



NSIC Championships

Minnesota State University, Mankato

Mark Schuck Track

May 9-11, 2024



ENTRY PROCEDURE:

Enter online at www.directathletics.com by **TUESDAY 7th 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. Direct Athletics is being used this year for the entry process.

Multi's – need to enter for Decathlon or Heptathlon on Direct Athletics and enter individual event marks at [2024 NSIC Outdoor Hept Entries](#)- and [2024 NSIC Outdoor Decathlon Entries](#)

SCHEDULE:

Monday, May 6th

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

Tuesday, May 7th

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

Wednesday, May 8th

- 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.
- 3:00-5:00pm – Facility open for practice
- 6:00pm – Heat sheets will be sent out to the head coaches.
- **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.

Thursday, May 9th

- 10:00am-6:00pm – Facility open for practice

ENTRY FEES:

\$400 per gender. Fee must be paid on the Direct Athletics site to submit your entries. Payment deadline is Wednesday May 8th 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:

- 100m/100H/110H – capped at 32 entries
- 200m/400m/400H – capped at 28 entries

- 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. You do NOT need to send wildcard information to anyone. Just enter them as normal on direct athletics.

| | |
|----------------------------|--|
| TEAM CAMPS: | Team Camps will be along the fence on the West and South side of the track. |
| IMPLEMENT WEIGH-IN: | Implements can be dropped off starting at Noon on Thursday and all implements must be dropped off by 7:00pm Thursday. Combined event shots should be dropped off before 1:30pm to ensure they make it to the event site Thursday afternoon. Weigh-ins will be conducted at the backdoor of the outdoor storage shed at the track. |
| HIP NUMBERS: | Hip numbers are located by the storage shed in the SW Corner. Numbers are to be worn on the Left hip and Left chest. No hip numbers for 4x100, 100, 110/110H, 200, 400, 400H |
| STAGING PROCEDURE: | 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. <u>Field Event Athletes</u> – check in with event official 30 minutes prior to your event. |
| RESULTS: | Live running and field event results will be on www.herostiming.com |
| WEBCAST: | Will be available on the NSIC Network. https://nsicnetwork.com/msumavericks/ |
| 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 and submitted to Nick at NSIC or the head running or field referee. |
| TRAINER: | Training facilities will be set up in the storage shed. Please have your institution's trainers provide written instructions and consent for any type of treatment. |
| TRIPLE JUMPS BOARDS | Men - 11.00m (36') and 13.11m (43') boards Women – 9.75m (32') Painted and 11.00m (36') board |
| CAMPUS DINING: | The University Dining Center will be open Thursday and Friday from 6:00-7:30pm. The price is \$12.34 (w/tax)/person. If interested, contact Jessica Swenstad – Jessica.swenstad.2@smnsu.edu or (507)389-2613. They need exact numbers by May 1 st , as they dining center is closed at this time and they are providing an extra service for us. You will be charged for the number that you provide them regardless, even if your actual number is less. 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 Friday and Saturday by the concession stand. |
| PARKING: | Refer to the attached parking map for team bus and spectator parking. |

MSU Coaches Cell:

Mike Turgeon, Head Track and Field Coach – (507) 382-4702

Jen Blue, Assistant Coach W-Distance – (507) 317-2559

Chris Parno, Associate Head Coach - Sprints – (507) 779-5833

Ben Held, Assistant Coach – M-Distance/Pole Vault – (712) 251-6635

Brian Sebera, Assistant Coach – Jumps/Multi – (252) 412-4523

QUESTIONS:

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



NSIC Outdoor Track & Field Championships

2024 Schedule of Events

Date: Final NCAA Qualifying Weekend

Thursday

Combined Events

| | |
|----------|------------------------------|
| 1:00 pm | Decathlon 100 Meters |
| 1:30 pm | Heptathlon 100 Meter Hurdles |
| ~1:45 pm | Decathlon Long Jump |
| ~2:15 pm | Heptathlon High Jump |
| ~3:00 pm | Decathlon Shot Put |
| ~4:00 pm | Heptathlon Shot Put |
| ~4:15 pm | Decathlon High Jump |
| ~5:15 pm | Heptathlon 200 Meters |
| ~6:00 pm | Decathlon 400 Meters |

FRIDAY

Combined Events

| | |
|-----------|-----------------------------|
| 9:00 am | Decathlon 110 Meter Hurdles |
| 9:30 am | Heptathlon Long Jump |
| ~9:45 am | Decathlon Discus |
| ~10:45 am | Heptathlon Javelin |
| ~11:15 am | Decathlon Pole Vault |
| ~12:00 pm | Heptathlon 800 Meters |
| ~2:45 pm | Decathlon Javelin |
| ~4:10 pm | Decathlon 1500 Meters |

Friday

All running events are preliminaries except 10K & 3000m Steeplechase

Time Field Event

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|----------|----------------|
| 12:30 pm | Hammer (W) |
| 12:30 pm | Shot Put (M) |
| 12:30 pm | High Jump (M) |
| 12:30 pm | Long Jump (W) |
| 3:00 pm | Pole Vault (M) |
| 3:30 pm | High Jump (W) |
| 3:30 pm | Hammer (M) |
| 3:30 pm | Shot Put (W) |
| 3:30 pm | Long Jump (M) |

Time Running Event

| | |
|----------|--------------------------------|
| 10:00 am | 10,000 Meters (W) - Final |
| 11:00 am | 10,000 Meters (M) - Final |
| 12:00 pm | Heptathlon 800 Meters (W) |
| 12:50 pm | 3000 Meter Steeple (W) - Final |
| 1:10 pm | 3000 Meter Steeple (M) - Final |
| 1:30 pm | 1500 Meter (W) |
| 1:45 pm | 1500 Meter (M) |
| 2:00 pm | 100 Meter Hurdles (W) |
| 2:15 pm | 110 Meter Hurdles (M) |
| 2:30 pm | 400 Meters (W) |
| 2:45 pm | 400 Meters (M) |
| 3:00 pm | 100 Meters (W) |
| 3:15 pm | 100 Meters (M) |
| 3:30 pm | 800 Meters (W) |
| 3:50 pm | 800 Meters (M) |
| 4:10 pm | Decathlon 1500 Meters (M) |
| 4:20 pm | 400 Meter Hurdles (W) |
| 4:40 pm | 400 Meter Hurdles (M) |
| 5:00 pm | 200 Meters (W) |
| 5:15 pm | 200 Meters (M) |

Saturday

Relays will be run as 2-section final with the fast section running last

Time Field Events

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|----------|------------------|
| 11:00 am | Javelin (W) |
| 11:00 am | Discus (M) |
| 11:00 am | Triple Jump ((M) |
| 11:00 am | Pole Vault (W) |
| 2:00 pm | Javelin (M) |
| 2:00 pm | Discus (W) |
| 2:00 pm | Triple Jump (W) |

Time Running Events

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|---------|------------------------|
| 1:00 pm | National Anthem/Pledge |
| 1:05 pm | 4x100 Meter Relay (W) |
| 1:15 pm | 4x100 Meter Relay (M) |
| 1:25 pm | 1500 Meter Run (W) |
| 1:40 pm | 1500 Meter Run (M) |
| 1:55 pm | 100 Meter Hurdles (W) |
| 2:10 pm | 110 Meter Hurdles (M) |
| 2:20 pm | 400 Meters (W) |
| 2:25 pm | 400 Meters (M) |
| 2:35 pm | 100 Meters (W) |
| 2:40 pm | 100 Meters (M) |
| 2:45 pm | 800 Meters (W) |
| 2:50 pm | 800 Meters (M) |
| 3:00 pm | 400 Meter Hurdles (W) |
| 3:10 pm | 400 Meter Hurdles (M) |
| 3:20 pm | 200 Meters (W) |
| 3:25 pm | 200 Meters (M) |
| 3:35 pm | 5000 Meters (W) |
| 4:00 pm | 5000 Meters (M) |
| 4:25 pm | 4x400 Meter Relay (W) |
| 4:40 pm | 4x400 Meter Relay (M) |
| 5:00 pm | Awards Ceremony |