

CHAPTER 18—MEN'S AND WOMEN'S TRACK AND FIELD REGULATIONS

1. Competitive Season Policies.

a. Championships Determination.

The team and individual Conference champions in men's and women's track and field shall be determined at a Conference Championship meet. (6/92)

b. Conference Schedule.

There shall be no required regular season Conference schedule in the sport of track and field. (6/92, 6/95, 6/96)

(1) Rescheduling Policies.

No track and field meet shall be rescheduled if cancelled. (7/92)

2. Meet Policies.

a. Non-Conference Participants.

No competition with teams outside the Conference shall be held in conjunction with a Conference track and field meet except by mutual consent of all head coaches participating. (5/76, 6/86)

b. Competitive Rules.

The NCAA Track and Field Rules shall apply to all track and field meets hosted by Conference members except as modified below. (5/80)

(1) Entries.

There shall be no limit for entries in regular season competition. (5/69, 5/76, 12/91, 12/92, 12/95, 12/96, 5/97, 2/98, 4/01, 1/17, 6/17)

In an event run entirely in lanes, when the number of participants exceeds the number of lanes on a track, timed sections may be run by mutual consent of the head coaches. This consent must be given prior to the start of the meet. By mutual consent of the coaches of participating teams, additional relay teams may run on a non-scoring basis. The scoring relay team must be designated prior to the race. (6/86, 12/94, 10/06, 12/14)

(2) Format.

The NCAA suggested dual meet schedule of events shall be used in Conference track and field dual meets. Where field facilities do not permit the use of the NCAA schedule, the home team is responsible for informing the visiting institution of the time schedule to be used no later than Monday prior to the scheduled contest. All running events in Conference dual meets shall be run in meters. (5/76, 12/76, 6/86, 6/88, 12/95, 2/98, 1/00, 10/01, 10/12)

(a) 3000M.

The 3000M run may be substituted for the 5000M run with the agreement of all head coaches of teams participating in the meet. (12/71, 5/76, 6/86, 6/01, 10/01)

(b) Pole Vault and High Jump.

The starting height in the pole vault and high jump shall be determined by mutual agreement of the coaches of the competing teams. (5/81, 6/86, 12/95, 6/99, 10/01, 10/05)

(3) Protests.

The meet referee shall be instructed by the host institution that protests are in order and must be accepted when filed by a coach. The protesting coach must notify the meet referee within 15 minutes of the results being posted or announced. The meet referee shall then advise the coach of the team against which the protest is filed. The meet referee shall then rule on the protest. (10/01)

Following a protest related to the official order of finish, a coach may ask to view the image(s) with the meet referee. The host institution may not deny this request. (5/81, 12/82, 12/83, 10/05, 8/16)

(4) Time Schedule.

The time schedule for all dual meets shall be provided by the host institution to the visiting institution(s) no later than Monday prior to the scheduled contest. (5/79)

(5) Timing.

An additional starter shall be used in conjunction with the regular starting crew. This person's duty shall be to recall the runners if the FAT operator signals that the system did not function properly. All Pac-12 meets will adhere to the minimum requirements for FAT timing as outlined in the NCAA playing rules. (5/82, 10/07, 12/14, 8/16)

(6) Wind Velocity Gauge.

There shall be a reliable wind instrument used in the 100-meter dash, 110/100-meter hurdles, 200-meter dash, long jump, and triple jump in all Conference track and field meets. Operation of wind instruments shall be in accordance to NCAA playing rules. (12/80, 12/14)

c. Precautionary Safeguards—Discus Throw, Hammer Throw, Shot Put, and Javelin.

Reasonable precautions against dangers to spectators at Conference track and field meets shall be taken by each institution. All intra-Conference meets will adhere to the safety considerations as outlined in the NCAA playing rules. (5/67, 5/76, 10/05, 10/10, 12/14)

3. Conference Championships.**a. Meet Referees.**

With approval from the Conference, the host institution will appoint three referees to rule on all violations and protests. A minimum of two referees must agree on each decision. (11/65, 5/76, 12/76, 6/86, 12/90, 12/91, 6/94, 6/99, 10/01, 10/10, 8/16)

b. Competitive Rules.

The NCAA Track & Field Rules for championship events shall apply to the Conference Championships, except as modified below. (5/68, 5/80, 5/81, 6/99)

(1) Entries.**(a) Deadline.**

Competitors in the combined events must be declared by 10:00 a.m. PT three days prior to the start of the combined events competition. Competitors for the Conference Track and Field Championships must be reduced to 28 competitors (including the competitors in the combined events) by finalizing declarations no later than 10:00 a.m. PT three days prior to the Conference Track and Field Championships. Conference institutions shall use DirectAthletics to declare their competitors and must print and verify the accuracy of events entered and qualifying marks. All qualifying marks must be obtained in outdoor competition after March 1st. There will be no confirmation of entries from the Conference office. All declared entries at the deadline are considered final and the printed receipt from DirectAthletics will serve as confirmation. It is strongly recommended that head coaches review the DirectAthletics receipt for accuracy prior to the deadline. The start list for all events will be emailed to each head coach no later than 5:00 p.m. PT three days prior to the start of each weekend of competition. If a coach wishes to change an entry after declarations have closed, majority approval of the head coaches, via written or email ballot, is required. The host institution shall have printed copies of the heat sheets available for each institution at the technical meeting preceding each weekend of the Conference Track and Field Championships. (6/65, 5/70, 12/73, 5/76, 5/80, 6/86, 12/89, 12/94, 12/95, 12/96, 2/98, 6/99, 10/01, 10/05, 10/10, 12/13, 8/16, 1/17)

(b) Fine.

A monetary fine shall be imposed for non-compliance with the deadline for submission of entries. (6/17)

(b) Event Limits.

No institution may enter more competitors in any single individual event than there are places to be scored. Each institution is allowed a maximum of one relay in the 400-meter and 1600-meter relays. (11/65, 5/76, 5/80, 6/88, 12/90, 6/99, 10/01, 10/05)

(c) Number.

The maximum number of entrants a member institution shall have in the Conference Track and Field Championships is 28 for men and 28 for women. Decathlon and heptathlon entrants shall count against an institution's squad limit, and decathlon/heptathlon competitors may also enter other events in the Conference championships. (5/60, 6/65, 12/67, 5/78, 5/79, 6/86, 10/05)

(2) Format.

The Conference Track and Field Championships shall be a two-day meet. The combined events championships shall be a two-day event held one week prior to the Conference Track and Field Championships conducted under NCAA rules with the time schedule to be determined by the host institution. The host institution shall provide each institution with the schedule of events one week prior to the annual fall meeting of the track and field and cross country coaches. (5/75, 5/76, 12/76, 5/79, 12/85, 1/86, 6/86, 6/91, 2/98, 1/00, 10/01, 10/05, 10/08)

Championships Order of Events**Even Years:****Day 1**

Hammer trials and finals (W)
 Pole vault finals (W)
 Long jump trials and finals (W & M)
 Shot put trials and finals (W & M)
 400M relay trials (W & M)
 High jump finals (W)
 Javelin trials and finals (W & M)
 1500M trials (W & M)
 100M hurdles trials (W)
 110M hurdles trials (M)
 400M trials (W & M)
 100M trials (W & M)
 800M trials (W & M)
 3000M steeplechase final (W & M)
 400M hurdles trials (W & M)
 200M trials (W & M)
 10,000M final (W & M)

Day 2

Hammer trials and finals (M)
 Pole vault finals (M)
 Triple jump trials and finals (W & M)
 High jump finals (M)
 Discus trials and finals (W & M)
 400M relay finals (W & M)
 1500M finals (W & M)
 100M hurdles final (W)
 110M hurdles final (M)
 400M finals (W & M)
 100M finals (W & M)
 800M finals (W & M)
 400M hurdles finals (W & M)
 200M finals (W & M)
 5000M final (W & M)
 1600M relay finals (W & M)

Odd Years:**Day 1**

Hammer trials and finals (M)
 Pole vault finals (M)
 Long jump trials and finals (M & W)
 Shot put trials and finals (M & W)
 400M relay trials (M & W)
 High jump finals (M)
 Javelin trials and finals (M & W)
 1500M trials (M & W)
 110M hurdles trials (M)
 100M hurdles trials (W)
 400M trials (M & W)
 100M trials (M & W)
 800M trials (M & W)
 3000M steeplechase final (M & W)
 400M hurdles trials (M & W)
 200M trials (M & W)
 10,000M final (M & W)

Day 2

Hammer trials and finals (W)
 Pole vault finals (W)
 Triple jump trials and finals (M & W)
 High jump finals (W)
 Discus trials and finals (M & W)
 400M relay finals (M & W)
 1500M finals (M & W)
 110M hurdles final (M)
 100M hurdles final (W)
 400M finals (M & W)
 100M finals (M & W)
 800M finals (M & W)
 400M hurdles finals (M & W)
 200M finals (M & W)
 5000M final (M & W)
 1600M relay finals (M & W)

In even years the women will compete first in all events followed by the men. In odd years the men will compete first in all events followed by the women. Field event schedules may have to be determined at the fall track and field coaches meeting if conflicts occur due to layouts of some of the Conference track and field stadiums. (1/00, 8/16)

(a) Field Events—Other Than Pole Vault and High Jump.

i. Field Event Flights.

Flights shall be seeded and shall consist of no fewer than five and no more than 16 competitors. The best-seeded competitors shall compete in the final flight. The order of competitors in each flight shall be drawn by lot. Flights in the field events will complete all three trials before the next flight competes. A 15-minute warm-up period will be available between flights. The final 15 minutes of the general warm-up period will be for the first flight only. (5/71, 6/99, 10/01, 12/14, 8/16)

ii. Field Event Finals.

Nine competitors shall advance to the finals of all field events. The warm-up period before the finals shall not exceed 15 minutes. (2/99, 10/01, 10/04, 10/05)

(b) Field Events—Pole Vault and High Jump.

The order of competitors shall be drawn by lot and a continuous flight of five competitors (five alive) shall be used, per NCAA playing rules. Starting heights and increments in the pole vault and the high jump shall be measured in meters and finalized by the coaches at their technical meeting preceding the Championships. (5/75, 5/81, 6/87, 12/95, 6/99, 10/01, 10/04, 12/14, 8/16)

i. Opening Height.

Opening height for the men's and women's pole vault and high jump competition will be set following the final week of competition using the TFRRS Pac-12 descending order list. The starting height for the pole vault will be 20 cm below the seed mark of the 15th ranked competitor on the TFRRS Pac-12 descending order list. The starting height for the high jump will be 8 cm below the seed mark of the 15th ranked competitor on the TFRRS Pac-12 descending order list. Opening heights can be adjusted up or down 1-3 cm at the coaches technical meeting to ensure that the field has an opportunity to post an NCAA preliminary round qualifying mark. Coaches will have the option to renegotiate the opening bar at the technical meeting before the championships in the case of inclement weather and/or extenuating circumstances. Coaches will be notified of the proposed opening height for pole vault and high jump by 5:00 pm PDT the Monday preceding the second weekend of the championships. (12/14, 8/16)

ii. Bar Progression.

Bar progression for the men's and women's high jump shall be 5cm, 5cm, 4cm, 3cm, then continue at 3cm until one competitor remains. At that point it shall become jumper's choice. Bar progression for the men's and women's pole vault shall be 15cm, 15cm, 10cm, 5cm, then continue at 5cm until one competitor remains. At that point it shall become jumper's choice. (8/16)

(c) Track Events—Finals Qualifying Procedures.

The 1600-meter relay and all running events that start and finish in lanes shall be seeded by time if there are no preliminary heats held. (4/01)

i. Steeplechase, 5000M, and 10,000M.

The 3000-meter steeplechase, 5000-meter, and 10,000-meter runs shall not have trials. All qualifiers will run in the final. Lane position for these events shall be drawn by lot unless two rows are needed. If two rows are needed, the front row shall be seeded with the top entered times. The maximum number of competitors for one row would be sixteen. If two rows are used, the maximum number of competitors in the front row will be twelve. (5/75, 6/86, 6/99, 10/01, 12/14)

ii. Relay Heats and Sections.

If the host institution's track has enough lanes to accommodate all teams that wish to participate, all relay races shall be conducted in one heat. In the event that the track does not have enough lanes to accommodate all participants in one heat, the 1600-meter relay shall be run in two sections, with the number of teams in each section being as even as possible. In the event there are an uneven number of teams, more teams shall be assigned to the faster section, Section 2. Coaches are required to enter relay teams at the designated declaration times but will not have to supply the relay personnel to the clerk of the course until 15 minutes prior to the start of the heats, sections, or finals of the two relays. Relays may be composed of any of the team's 28 declared men or 28 declared women competitors. (5/66, 5/72, 5/76, 12/77, 12/88, 12/94, 1/00, 10/01, 10/02, 10/05, 10/06, 11/10)

(d) Track Events—Preferred Lanes, Vacant Lanes.

Lane assignments shall not be altered after the Games Committee has drawn them. The host institution shall identify the preferred lanes in the participant manual. Advancement shall be by two groups. Group I shall be the automatic qualifiers and assigned by weighing place first and time second. Group II shall be the time qualifiers and assigned and seeded by time. Preferred lane assignments will be determined by the host institution. (6/99, 1/00, 10/06, 10/10, 12/13, 12/14, 8/16, 2/17)

(e) Track Events—Staggers.

The direction of run for the 100M, 100M and 110M Hurdles, and 200M will be determined by the Games Committee. Once this direction is established, it will stand. The 800M will be run from a one-turn stagger. The 1500M, 5000M, 10,000M and steeplechase will be run from a waterfall start. The 1600M relay will be run from a three-turn stagger. (6/99, 10/01, 12/14, 8/16)

(i) Protests.

All protests made at the Conference Championships shall be submitted as per NCAA rules (except no fee will be charged) to the protest table. For protests related to official finish images, the coach may ask to view the finish image with the referee. (6/99, 10/05, 8/16)

(ii) Scoring.

Scoring for all events of the Conference Track and Field Championships shall be as follows: 10-8-6-5-4-3-2-1 (for eight places). (5/66, 12/94, 12/95)

(iii) Time Schedule.

The time schedule will be determined by the host institution's facilities and Conference television commitments. (5/75, 5/76, 12/77, 6/86, 10/01)

(iv) Timing.

The meet management at the Conference Track and Field Championships shall make sure that fully electronic timing is used in the Championships. The Lynx system is the recommended system. An additional starter shall be used in conjunction with the regular starter. This person's duty shall be to recall the runners if the FAT operator signals that the system did not

function properly. After two such recalls, meet management will consult with head coaches to determine the direction of the event/meet. (12/76, 5/82, 12/90, 6/93, 10/07, 12/14, 8/16)

c. Date and Site Rotation.

The Conference Men’s and Women’s Track and Field Championships shall be scheduled two weeks before the NCAA Outdoor Championships first round. The combined events shall be a two-day event held one week prior to and at the same site as the Conference Championships. The championships site shall be selected on the following rotation basis: (5/70, 5/76, 5/79, 6/91, 2/98, 6/02, 10/05)

Year	Host Institution	Year	Host Institution
2017-18	Stanford	2023-24	Oregon
2018-19	Utah	2024-25	USC
2019-20	Arizona State	2025-26	Washington State
2020-21	California	2026-27	UCLA
2021-22	Arizona	2027-28	Washington
2022-23	Colorado	2028-29	Oregon State

(12/87, 12/88, 1/94, 6/96, 4/01, 10/04, 10/05, 6/08, 10/09, 10/10, 10/11, 12/13, 8/14)

An institution must declare its inability to host no later than the September coaches’ meeting the academic year prior to the academic year it is scheduled to host the Championships. (10/08, 10/09)

d. Host Responsibilities.

The host institution, at least one month in advance of the Championships, shall notify the other member institutions of the time schedule for the Championships, giving details of the meet and such related details as housing, coaches meetings, and publicity needs. If the host institution has rules concerning the type of spikes that it allows on its track surface, it must inform all other institutions when it sends out this information to the institutions. If the host institution will not allow individuals to use their own or their institutions’ starting blocks, but will provide only one kind of starting block, it must notify all other institutions of the type of block when it sends out this information to the institutions. The host institution may use the following groups and individuals for assistance in the capacities indicated: (5/65, 5/76, 6/99)

(1) Head Track and Field Coaches.

The head track and field coaches shall be utilized as counsel for planning the event, as their technical knowledge and personal experience in administration of meets will assure the maintenance of the meet reputation for excellence and efficiency. Selection of certain officials may be made upon the recommendation of the track and field coaches. Review of planning for the outdoor championship meet shall be an item on the agenda for the annual fall meeting of the track and field coaches. (6/99)

(2) Meet Director.

The meet director shall be appointed by the host institution. The meet director shall: (6/99)

- (a) Serve as the administrator and supervisor for the meet. (6/99)
- (b) Coordinate the promotional and planning activities of all aspect of the meet. (6/99)
- (c) Coordinate and supervise the activities of the officials and groups involved in administration of the meet. (6/99)

(d) Provide and disseminate information to the coaches of competing institutions relative to the meet. (6/99)

(e) See to the needs of contestants, officials and spectators and ensure that all technical details of the meet have been taken care of within the rules of the Conference. (6/99)

(3) Games Committee.

The primary purpose of the games committee is to give specialized assistance and guidance to the meet director, prior to and during the meet. The meet director should use all individuals and/or groups for the basic planning and promotion of the championships. The committee should be made up of the Conference staff liaison and a representative cross section of the community and be divided into sub-committees as the meet director deems necessary. (6/99, 8/16)

e. Officials.

The meet director/Games Committee will select the following officials: referees, track and field officials, starter, recall starters, clerk & assistant clerks, combined-event officials. (6/99, 10/01, 8/16)

The host institution shall select and train all other officials in accordance with the NCAA Track and Field Rules. Use of athletes or spectators selected at random from the stands prior to the competition shall not be permitted. Experienced officials must be secured well in advance of competition. The use of certified USATF officials is recommended. (6/99, 12/14)

The referees will not be responsible for heating and seeding. These responsibilities will be delegated to the Games Committee. All other officials and their duties will be outlined in the NCAA Track and Field Rulebook unless Conference rules stipulate otherwise. (6/99, 8/16)

f. Qualifying Standards.

There shall be no qualifying standards for the Conference Track and Field Championships. (6/86, 6/87, 11/87, 12/88, 12/90, 12/91, 10/04)

g. Seeding.

All marks used for seeding must be achieved in outdoor meets between March 1 and the declaration date for the Conference Championships. Altitude adjusted and wind-aided marks will be used for seeding. Marks in the horizontal jumps, sprints, and hurdles where wind exceeds 4.0 will not be used. The NCAA rules governing timing and conversions shall prevail for marks used to determine seeding at the Championships. Seeding and flights for the second day of competition in the combined-events shall not be determined until the conclusion of the first day of competition and following a polling of the coaches to determine continuance of competing student-athletes. (12/73, 12/91, 12/93, 12/94, 12/95, 6/99, 10/04, 10/10, 12/13, 8/16, 2/17)

h. Calibration of Measuring Devices.

All equipment used for weighing and measuring implements, measuring wind, and measuring performance must be certified for accuracy by an appropriate testing agency in accordance with methods specified by the manufacturer. A copy of certification shall be sent to the Conference office no later than two weeks before the date of the Pac-12 Combined Events competition. (1/17)

4. Awards.

The Conference men's and women's track and field coaches shall select recipients for all track and field awards following the conclusion of the Pac-12 Track and Field Championships. Coaches will be asked to submit up to two nominees the Monday after the Conference championships. The ballot will be issued to head coaches the

Tuesday after the Conference championships and due the same day. The Conference will announce the award the Wednesday following the championships. Coaches are to submit up to two names of individuals they feel are worthy of consideration. The Conference office shall provide the coaches with a ballot that lists these individuals. Balloting conducted for individual awards shall use a weighted voting method. Coaches may not vote for themselves or for any of their athletes for any of the individual awards. (6/92, 10/07, 6/11, 12/14)

a. Individual Awards.

Individual awards from the Conference office shall be provided to the Coach of the Year, Track Athlete of the Year, Field Athlete of the Year, the Freshman of the Year, and the Athlete of the Meet (the competitor with the highest point production at the Conference Championships) in both men's and women's track and field. Relay points scored shall be divided by four for the purpose of determining the high scorer for the Championships. (6/92, 2/99, 10/04, 6/07, 10/07, 8/16)

b. Conference Records.

If a Conference record is set or tied, or to submit an entry into the all-time top 10 performance list, it is the responsibility of the institution to notify the Conference Assistant Commissioner, Communications, by providing the official meet results via e-mail. September 1 shall be the last date on which a Conference record may be set for the previous academic year. (12/76, 5/78, 12/83, 6/87, 6/90, 10/12, 2/17)

5. Meetings of Coaches.

There shall be an annual meeting of the track and field and cross country coaches. The attendance of each head coach of track and field or cross country is mandatory. The attendance of one other head coach is optional. Each Conference institution shall have two votes, one each for the men and women's programs. (5/66, 5/76, 5/80, 5/82, 6/86, 6/88, 5/89, 5/91, 3/92, 6/92, 12/95, 2/00, 10/01, 10/02)