

JIM EMMERICH ALUMNI MEET

JANUARY 24, 2026

HOSTED BY SOUTH DAKOTA STATE UNIVERSITY

INDOOR TRACK & FIELD MEET

SANFORD-JACKRABBIT ATHLETIC COMPLEX 1440

Jackrabbit Blvd.

Brookings, SD 57007

MEET INFORMATION

This is a scored meet with the following schools: University of North Dakota, University of St. Thomas, University of South Dakota, University of Nebraska Omaha and South Dakota State University. Only athletes from these institutions will be allowed to compete in the meet with the exception of alumni from South Dakota State University.

There will be an exhibition discus competition on Friday evening beginning at 7:30pm.

There is no entry fee.

ENTRY PROCEDURES

First register your roster in Direct Athletics. Make sure your roster is also updated in athletic.net. Meet entries will be done through Athletic.Net. Again, please make sure your track and field roster is FIRST registered with Direct Athletics prior to entering the meet entries on Athletic.Net. Please see page 4 for a step-by-step process

Athletic.Net will pull seed marks from the 2024-25 and 2025-26 Indoor season. Speculative marks should be used sparingly.

Entries will be open on January 1, 2026. Entries will close on January 22, 2026 at NOON.

Heats/Flights will be emailed on January 23, 2026.

NCAA Rule: Section 1. Misconduct: Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of 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.

World Athletics/USATF Sanctioned Competition

This meet will be World Athletics/USATF Sanctioned. Shoe policy will be enforced for all athletes regardless of division or distinction.

ENTRY FEES

None

SEEDING

All races will be seeded as finals against time, except for both the 60m Dash 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 Dash and 60m Hurdles. Finals for the 60m Dash and 60m Hurdles will be a one heat final following the NCAA rules.

Sections and lanes will be determined using the 2025 and 2026 NCAA Rule Book.

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

RESULTS

Live Results at www.results.dakotatiming.com

TEAM SCORING

The meet will be scored under the NCAA Rule Book Only one relay team will be counted in the team scoring.

Men's Scoring with 4 teams: 9-7-6-5-4-3-2-1 individual events, 9-7-6-5 relay event. Max of 2 individual entries can score per event and only one relay can score.

Women's Scoring with 5 teams: 10-8-6-4-2-1 individual events, 10-8-6-4-2 relay event. All individuals can score in the competition and only one relay can score.

The discus will not be scored.

LANES

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

For the 200m, 400m, 600m and the 4x400m Relay, lanes 1-6 per NCAA rules will be used. All 8 lanes will be used for the 60m, 60m hurdles and the 300m.

Preferred lanes are:

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

For the 200m and 400m a two section invite section will be used. No speculative marks will be allowed for seeding, converted marks for track size will be accepted. Scoring for these events will be based off the invite sections and not the open sections.

For the 4x400m each school will have an entry in the fast section. B,C,D, etc. teams would be in the slow sections if needed.

RELAY CARDS

None unless you are changing your team from your original entry-complete upon checking in.

WARM-UP AREAS

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

EVENT CHECK-IN

Track Athletes: Check in 45 minutes prior to start of your event at the table located near the common finish line

Field Event Athletes: Check in 60 minutes prior to the start of your event/flight at the event site.

IMPLEMENT CERTIFICATION

Next to the concession stands on the northeast side of the complex.

NCAA Weight Throw Rule Change-all equipment will be required to meet these requirements:

3-8 Require harness must have a minimum of four straps that are sewn to cross underneath the head of the implement.

The harness, if the implement includes a harness, shall be fabricated from a minimum of four structural straps sewn together to form a sling, with the four structural straps of webbing crossing underneath the head of the implement.

- 1) Netting shall not be used for this purpose.
- 2) The harness must not stretch or show evidence of elasticity or malformation before, during or after the competition.

All implements in both the Weight Throw and Shot Put will be checked-in at the event site 60 minutes prior to the event's start time.

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

SHOWER FACILITIES

There will be *very limited* shower access in the building. Those needing showering facilities should contact Rod DeHaven at rod.dehaven@sdstate.edu prior to the meet to arrange for showers.

FACILITY RESTRICTIONS

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

NO MARKING CHALK will be allowed on track or runways. Athletic tape will be allowed for marking on the track or runways.

NO hard shell 20# or 35# weights allowed.

ONLY indoor shot put implements allowed.

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

Limit Food and Drink on the turf to areas where your team has a tarp! Please change your spikes prior to the meet-they are very difficult to sweep off the turf.

Team Entrance to the Building: East Door of the building on Jackrabbit Blvd.

Parking:

Bus Parking: Drop off your athletes at the East Door and then have your driver park northwest of the facility. Van

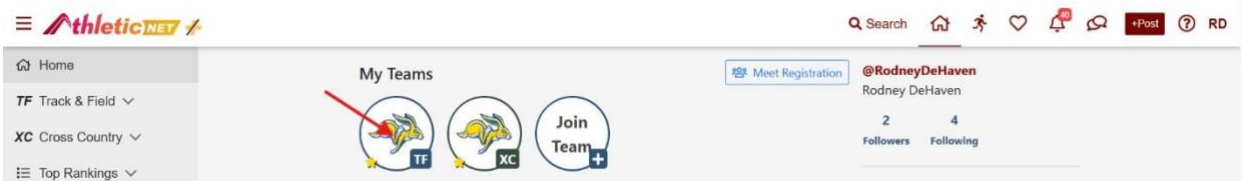
Parking: Park in the lot east of the facility.

Spectator Admissions and Parking-First Bank and Trust Entrance north side of the building on Friday. Fan parking will be in the lot northwest of the building. Admission charge of \$10.00 Adults, Middle, High School, Middle School and Grade School students. Children under 5 are free. Please bring cash. All fans must stay outside of the oval for spectating.

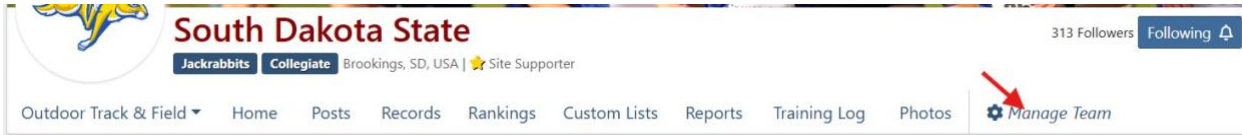
DECLARING REDSHIRT ATHLETES ON YOUR ATHLETIC NET ROSTER:

This is done AFTER importing your TFRRS roster to your team's Athletic Net roster (follow Athletic Net's step by step Roster Import instructions.

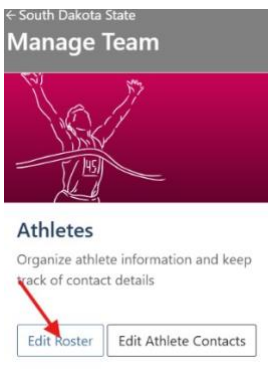
Step 1: Select your team (TF)



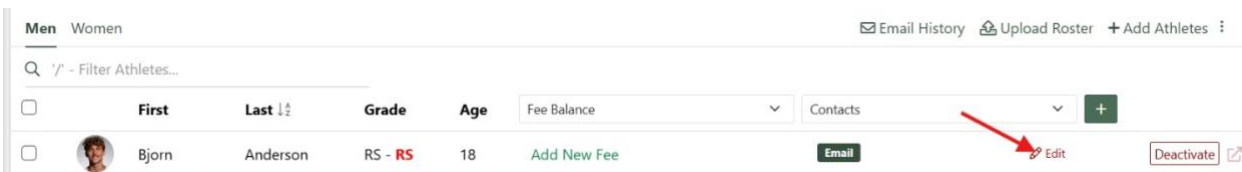
Step 2: Click on Manage Team



Step 3: Click on Edit Roster



Step 4: Click on "Edit" next to the athlete you want declared as a Redshirt



Step 5: Go to "Athlete tab" -> Select "Redshirt" from dropdown box next to Grade -> Check Redshirt Box -> Click "Done"

