



### Indoor Track & Field Meet Sanford-Jackrabbit Athletic Complex - Brookings, S.D. February 8-9, 2019

### Meet Information

#### Seeding

All races will be seeded as finals against time, with the exception of the 60m and the 60m Hurdles. The number of preliminary heats will determine the qualification procedures to the finals, per NCAA rules.

If needed, semifinals will be determined by the number of entries in the 60m and 60m Hurdles. Finals for the 60m and 60m Hurdles will be a one heat final, following NCAA rules.

In the field events, top nine marks from preliminaries will advance to finals.

#### Lanes

For the 60m and 60m Hurdles, all lanes will be used.

For the 200m, 400m, 600m and the 4x400m Relay, all lanes will be used.

Preferred lanes are:

60m .....	5-4-6-3-2-7-8-1
200m .....	7-6-8-5-4-3-2-1
400m/600m/4x400m Relay .....	6-5-7-8-4-2-1

#### Team Scoring

The meet will be scored to 8 places excluding unattached athletes.

#### Entry Procedures

Online only at Direct Athletics.

Suggested entry marks would come from the 2017-2018 INDOOR or 2018-2019 INDOOR seasons. Coaches can adjust for track sizes using the standard NCAA adjustments (which are more generous than NAIA).

Direct Athletics will pull marks from 2018-19 Indoor Season to assist you in making entries. You can enter marks a previous season or reasonable speculative mark in an event that an athlete does not have a registered mark.

For speculative marks please add a comment explaining the mark.

Unattached/Post Collegiate athletes must register in Direct Athletics, this does not include unattached athletes redshirting a season.

For the 4x400m relay, a school can enter a maximum of two teams with the top 16 schools being placed in the first and second heats.

Faster "B" relay teams will be seeded, where appropriate, in heats three and up.

Season-best marks will be used to seed all "A" 4x400m relays, adjusted for track for size.

Coaches will be asked to declare their teams after the completion of the open 400m.

Speculative marks for "B" teams will be allowed but cannot be faster than your school's season best mark.

Speculative marks will be allowed for the Distance Medley and 4x800m relays.

Sprint races (200m, 400m, 600m) will run fast to slow sections, distance races will run slow to fast.

Make sure to print out a hard copy of your records after you have declared.

**You may begin processing entries on January 21st.** Final entries must be declared **no later than 11:59 a.m. CST on Wednesday February 6th.**

Please note, you will be required to submit payment over the website **BEFORE** declaring your entries (see section below).

A performance list will be emailed on February 6th.

Heats/flights will be posted on February 7th by 5 p.m.

NCAA Rule: Section 1. Misconduct: Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up, that discredits the event or intercollegiate athletics. Misconduct includes the intentional reporting of false marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management.

**High School Mile:** There will be an open mile race for school-aged athletes grade 7-12. There is no entry fee, but participants must email Anna Bearss, by February 4th ([Anna.Bearss@sdstate.edu](mailto:Anna.Bearss@sdstate.edu)). There is no entry fee, but you will have pay to get into the meet.





## Meet Information

### Entry Fees

\$25 per individual entered, not to exceed \$350 per team.

Combined team entry fee not to exceed \$700 for dual-gender programs.

Preferred payment will be by credit card.

If entries are declared on Direct Athletics without payment being submitted prior to declaration an additional \$150 fee will be assessed regardless of the number of entries for that team.

There may be additional handling fees charge by Direct Athletics.

All unattached/post collegiate athletes must pay their entries at the time of declaration via credit card or they will scratched from the meet, they should create their own accounts on Direct Athletics.

### Packets

A limited number of heat sheets and schedules will be available on both days at the check-in table. Coaches are encouraged to print their own.

### Relay Cards

No relay cards will be need, unless you are making changes to your entered athletes. Changes should be submitted at the clerking table on the infield.

### Warm-Up Areas

On the infield around the team camp area and on the backstretch of the track when races taking place are less than 200m.

### Check-In

**Track Athletes** – check in **45 minutes** prior to the start of your event under the tent located in the infield.

**Field Event Athletes** – check in **one hour** prior to the start of your event/flight at the event site.

### Implement Certification

All implements in both the Weight Throw and Shot Put will be checked-in in near the concession stand outside the track 90 minutes prior to the event's start time.

*Dependent on the number of flights, additional certification times may become necessary.*

Please do not bring implements to the inspection table before check-in.

### Minimum Marks & Opening Heights

*First attempts will be measured then all additional marks must meet the following minimums (subject to change based on entries).*

- **Women's Events -**
  - Long Jump: 15-00.00
  - Triple Jump: 31-00.00
  - Pole Vault: 9-00.00
  - High Jump: 4-08.00
- **Men's Events -**
  - Long Jump: 19-00.00
  - Triple Jump: 39-00.00
  - Pole Vault: 12-00.00
  - High Jump: 5-10.00

### Shower Facilities

There will be *very limited* shower access in the building.

### Facility Restrictions

The use of 1/4" (or shorter) pyramid spikes will only be permitted.

**NO MARKING CHALK** will be allowed on the track or the runways.

No hard shell 20# or 35# weights allowed.

Only indoor shot put implements allowed.

**NO FOOD or SUGARY SPORT DRINK ALLOWED ON THE TURF.**

Team Camps should be contained to the assigned areas on the turf or outside the track.

Athletes looking for a quiet area can proceed to the Briggs Library southwest of the indoor facility or the University Student Union 1/2 mile south.

### Pre-Meet Warm-Up

For those teams wishing to practice on the track on **Thursday, February 7th**, contact Coach Tyler Lippert ([tyler.lippert@sdstate.edu](mailto:tyler.lippert@sdstate.edu)) by **February 5th**.

The track will be open for general warm up on **Friday, February 8th at 11 a.m.**

### Training Room

Athletic training services will be provided near the garage located inside the indoor complex on the northwest corner.

If your team is traveling without a trainer and athlete needs treatment, please bring a note specifying the treatment



### Meet Information

#### Team Parking

Vans and cars should park east of the facility.

Buses should drop your athletes in the east lot and then park northwest of the facility near the motor pool facility on both Friday and Saturday.

#### Spectator Parking

Please park on the west side of the football stadium and Sanford-Jackrabbit Athletic Complex, and the lots northwest of the facility.

Enter on the First Bank & Trust entrance on the northwest side of the SJAC. Doors will be **LOCKED** on the east, west, south and northeast sides. See map of campus here ([https://www.sdstate.edu/sites/default/files/2017-07/2017pkgs\\_all\\_0.jpg](https://www.sdstate.edu/sites/default/files/2017-07/2017pkgs_all_0.jpg)).

#### Results

Live results at [www.results.dakotatiming.com](http://www.results.dakotatiming.com). Results will be posted in the building.

#### Awards

The winner in each event including each member of a winning relay team in each relay event will receive an award.

### Contact Information

#### Coaching Staff

**Head Coach** ..... **Rod DeHaven**  
 ..... Distance  
 Alma Mater ..... South Dakota State, '89  
 Season with SDSU ..... 15th  
 Email ..... [rod.dehaven@sdstate.edu](mailto:rod.dehaven@sdstate.edu)

**Associate Head Coach** ..... **Eric Hanenberger**  
 ..... Sprints, Hurdles, Multi's  
 Alma Mater ..... Northern Iowa, '04  
 Season with SDSU ..... 4th  
 Email ..... [eric.hanenberger@sdstate.edu](mailto:eric.hanenberger@sdstate.edu)

**Associate Head Coach** ..... **David St. John**  
 ..... Jumps, Multi's  
 Alma Mater ..... Arkansas State, '90  
 Season with SDSU ..... 11th  
 Email ..... [david.stjohn@sdstate.edu](mailto:david.stjohn@sdstate.edu)

**Assistant Coach** ..... **Tyler Lippert**  
 ..... Throws  
 Alma Mater ..... Western Illinois, '13  
 Seasons with SDSU ..... 3rd  
 Email ..... [tyler.lippert@sdstate.edu](mailto:tyler.lippert@sdstate.edu)

**Graduate Assistant Coach** ..... **Anna Bearss**  
 Alma Mater ..... Indiana State, '18  
 Season with SDSU ..... 1st  
 Email ..... [anna.bearss@sdstate.edu](mailto:anna.bearss@sdstate.edu)

#### Sports Information

**Graduate Assistant/T&F SID** ..... **Blake Henderson**  
 Cell ..... (319) 334-0289  
 Email ..... [blake.henderson@sdstate.edu](mailto:blake.henderson@sdstate.edu)

**Director** ..... **Jason Hove**  
 Office ..... (605) 688-4623  
 Email ..... [jason.hove@sdstate.edu](mailto:jason.hove@sdstate.edu)





### FINAL Meet Schedule (Updated: Feb. 7 at 8:00PM)

### Friday, February 8, 2019

#### Field Events

(F1 - Flight 1, F2 - Flight 2, F3 - Flight 3, etc.)

2:00 PM	Women	Weight Throw	F1, F2, F3
2:00 PM	Men	Shot Put	F1, F2
2:00 PM	Women	Long Jump	Using 2 Pits: East - F2, F4, F6 ... West - F1, F3, F5
2:00 PM	Men	Pole Vault	2 Pits: F1 First, F2 60 Minutes After
2:00 PM	Women	High Jump	2 Pits: Big Pit - 1.60m Jumpers
4:30 PM	Men	Weight Throw	F1, F2, F3
4:30 PM	Women	Shot Put	F1, F2, F3
5:00 PM	Men	Long Jump	Using 2 Pits: West - F2, F4, F6 ... East - F1, F3, F5

#### Track Events

2:00 PM	Women	Distance Medley Relay		1 Heat
2:15 PM	Men	Distance Medley Relay		1 Heat
2:30 PM	Women	60m Hurdles	Prelims	9 Heats
3:00 PM	Men	60m Hurdles	Prelims	8 Heats
3:30 PM	Women	60m	Prelims	12 Heats
3:55 PM	Men	60m	Prelims	14 Heats
4:25 PM	Women	600m	Fast to Slow	9 Heats
4:55 PM	Men	600m	Fast to Slow	7 Heats
5:20 PM	Women	200m	Fast to Slow	17 Heats
5:50 PM	Men	200m	Fast to Slow	18 Heats
<b>6:25 PM</b>		<b>BREAK - DINNER</b>		
6:45 PM	Women	3,000m		Heat 3
6:57 PM	Men	3,000m		Heat 4
7:15 PM	Women	1,000m	Slow to Fast	4 Heats
7:35 PM	Men	1,000m	Slow to Fast	5 Heats
7:55 PM	Women	3,000m		Heats 1 & 2
8:20 PM	Men	3,000m		Heats 1, 2, & 3





### FINAL Meet Schedule (Updated: Feb. 7 at 8:00PM)

### Saturday, February 9, 2019

#### Field Events

(F1 - Flight 1, F2 - Flight 2, F3 - Flight 3, etc.)

11:00 AM	Men	Weight Throw	F4, F5, F6
11:00 AM	Women	Shot Put	F4, F5, F6
11:00 AM	Women	Triple Jump	Using 1 Pit
11:00 AM	Women	Pole Vault	Using 1 Pit
11:00 AM	Men	High Jump	F1 first, F2 starts 30 Minutes After
2:00 PM	Men	Triple Jump	Using 1 Pit
2:00 PM	Men	Shot Put	F3, F4, F5
2:00 PM	Women	Weight Throw	F4, F5, F6

#### Track Events

9:30 AM	Women	5000m	Heat 1
9:55 AM	Men	5000m	Heat 1
10:15 AM	Women	Mile	Heats 1, 2, & 3
10:40 AM	Men	Mile	Heats 1, 2, & 3
11:00 AM	Women	5000m	Heat 2
11:20 AM	Men	5000m	Heat 2
11:40 AM	Women	800m	Heats 1,2, & 3
11:52 PM	Men	800m	Heats 1, 2, 3, & 4
<b>12:15 PM</b>		<b>BREAK - LUNCH</b>	
<b>12:45 PM</b>	<b>Girls</b>	<b>Mile</b>	<b>HIGH SCHOOL</b>
<b>12:52 PM</b>	<b>Boys</b>	<b>Mile</b>	<b>HIGH SCHOOL</b>
1:00 PM	Women	Mile	Heats 4, 5, & 6
1:20 PM	Men	Mile	Heats 4, 5, & 6
1:40 PM	Women	800m	Heats 4, 5, & 6
1:50 PM	Men	800m	Heats 5, 6, & 7
<b>2:00 PM</b>		<b>FASTEST STUDENT ON CAMPUS</b>	
2:05 PM	Women	60m	Semi-Finals
2:15 PM	Men	60m	Semi-Finals
2:30 PM	Men	60m Hurdles	Semi-Finals
2:45 PM	Women	60m Hurdles	Semi-Finals
3:00 PM	Women	400m	Fast to Slow 11 Heats
3:35 PM	Men	400m	Fast to Slow 15 Heats
4:10 PM	Women	60m Hurdles	Finals
4:20 PM	Men	60m Hurdles	Finals
4:30 PM	Women	60m	Finals
4:35 PM	Men	60m	Finals
4:40 PM	Women	4x800m Relay	
4:50 PM	Men	4x800m Relay	
5:00 PM	Women	4x400m Relay	Slow to Fast 3 Heats
5:25 PM	Men	4x400m Relay	Slow to Fast 4 Heats

