



NSIC Championships

Minnesota State University, Mankato
135 Myers Field House, Mankato MN, 56001
February 23-24, 2024



ENTRY PROCEDURE:

Enter online at www.directathletics.com by **6:00pm TUESDAY February 20th at 6:00pm**. Heat Sheets will be posted Thursday and no late additions will be allowed. Entry marks must be used from conference honor roll on the TFRRS page. This honor roll converts all performances to 200m flat track. Direct Athletics is being used this year for the entry process.

Multi's – need to enter for Pent or Hept on Direct Athletics and enter individual event marks at - [2024 NSIC Indoor Pent Marks](#) and [2024 NSIC Indoor Hept Marks](#)

SCHEDULE:

Monday, February 19th

- Noon – Approximate starting heights for HJ/PV are published by host school/games committee.

Tuesday, February 20th

- 6:00 pm – Entries are due at Direct Athletics

Wednesday, February 21st

- 9:00am – Participant list & performance report are sent to head coaches. Any athlete scratched from the event will be disqualified from further competition in the meet.
- Noon – Any corrections (misspellings/seed mark errors) or challenges to the NSIC Performance List need to be made prior to Noon. This means **No Additions** just an error on entering the right seed time and/or mark. Any corrections need to be emailed to jennifer.blue@mnsu.edu
- 12:01pm – The timer will seed the meet in reference to our track and field sport handbook and NCAA Rulebook. The Games Committee will review and approve the heat sheets.
- 6pm – Heat sheets will be sent out to the head coaches.

Thursday, February 22nd

- Practice times will be from 3:30-6:00pm
- **No Coaches Meeting**. In lieu of a coaches meeting, all last minute information and changes will be communicated via email and group text that the conference office will set up.
- All scratches are due no later than 7:00pm to the group text. Teams are asked to reply no scratches as well to insure all teams are accounted for.

ENTRY FEES:

\$300 per gender. Fee must be paid on the Direct Athletics site to submit your entries. Do not pay for until after 6:00pm Tuesday. Once you pay for your entries no changes can be made to entries. Payment deadline is Wednesday February 23rd at 12:00pm.

ADMISSION:

Admission fees are as follows: \$10 Adults (18 and older) \$5 for youth and students. Anyone under the age of 10 or associated with the team (trainers, administrators) will be free of charge.

ENTRY MARKS:

Entries in the meet will be limited to the top 30 performances ranked on the NSIC Honor Roll for each event and 4 wild card entries. The following events will have capped entries as per NCAA Rule 5, section 10:

- 60m/60h – capped at 32 entries

- 200m/400m – capped at 24 entries (one section final seeded preferentially in lanes 1-8)
- 600m – capped at 28 entries (one section final seeded preferentially in lanes 1-8)
- Coaches may enter any athlete in the top 30 without the use of a wildcard. However, it must be noted that the athlete may not make the meet based on the event cap.

TEAM CAMPS:	Team Camps will be in Schellberg Gymnasium. We will have signs directing teams.
LOCKER ROOMS:	Locker rooms will be available on a limited basis. MSU Varsity locker rooms are not to be used. MSU recreation locker rooms will be open for use. Athletes must provide their own towels and locks. Refer to attached map for locker room location next to Schellberg gym. Men's Locker Room HN 190, Women's Locker Room HN 191
WARM-UP:	<p>In Schellberg and when races are not in progress, the outside of the backstretch may be used. Hurdles must be kept in lanes 4-8, and all hurdles must be returned upon completion of warm-up.</p> <p>No warm-ups or running can be done through the academic building or student union hallways.</p>
IMPLEMENT WEIGH-IN:	USATF Certified Officials will conduct weigh-ins on Friday from 10:30am-11:30am. Weight Throw and Heptathlon Shot Put will be weighed in at this time. Saturday weigh-ins for open and pentathlon shot put will be from 11am – Noon. Implements can be dropped off Thursday during the practice times. All implements must be dropped off prior to weigh-in closing. Multi shot puts will be returned and inspected before they are included in the open shot put competition.
HIP NUMBERS:	Hip numbers are located in the southwest corner of Fieldhouse. Numbers are to be worn on the right hip. For distance events, numbers will be worn on the right hip and right chest. No hip numbers for 60m, 60H and 200m
SPIKE CHECK:	Athletes spikes will be checked at the check-in table to insure proper spikes are worn and a zip-tie will be fastened to the shoe. Approved spikes are Christmas Tree (1/8", 3/16", 1/4") and Pyramid (1/8", 3/16", 1/4").
STAGING PROCEDURE:	<p>30 minutes PRIOR to track events, athletes must pick up your hip numbers at the table located at the southwest end of the Field House (near the finish line). Check-in with the Clerk of Course at the start area 10 min prior to the start of your event.</p> <p><u>Field Event Athletes</u> – check in with event official 30 minutes prior to your event.</p>
RESULTS:	Results will be posted on the board on the south end of the field house after each event. Live running and field event results will be on www.herostiming.com
PROTESTS:	Protests should be made immediately, and no later than 15 minutes after the results have been posted. All protests must be made in writing by the head coach and submitted to the head running or field referee.
TRAINER:	Training facilities will be set up by the climbing wall. Please have your institution's trainers provide written instructions and consent for any type of treatment.
TRIPLE JUMPS BOARDS	<p>Men - 11.00m (36') and 12.50m (41')</p> <p>Women – 9.75m (32') and 11.00m (36')</p>

CAMPUS DINING:

The University Dining Center will be open Thursday and Friday from 4:00pm-8:00pm. The price is \$12.34 (w/tax)/person. If interested, contact Jessica Swenstad – Jessica.swenstad@sodexo.com or (507)389-2613

School Name

Roster (this will allow the team to check in & keep count) ## participating

Date(s)

Time

Head Count

Contact Information

Payment credit card information.

T-Shirts:

We will selling T-shirts for \$20 on Thursday during practice time and Friday and Saturday by the concession stand.

PARKING:

Refer to the attached parking map for team bus and spectator parking.

QUESTIONS:

Jen Blue (507)389-6415 or Jennifer.blue@mnsu.edu.



Northern Sun Intercollegiate Conference

Indoor Track & Field Championships

Even Year Schedule of Events

Date: Final NCAA Qualifying Weekend

Friday

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
9:20 am	National Anthem & NSIC Creed	
9:30 am	Heptathlon 60m	Final
*10:15am	Heptathlon Long Jump	
*11:30 am	Heptathlon Shot Put	
*12:45 pm	Heptathlon High Jump	
12:00 pm	Pole Vault (M)	Prelim/Final
12:00 pm	Long Jump (M)	Prelim/Final
1:00 pm	Weight Throw (W)	Prelim/Final
2:30 pm	Long Jump (W)	Prelim/Final
3:30 pm	Pole Vault (W)	Prelim/Final
3:30 pm	Weight Throw (M)	Prelim/Final
4:00 pm	High Jump (W)	Prelim/Final

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
1:00 pm	DMR (W)	Final
1:15 pm	DMR (M)	Final
1:30 pm	60 Meter Hurdles (W)	Prelim
1:45 pm	60 Meter Hurdles (M)	Prelim
2:00 pm	400 Meters (W)	Prelim
2:15 pm	400 Meters (M)	Prelim
2:30 pm	600 Meters (W)	Prelim
2:45 pm	600 Meters (M)	Prelim
3:00 pm	60 Meters (W)	Prelim
3:15 pm	60 Meters (M)	Prelim
3:30 pm	800 Meters (W)	Prelim
3:45 pm	800 Meters (M)	Prelim
4:00 pm	1000 Meters (W)	Prelim
4:15 pm	1000 Meters (M)	Prelim
4:30 pm	200 Meters (W)	Prelim
4:45 pm	200 Meters (M)	Prelim
5:00 pm	5000 Meters (W)	Final (2 Section)#
5:40 pm	5000 Meters (M)	Final (2 Section)#

*Heptathlon times are approximate after first event.

**Schedule should be moved later 15 minutes per section of 5000 Meters that would be added due to field size.

If combined entries are over 12 then two flights will be used for HJ, SP, LJ. Flights will be based off of HJ Pits.

Must declare for women's 5k by 3:30pm and men's 5k by 4:10pm. If 24 or fewer athletes declare will be combined to 1 heat.

Saturday

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
8:50 am	National Anthem & NSIC Creed	
9:00 am	Pentathlon 60mH	Final
*9:45 pm	Pentathlon High Jump	
*11:30 am	Pentathlon Shot Put	
*12:15 pm	Pentathlon Long Jump	
9:45 am	Heptathlon 60mH	Final
*11:00 am	Heptathlon Vault	
1:00 pm	Shot Put (W)	Prelim/Final
1:00 pm	High Jump (M)	Final
1:30 pm#	Triple Jump (M)	Prelim/Final
3:30 pm	Shot Put (M)	Prelim/Final
3:45 pm#	Triple Jump (W)	Prelim/Final

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
1:30 pm	Mile (W)	Final
1:45 pm	Mile (M)	Final
2:00 pm	60 Meter Hurdles (W)	Final
2:10 pm	60 Meter Hurdles (M)	Final
2:20 pm	Heptathlon 1000m	
2:30 pm	Pentathlon 800m	
2:40 pm	400 Meters (W)	Final
2:50 pm	400 Meters (M)	Final
3:00 pm	600 Meters (W)	Final
3:10 pm	600 Meters (M)	Final
3:20 pm	60 Meters (W)	Final
3:30 pm	60 Meters (M)	Final
3:40 pm	800 Meters (W)	Final
3:50 pm	800 Meters (M)	Final
4:00 pm	1000 Meters (W)	Final
4:10 pm	1000 Meters (M)	Final
4:20 pm	200 Meters (W)	Final
4:30 pm	200 Meters (M)	Final
4:40 pm	3000 Meters (W)	Final (2 Sections)#
5:05 pm	3000 Meters (M)	Final (2 Sections)#
5:30 pm	4x400 Meter Relay (W)	Final (2 Sections)**
5:50 pm	4x400 Meter Relay (M)	Final (2 Sections)
6:25 pm	Awards Ceremony	

*Heptathlon & Pentathlon times are approximate after first event.

If combined entries are over 12 then two flights will be used for HJ, SP, LJ. Flights will be based off of HJ Pits.

**4X400 should be moved earlier by 10 minutes per section of 3000 Meters that would be added due to field size.

#Triple Jump starts 20 minutes after the boards are set following the Pentathlon Long Jump or start time whichever is later. The next gender Triple Jumps starts 20 minutes after the boards are set.

Must declare for Women's 3k by 3:10p and Men's 3k by 3:35pm. If 24 or fewer athletes declare will be combined to 1 heat.