500m, 3000m, 60m Hurdles (5x84 cm), 4x200m Relay, 4x400m Relay, 4x800m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put (4.0 kg), Weight Throw (20lb) and Pentathlon (60mH, HJ, SP, LJ, 800m).

The events for the men's competition shall be as follows: 60m, 300m, 600m, 1000m, 1500m, 3,000m, 60m Hurdles (5x107cm), 4x200m Relay, 4x400m Relay, 4x800m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put (7.26 kg), Weight Throw (35lb) and Pentathlon (60mH, LJ, SP, HJ, 1000m).

D.2 DRAW, POOLS, SEEDING, TRIALS AND HEATS

D.2.1 Trial rounds for advancement to the finals shall be held in specified track events:

- D.2.1.1 If the Championship is held over two (2) days the 60m Hurdle trials and final will be held on the first day and the 60m trials and final will be held on the second day. If the Championship is held over three (3) days the 60m Hurdle trials and final will be held on the second day and the 60m trials and final will be held on the third day. (At the discretion of the Meet Director.)
- D.2.1.2 The 1000m, 1500m, 3000m and 4 x 800m Relay shall be run as a final.
- D.2.1.3 The 4 x 400m Relay shall be run as a timed section final on the final day of the championship with the fastest seed performances running in the last section.
- D.2.1.4 The 300m and 600m shall run with heats deciding the finalists. If the Championship is held over three (3) days the heats of the 600m shall be run on the first day of the championship with the final on the third day. The number of competitors qualifying to the final is specified in D.2.2,
- D.2.1.5 In each field event, trials shall not be held.
- D.2.1.6 The order of competitors in the horizontal jumps and throws shall be seeded low to high with the top seeds competing last. The event would be reseeded for the final.
- D.2.1.7 The order of competitors in vertical jumps shall be determined by random draw.

- D.2.2 Where trials are held the maximum number of competitors to advance to the final shall be:
- D.2.2.1 A number of competitors corresponding to the number of lanes available for the 60m, 60m Hurdles and 4 x 200m Relay.
 - D.2.2.2 A number of competitors corresponding to the number of lanes available, where six (6) or more lanes are available, shall advance to the 300m final and six (6) competitors shall advance to the 600m final.
 - D.2.2.3 Where less than six (6) lanes are available, the 300m shall be run as a two section final with the fastest 3 qualifiers in the second section (see section D.2.4.3 for additional clarification). The 600m final shall consist of six (6) athletes and shall be run as one section.
 - D.2.2.4 The fastest two non-qualifiers for any final shall be named as alternates to replace any qualifier(s) that do not compete in the final.
- D.2.3 The procedure to be followed by the meet director in establishing heats for the 60m, 60m Hurdles, 300m, 600m and 4 x 200m Relay. (Note: The fastest qualifiers will be in the second heat (last), with the slower qualifiers in the first heat.)
- D.2.3.1 Where only two (2) heats are necessary, the seeded runners or relay teams shall be assigned to each heat as follows:
 - heat one: 1st, 4th, 5th, 8th, 9th, 12th, etc.
 - heat two: 2nd, 3rd, 6th, 7th, 10th, 11th, etc.
 - D.2.3.2 Where three (3) heats are necessary, the seeded runners or relay teams shall be assigned to each heat as follows:
 - heat one: 1st, 6th, 7th, 12th, 13th, 18th, etc.
 - heat two: 2nd, 5th, 8th, 11th, 14th, 17th, etc.
 - heat three: 3rd, 4th, 9th, 10th, 15th, 16th, etc.
 - D.2.3.3 Where four (4) heats are necessary, the seeded runners or relay teams shall be assigned to each heat as follows:
 - heat one: 1st, 8th, 9th, 16th, 17th, 24th, etc.
 - heat two: 2nd, 7th, 10th, 15th, 18th, 23rd, etc.
 - heat three: 3rd, 6th, 11th, 14th, 19th, 22nd, etc.
 - heat four: 4th, 5th, 12th, 13th, 20th, 21st, etc.
- D.2.4 Qualifying policies to subsequent rounds of competition.

- D.2.4.1 In the 60m and 60m Hurdles where six (6) lanes are available, the following policy shall apply:
- if two (2) heats are run the first two (2) finishers per heat and the next overall fastest two (2) runners advance to the final.
 - if three (3) heats are run, the first finisher per heat and the next overall fastest three (3) runners advance to the final.
- D.2.4.2 Where eight (8) lanes are available, the following policy shall apply:
- if two (2) heats are run, the first three (3) finishers per heat and the next overall fastest two (2) runners advance to the final.
 - if three (3) heats are run, the first two (2) finishers per heat and the next overall fastest two (2) runners advance to the final.
- D.2.4.3 In the 300m and 600m the winners of each heat and the next fastest non-winning times shall advance to fill the available lanes in the final(s).
- Where a two section 300m final is contested (rule D.2.2), the heat winners along with the next fastest times shall fill the lanes in the second section of the final. If there are more heats than lanes available in the second section of the final, the heat winners with the fastest times shall compete in the second section. The remaining qualifiers shall compete in the first section of the two section final. Final placing shall be based on times achieved in the final regardless of section. If heats are not required (rule D.2.1) the competitors with the fastest seed times shall fill the lanes in the second section with the remaining competitors seeded into the first section.

D.3 FORMULA AND FORMAT

D.4 PROCEDURES AND PROTESTS

D.4.1 Starting procedures for Track events:

The maximum number of starters in each section or final are:

	6 lanes		4 lanes	
	Heat/Section	Final	Heat/Section	Final
300	5	6	3	2x3
600	6	6	-*	6
1,000	-	10	-	8
4 x 200	5	6	3	2x3
4 x 400	-	2x6	-	3x4
4 x 800	-	10	-	8

*This is left to the meet director's discretion based on the nature of the track. If the number of entries in individual events 600 meters or longer or the 4 x 800m exceeds the maximum number of starters for a final, heats or timed sections shall be run in accordance with rules detailed in section D.2 of the playing regulations.

- D.4.1.1 In the 300m, a three (3) turn stagger start shall be used with one (1) competitor per lane at the start.
- D.4.1.2 A two (2) turn stagger start shall be used for the 600m with one (1) competitor per lane at the start.
- D.4.1.3 A two (2) turn stagger start for the 4 x 400m Relay with one (1) team per lane at the start.
- D.4.1.4 A three (3) turn stagger start for the 4 x 200m Relay with one (1) team per lane at the start. The second runner per team must remain in his/her lane until he/she has entered the straightway opposite the finish line.
- D.4.1.5 Whereas the conditions vary from banked track to banked track, and the Meet Director is knowledgeable about what is most appropriate for the local track, any changes due to a banked track shall be determined at the Coaches Technical meeting prior to the championships on the recommendation of the Meet Director.
- D.4.1.6 Starting position in track events shall be:
- D.4.1.6.1 The middle four (4) lanes in the straight away events (60 meters and 60 meters Hurdles) shall be declared the preferred lanes. For track events run on the oval, the Meet Organizer shall declare the preferred lanes.
- D.4.1.6.2 In the 300m and the 4x200m relay there will be a random draw from the top seeds for lanes 4 and 5 and the lower seeds will be randomly drawn to lanes 3, 6 and 2.

D.4.1.6.3 Where the number of starters necessitates more than one (1) row in the 1000m, 1500m, 3000m, or 4X800m relay the competitors shall be divided into two groups with one group of approximately 65% of the competitors on the regular arced start line and the other group, made up of the fastest qualifiers, on a separate arced start line marked across the outer half of the track. The outer group should run as far as the end of the first bend on the outer half of the track.

D.4.1.6.4 The winners from the 300 m and 4 x 200 m heats will draw for the preferred lanes.

D.4.2 Weight Throw:

D.4.2.1 The NCAA rules for specification of the weight throw (construction) will be used.

D.4.2.2 The NCAA rules regarding the technical delivery of the weight (a two handed delivery, similar to that used in the hammer throw) will be used.

D.4.2.3 The slim-line weight, using the “fishnet” bag is banned from use at the CIS Championship.

D.4.3 Vertical Jumps:

D.4.3.1 If an athlete has been waiting more than one hour to jump, they may use the runway for 2 minutes during height changes.

D.4.3.2 In Pole Vault, an athlete may check their takeoff position on the runway immediately after an attempt, prior to the official calling the next athlete to the runway.

D.4.4 General:

D.4.4.1 Any competitor who fails to start an event after being declared a starter shall be disqualified and barred from further competition in the meet except for an injury appeal.

D.4.4.2 Coaching of athletes during the competition is permitted provided that the coach remains in areas designated for coaches and does not interfere with the conduct of the competition.

D.4.4.3 In the 4 x 200 relay, there shall only be a beginning of the exchange zone mark with no end of the exchange zone, making each exchange zone virtually open. Each outgoing runner must begin his/her run out within the first ten (10) meters of the

beginning of the exchange zone but may receive the baton anywhere on the track provided there is no interference of other runners or lane line encroachment where applicable.

In the 4 x 400m and 4 x 800m relay the normal 20m passing zone shall apply in accordance with IAAF rules.

D.4.4.3.1 The runners who will run the third and fourth legs of the 4x200m relay race and runners who will run the second, third and fourth legs of the 4x400m relay race shall, under the direction of a designated official, place themselves on the track in the waiting position in the same order (inside to out) as the order of their respective team members at the end of the back straight with approximately 100m of their legs remaining. Once the incoming runners have passed this point, the waiting runners shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. Should any athlete not follow this rule that athlete's team shall be disqualified.

D.4.4.4 It is required that the track referee notify the respective coaches of a disqualification of athletes and/or relay teams via the public address system. This will expedite the appeal process and eliminate returning of awards presented prior to the appeal of time of thirty (30 minutes). The clock on the appeal process begins the moment the announcement of disqualification is made.

D.4.4.5 Tape can be used on the track for the purpose of marking for Relays.

D.4.5 Line encroachment disqualification.

If the referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has deliberately run outside his lane, he shall disqualify him; but if the referee considers that such action was unintentional, he may at his discretion disqualify, if he is of the opinion that material advantage was gained thereby.

Track 400 meters Stride 2.30 m Number of Strides	Advantage Gained by Encroaching tcm on Inside of Lane			
	t=50mm	t=100mm	t=150mm	t=300mm
	mm	mm	mm	mm
1	4	7	11	22
2	7	14	22	44
3	11	22	33	66
4	11	29	44	88
5	18	36	54	109

6	22	44	65	131
7	25	51	76	153
8	29	58	87	175
9	33	65	98	197
10	36	72	109	219

This table shows, mathematically, the theoretical advantage gained by taking from 1 to 10 strides inside the inner border of a lane. The distances are shown in millimeters. e.g. four strides 150mm inside gives an advantage of 44mm.

D.5 SCHEDULE OR ORDER OF EVENTS

The CIS Championship shall be held the second full weekend in March, over two and a half days (Thursday-evening, Friday, and Saturday). The 600m heats and the Men's and Women's Pentathlon events to be held on the evening of the first day.

A proposed schedule shall be given to the CIS Track and Field Coaches Association President by the Host Organizing Committee. The Coaches Association President will circulate the schedule for comments. The Coaches Association President in consultation with the Championship Organizing Committee will submit the finalized schedule for the approval by the CIS Sport Committee.

Please see Appendix B for the **2009** Championship Schedule.

D.5.1

D.5.1.1 In the 4x400m relay should the number of automatic qualifiers be such that the field exceeds 12, then timed sections comprised as follows shall be run:

If 13 teams qualify, then the fastest six (6) seeds shall run in the final section, with the three (3) slowest seeds running in the first section, and the next four (4) fastest running in the second section.

If 14 teams qualify, then the fastest six (6) seeds shall run in the final section, with three (3) slowest seeds running in the first section, and the next five (5) fastest running in the second section.

If 15 teams qualify, then the fastest six (6) seeds shall run in the final section, with three (3) slowest seeds running in the first section, and the next six (6) fastest running in the second section.

Where the number of teams exceeds 15, the fastest six (6) seeds shall run in the final section, the next six (6) fastest running in the second section, and the slowest seeds running in the first section.

D.5.1.2 In the 600m should the number of automatic qualifiers be such that the field exceeds 12, then heats comprising no more than six (6) athletes and no fewer than three (3) shall be run in a manner similar to that recommended for the 4x400m relay above.

D.5.1.3 In the 1000m & 4x800m should the number of automatic qualifiers be such that the field exceeds 10, the additional competitors would be accommodated with a single final if it were deemed safe. Where timed sections are deemed necessary no section will have fewer than three competitors. It is recommended that the sections be comprised as follows:

If 11 or 12 competitors qualify, then there shall be one section.

If 13 or more competitors qualify, then the fastest ten (10) shall run in the second section, with the other seeds running in the first section.

D.5.1.4 In the 1500m & 3000m should the number of automatic qualifiers be such that the field exceeds 12 the additional competitors would be accommodated with a single final if it were deemed safe. Where timed sections are deemed necessary no section will have fewer than three competitors. It is recommended that sections be comprised as follows:

If 13 or 14 competitors qualify then there shall be one section.

If 15 or more competitors qualify then the fastest 10 shall run in the second section with the other seeds running in the first section.

- D.6 GAME TIMES
- D.7 PRACTICE TIMES / WARM-UPS
- D.8 OVERTIME AND TIME-OUTS
- D.9 TIE-BREAKING

D.10 SCORING AND STANDARDS

D.10.1 STANDARDS

Event qualification standards shall be determined annually by the Executive Committee of the Track & Field Coaches Association. **The IAAF scoring tables will be used to determine the equivalent standards.**

D.10.1.1 Standards shall be established for the CIS event and equivalent standards for events closely related to the CIS event.

D.10.1.2 For all events except the 1000m and the 4x800m relay the qualifying event standards for the CIS Championship shall reflect the sixth (6th) place in the final rankings following the CIS Championships over the previous three (3) years. The standard for the 1000m and the 4x800m relay shall reflect fifth (5th) place in the final rankings over the previous three (3) years. The standards are to be established by May 15th of the previous year.

D.10.1.2.1 In the event that eight (8) or more athletes achieve the CIS standard in an event in any year, the standard for that event for the following year will reflect sixth (6th) place on the final CIS rankings for the year that eight or more athletes achieved the standard.

D.10.1.3 Standards for the 60m, 300m, 60m hurdles and their respective equivalent events (i.e., 50y, 50m, 60y, 200m, 300y, 50yh, 50mh, 60yh) shall be established for fully automatic electric timing only.

D.10.1.4 CIS event standards are shown for fully automatic electric timing only for all CIS track events and their equivalent events. Where an athlete or relay team has achieved a manual timed performance in events 400m. or longer, .24 seconds should be added to the manual timed performance for ranking and seeding purposes. All individual events 300 m or less should be electronically timed.

D.10.1.5 Performances in equivalent events (NON-CIS events) may not be converted and used for seeding purposes where a CIS event performance has been achieved by that individual or relay team. Where no indoor performance is available the athlete shall be seeded last.

D.10.1.6 Performances in equivalent events (NON-CIS) may not be converted and used for CIS funding subsidy.

D.10.1.7 Performances made outdoors in Canada in CIS events only between October 1st and the completion of the Sport Conference Championships inclusive shall be accepted for entry. Outdoor performances may be used for CIS qualifying standard, but not for ranking and seeding where an indoor performance has been achieved. (The athlete will be seeded last, if no indoor performance is available).

D.10.2 SCORING

D.10.2.1 Scoring for the team championship shall be done on an institutional basis.

- D.10.2.2 A women's team champion and a men's team champion shall be declared.
- D.10.2.3 Points shall be awarded as follows for all individual and relay events: 10 pts for 1st, 8 for 2nd, 6 for 3rd, 5 for 4th, 4 for 5th, 3 for 6th, 2 for 7th and 1 for 8th.
- D.10.2.4 Non-qualifiers score their respective points. Athletes that do not finish (DNF), did not start (DNS) or are disqualified (DQ) score no points.

D.11 RECORDS AND STATISTICS

WOMEN

60m	7.31	Genevieve Thibault	Laval	2009
300m	37.35	Adrienne Power	Dalhousie	2005
600m	1:27.63	Camille Cato	York	1984
1000m	2:42.81	Paula Schnurr	McMaster	1988
1500m	4:16.41	Paula Schnurr	McMaster	1988
3000m	9:04.88	Brenda Shackleton	Victoria	1988
60mH	8.23	Sonia Paquette	Sherbrooke	1997
4x200m	1:37.11	Clarke, Grant, Laughton, Dinsmore	Windsor	1993
4x400m	3:45.83	Pinnock, Mallon, Fletcher, Williams	Toronto	1998
4x800m	8:41.66	Jones, Meagher, Shackleton, Wellman	Victoria	1988
High Jump	1.87	Tami Lutz	UBC	1986
Pole Vault	4.22	Kelsie Hendry	Saskatchewan	2005
Long Jump	6.24	Jocelyn Adu-Gyamfi	Toronto	2001
Triple Jump	13.01	Kelly Dinsmore	Windsor	1993
Shot Put	15.31	Shannon Kekula	Saskatchewan	1990
Weight Throw	19.66	Kate Forbes	Lethbridge	2005
Pentathlon	4062	Jessica Zelinka	Calgary	2004

Zelinka's Pentathlon Performances (8.30, 1.61, 11.96, 5.95, 2:23.26)

MEN

60m	6.58	Ibrahim Meite	Sherbrooke	2002
300m	33.40	Alex Marchand	Sherbrooke	1999
600m	1:16.10	Byron Goodwin	Manitoba	1995
1000m	2:23.08	Sebastien Ouellette	Sherbrooke	1999
1500m	3:46.85	Allan Klassen	UBC	1990
3000m	7:59.29	Jeff Schiebler	UBC	1996
60mH	7.83	Mark McKoy	York	1984
4x200m	1:26.01	Youssef-Meite, Jean-Marie, Paris, Jean-Pois	Sherbrooke	2007
4x400m	3:14.12	Effah, Kimick, Saizew, Ratzlaff	Calgary	2008
4x800m	7:29.23	Fillion, Bima, Trepel, Goodwin	Manitoba	1995
High Jump	2.24	Alex Zaliaskas	Toronto	1993
Pole Vault	5.65	Doug Wood	York	1992
Long Jump	7.64	Patrick Banim-Massock	Montréal	2003
Triple Jump	15.80	Patrick Banim-Massock	Montréal	2003
Shot Put	18.46	Chris Meisner	Lethbridge	2004
Weight Throw	24.08	Jim Steacy	Lethbridge	2009

Pentathlon 3902 Jamie Adjetey-Nelson Windsor 2004
Adjetey-Nelson's Pentathlon Performances (8.56, 6.96, 12.93, 1.99, 2:47.22)

E. EQUIPMENT AND FACILITY

E.1 VIDEO

E.1.1 VIDEO TAPING - HOST REQUIREMENT

A video tape recorder with operator and an adequate replay machine and monitor must be provided by the host institution for the taping of all track races. The tapes may be used by the meet officials to assist in decisions re finish placing and rule infractions. It is recommended that extra tapes and a separate replay unit be available so that continual taping of races may occur when meet officials are reviewing the tapes of a race in question.

E.2 FACILITY AND MEET REQUIREMENTS

- a) The host institution shall conduct the championships in an indoor facility that shall accommodate all the CIS events and provide competitors in all events the opportunity to perform up to their capabilities. The running track should have a minimum of four (4) lanes around the oval and a minimum of six (6) sprint straightway lanes. It is recommended that each lane be a minimum of 1 meter (1.00m) in width.
- b) All competition equipment supplied by the host institution must meet current IAAF standards.
- c) Fully automatic timing should be used in all races.
- d) **Where available, long jump and triple jump take-off boards require the use of putty fault indicator strips.**

E.3 NUMBERED UNIFORMS

E.4 BIBS, SOCKS, SHIRT COLOR, TIGHTS AND TOWELS

E.5 HEAD GEAR AND HELMETS

E.6 CAPTAIN'S IDENTIFICATION

E.7 DEPTH CHARTS

E.8 SPOTTER PHONES

E.9 FACILITY AND MEET REQUIREMENTS

F. RULES

The current Athletics Canada and IAAF Rules of Competition shall govern the CIS Championship with particular exception of those CIS rules noted in the CIS Playing Regulations - Men's and Women's Track and Field.

G. MEETINGS

G.1 COACHES TECHNICAL MEETING

The Coaches' Technical Meeting shall be prior to the start of the Championship for the following purposes:

- a) Final declaration and scratches of competitors and relay teams by each institution. Scratches will be dealt with on an event basis. No substitutions will be allowed at the championship after the final deadline of declaration.
- b) Any changes in the seed performances as listed (Section 1.4.2)
- c) Following discussion and recommendation from the coaches the final decisions will be made by the Meet Coordinator as to the need for and the composition of sections in the timed section events.

Note: The heat and starting position assignments will be determined at the conclusion of the meeting by the Meet Coordinator following the procedures in Section D. The finalized event sheets must be posted at the competition venue at least one hour prior to the start of the first event.

- d) Review of the check-in procedures prior to each event competition.
- e) Review of the starting procedures for each track event.
- f) Review of the qualifying policies to subsequent rounds where applicable.
- g) Establishment of starting heights and subsequent increments for the vertical jump competitions.
- h) Weigh-in procedures for throwing events.
- i) Review of the procedures to be followed re award presentation.
- j) Clarification of the rules of competition.
- k) Review of appeal procedures re protests during the competition.
- l) Appointment of a selection committee to choose the most outstanding female and male athlete at this meet.
- m) Any changes to the starting procedures due to banked tracks.
- n) Any other business regarding the conduct of the current meet.
- o) A notice of motion meeting shall be held following the technical meeting and written motions are to be submitted to the President of the CIS Coaches Association for the Track and Field Coaches Association meeting.

G.2 COACHES ASSOCIATION MEETING

The Track & Field Coaches Association Meeting shall be held on the first day of competition for the following purposes:

- a) Discuss and propose future recommendations regarding the conduct of the championships (rules, procedures, promotion, etc.) and other track related matters.
- b) Discuss and propose recommendations regarding dates and venue for future CIS Championships.
- c) Election of officers
- d) Other Business

G.3 COACHES CLINIC

G.4 PRESS CONFERENCE

H. OFFICIALS

H.1 FUNDED OFFICIALS

The three (3) Jury of Appeal will be selected from within the pool of officials secured by the host. Should the host have to select out of province officials for the Jury of Appeal, CIS will provide funding up to the cost of an economy airfare. All other officials are the responsibility of the Host Institution.

H.2 ASSIGNMENT

It is essential that Athletics Canada certified officials be used at the championship, particularly in key positions such as starter, head timer, head finish judge, head for each field event, track umpires, referee, jury of appeal.

H.3 NEUTRALITY

H.4 QUALIFICATIONS

Preference given to Level 5 officials.
Must be familiar with CIS Playing Regulations.
Must not have any affiliation with meet, i.e. active coach.

H.5 HOST RESPONSIBILITIES

It is essential that a competent meet announcer be provided by the host institution.

Host shall be responsible for the transportation of all officials, excluding the out-of-province Jury of Appeal members. The Host shall be responsible for the local transportation, meals and accommodation of all members of the Jury of Appeal.

H.6 NSO'S RESPONSIBILITIES

H.7 FEES

H.8 STAND BY OFFICIAL

H.9 SELECTION PROCESS

Athletics Canada National Officials Chairman may provide recommendations to the Meet Director. Final approval remains with the Meet Director. Officials selected shall usually be the most senior officials available.

H.10 ON-SITE ASSIGNMENT

I. AWARDS AND TROPHIES

**PLEASE REFER TO POLICY 60.20 FOR MORE DETAILS RE STANDARD CHAMPIONSHIP AWARDS.*

I.1 CIS PENNANT AND CHAMPIONSHIP TROPHY

Presented to both the CIS Women's and Men's Championship Team.

I.2 CIS MEDALS

- a) Gold medals are awarded to CIS Championship Team (18 total).
- b) Gold, silver and bronze are awarded in each event.
- c) Athletes who run in the qualifying rounds, but not the final of relay events shall receive the same awards earned by the team in the final (to a maximum of two additional athletes).

I.3 ALL-CANADIANS

- a) First place finishers in all events (includes individual and combined events plus relay teams) at the National Championship will be named First Team All-Canadians and second place finishers in all events will be named Second Team All-Canadians.
- b) Athletes who run in the qualifying rounds, but not the final of relay events shall receive the same awards or honors earned by the team in the final (to a maximum of two additional athletes).

I.4 OUTSTANDING ATHLETES

Sport Conferences should consider the following criteria when nominating for I.4.1, I.4.2, I.4.3, I.4.4 and I.5:

- a) The athlete's competitive record for the entire season in his/her primary event. Won/lost record versus CIS athletes is to be considered;

- b) The quality and sequences of performances for the entire season in the athlete's primary event including CIS ranking;
- c) The athlete's performance at his/her Sport Conference Championship;
- d) The athlete's season record in other CIS events in which he/she competed.

I.4.1 OUTSTANDING FEMALE TRACK EVENT PERFORMER OF THE SEASON

- a) Each Sport Conference representative will forward their nomination to the President of the Coaches Association on the Monday ten (10) days prior to the championship.
- b) Nominations must include Sport Conference results, season results and ranking.
- c) The Sport Conference representatives will select the recipient prior to the CIS Championship.
- d) The President of the Coaches Association will only vote in the case of a tie.
- e) To win the national award the athlete must have won that award in their sport conference, if such an award exists.
- f) The nominees will be recognized and the winner announced at the championship, preferable at an awards recognition event if the Host chooses to hold one.

I.4.2 OUTSTANDING MALE TRACK EVENT PERFORMER OF THE SEASON

Same as I.4.1

I.4.3 OUTSTANDING FEMALE FIELD EVENT PERFORMER OF THE SEASON

Same as I.4.1

I.4.4 OUTSTANDING MALE FIELD EVENT PERFORMER OF THE SEASON

Same as I.4.1

I.4.5 THE GEORGE GEMER AWARD (OUTSTANDING MALE ATHLETE OF THE MEET)

Determined by a selection committee with representatives from all Sport Conferences.

Note: The Men's High Jump Champion will receive the Greg Baril-Kenney Award.

I.4.6 OUTSTANDING FEMALE ATHLETE OF THE MEET

Determined by a selection committee with representatives from all Sport Conferences.

I.5 ROOKIE OF THE YEAR

- a) The individual must be 21 years of age or younger as of September 1st in the year of the competition.
- b) The individual must be in their first year of CIS eligibility (i.e. a true freshman).
- c) The individual's regular season and Sport Conference performances are factored into the selection criteria.
- d) To win the national award the athlete must have won the rookie of the year award in their sport conference, if such an award exists.
- e) Final selection will be made prior to the CIS Championship.

I.6 COACH OF THE YEAR**BOB BOUCHER AWARD (MEN'S TEAM) / SUE WISE AWARD (WOMEN'S TEAM)**

- a) Nominees are selected by the coaches at the CIS Championship for women's team coach and men's team coach.
- b) The Meet Director will include results from the previous 2 years in the meeting information package. Coaches will use this information to see how teams have improved.
- c) The selection committee shall conduct a ballot with one vote per participating institution to select a Men's and Women's Coach of the Year
- d) The vote shall be conducted at the conclusion of the CIS Championship (15 minutes after the completion of the competition).

I.7 STUDENT ATHLETE COMMUNITY SERVICE AWARD

- a) Selected by the Coaches Association.
- b) Recipients (male and female) who demonstrates outstanding achievements in three (3) areas: track & field, academics and community involvement.
- c) To win the national award the athlete must have won the award in their Regional Association.

I.8 CHAMPIONSHIP MVP**I.9 TOURNAMENT ALL-STAR TEAM****I.10 COACHES ASSOCIATION MERIT AWARD****I.11 OTHER AWARDS****I.12 AWARDS RECOGNITION EVENT**

The awards presentations should occur immediately following the conclusion of the last event of the last day of competition.

J. COMMITTEES

J.1 CHAMPIONSHIP MANAGEMENT COMMITTEE

The Championship Management Committee shall be comprised of the CIS Coaches Association Executive and the Meet Director. The purpose of the committee shall be to rule on all matters necessary for the championships to proceed. The committee shall apply the CIS rules as written.

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee at the championship. The Management Committee shall apply CIS Rules. The Management Committee may not, nor may any member, make an exception to any CIS Rule or to a sanction imposed by CIS. The Management Committee has no jurisdiction to consider or interpret CIS Eligibility Regulations.

Composition of the Management Committee shall be:

- i) Convener of Championship - non-voting chair;
- ii) CIS Delegate;
- iii) Technical Delegate;
- iv) President of the Coaches Association, or designate.

A quorum shall require all of the four members, or their replacement.

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a CIS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in CIS policy 90.70.4.1.1 (see below), the CIS Championship Management Committee shall have the power and jurisdiction to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at CIS Championships, in a timely fashion. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the CIS office and Discipline Committee.

It is the expectation of CIS that persons representing Member institutions, and/or CIS, at CIS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

90.70.4.1.1 Procedures Regarding Misconduct

Where misconduct occurs at a CIS Championship (including traveling to and from the event, practice days and competition days), the Chief Executive Officer, assisted by the event Convenor, shall:

- a) Investigate the particulars of the incident that gave rise to the misconduct;
- b) Determine the amount and type of damage to property or injury to persons;
- c) Identify the persons and institutions responsible for the incident; and
- d) Summarize this information in a written report.

The Chief Executive Officer shall provide a copy of the written report to the President, who may bring a complaint in accordance with CIS Policy 90.40 - Discipline. A copy of the written report shall be provided to the Directors of Athletics of the institutions involved.

J.2 JURY OF APPEAL

An impartial jury of appeal and referees shall be appointed by the host institution for the championship.

J.3 DELEGATES

K. APPENDICES

APPENDIX A

**Qualifying Standards
2010 CIS Indoor Track and Field Championships
March 11-13, 2010
University of Windsor**

WOMEN'S STANDARDS

CIS EVENT	STANDARD	EQUIVALENT EVENT STANDARD
60m	7.61 ***	6.54 (50m), 7.07 (55m)
300m	39.93	24.99 (200m), 56.02 (400m)
600m	1:33.45	56.02 (400m) , 1:14.51 (500m), 2:11.56 (800m)
1000m	2:51.08	2:11.56 (800m)
1500m	4:32.61	4:54.68 (Mile)
3000m	9:43.88 ***	16:48.43 (5000m)
60m Hurdles	8.84	7.52 (50m H), 8.18 (55m H)
4x200m	1:41.86	48.68 (4x100m)
4x400m	3:52.68	3:53.78 (4x440y)
4x800m	9:06.92 ***	9:10.21 (4x880y)
High Jump	1.69	
Pole Vault	3.62	
Long Jump	5.65	
Triple Jump	11.45	
Shot Put	12.93	
20 lb. W.T.	17.05 ***	
Pentathlon	3414	

Note 1: Standards based on sixth (6th) in final CIS rankings for past three (3) years with exception of the 1000m and the 4 x 800m where the standards are based on fifth (5th) in the final CIS rankings for the past three (3) years.

Note 2: Events marked * are sixth (6th) place in the previous year's final CIS rankings where the event standard was achieved by eight (8) or more individuals/teams in the final CIS rankings (see rule D.10.1.2.1).**

Note 3: Achievement of the 400m equivalent event standard can be applied to either 300m or 600m but not both.

Note 4: Achievement of the 800m equivalent event standard can be applied to either 600m or 1000m but not both.

**Qualifying Standards
2010 CIS Indoor Track and Field Championships
March 11-13, 2010
University of Windsor**

MEN'S STANDARDS

CIS EVENT	STANDARD	EQUIVALENT EVENT STANDARD
60m	6.79	5.88 (50m), 6.35 (55m)
300m	34.53 ***	21.93 (200m), 48.35 (400m)
600m	1:19.67	48.35 (400m), 1:03.36 (500m), 1:51.87 (800m)
1000m	2:26.58	1:51.87 (800m)
1500m	3:52.56	4:10.95 (Mile)
3000m	8:20.47 ***	14:24.94 (5000m)
60m Hurdles	8.33	7.10 (50m H), 7.76 (55m H)
4x200m	1:28.57	42.67 (4x100m)
4x400m	3:20.70	3:21.68 (4x440y)
4x800m	7:42.91	7:45.07 (4x880y)
High Jump	2.00 ***	
Pole Vault	4.64	
Long Jump	7.10	
Triple Jump	14.40	
Shot Put	15.24	
35 lb. W.T.	16.15	
Pentathlon	3498	

Note 1: Standards based on sixth (6th) in final CIS rankings for past three (3) years with exception of the 1000m and the 4 x 800m where the standards are based on fifth (5th) in the final CIS rankings for the past three (3) years.

Note 2: Events marked * are sixth (6th) place in the previous year's final CIS rankings where the event standard was achieved by eight (8) or more individuals/teams in the final CIS rankings (see rule D.10.1.2.1).**

Note 3: Achievement of the 400m equivalent event standard can be applied to either 300m or 600m but not both.

Note 4: Achievement of the 800m equivalent event standard can be applied to either 600m or 1000m but not both.

APPENDIX B

TRACK AND FIELD CHAMPIONSHIPS
University of Windsor
March 11-13, 2010
Schedule of Events

Will be available by November 1, 2009