

SIAC Track & Field Championship
Presented by Coach O Event Management

**April 24-26, 2014
Belk Track Complex
Winthrop University
Rock Hill, South Carolina**



We are very excited to announce that the 2014 SIAC Track & Field Championship will be held at Winthrop University in Rock Hill, South Carolina, on April 24-26, at the Irwin Belk Track & Field Complex.

This manual will provide you with necessary administrative details and other championship information.

The goal of the SIAC is to provide a quality championship atmosphere which is representative of the competitive programs in the conference.

Best wishes to all teams and may good sportsmanship prevail.

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Jury of Appeals

Charles Oliver
Stanley Underwood
Ben Paxton

**SIAC Schedule
April 24, 2014**

COMBINED EVENTS

8:00 am Decathlon (Day 1) FINAL
8:30 am Heptathlon (Day 1) FINAL

FIELD EVENTS

2:00 pm Shot Put (Men) FINAL
3:00 pm Long Jump (Men) FINAL
3:00 pm Long Jump (Women) FINAL
4:00 pm Shot Put (Women) FINAL
6:00 pm Hammer Throw (Men) FINAL
8:00 pm Hammer Throw (Women) FINAL

4:45 pm OPENING CEREMONY

4:50 pm REGULAR SEASON AWARDS CEREMONY



TRACK EVENTS

5:00 pm 200 Meter Dash (Men) PRELIM
5:15 pm 200 Meter Dash (Women) PRELIM
5:40 pm 400 Meter Int. Hurdles (Men) PRELIM
5:55 pm 400 Meter Int. Hurdles (Women) PRELIM
6:10 pm 800 Meter Run (Men) PRELIM
6:25 pm 800 Meter Run (Women) PRELIM
6:40 pm 4 X 100 Meter Relay (Men) PRELIM
6:55 pm 4 X 100 Meter Relay (Women) PRELIM
7:15 pm 10,000 Meter Run (Men) FINAL
8:00 pm 10,000 Meter Run (Women) FINAL

April 25, 2014

COMBINED EVENTS

8:00 am Decathlon (Day 2) FINAL
8:30 am Heptathlon (Day 2) FINAL

FIELD EVENTS

1:00 pm High Jump (Women) FINAL
3:00 pm Discus (Men) FINAL
3:30 pm Triple Jump (Men) FINAL
3:30 pm Pole Vault (Men) FINAL
3:30 pm Triple Jump (Women) FINAL
6:00 pm Discus (Women) FINAL

TRACK EVENTS

5:00 pm 110 Meter Hurdles (Men) PRELIM
5:15 pm 100 Meter Hurdles (Women) PRELIM
5:30 pm 1,500 Meter Dash (Men) PRELIM
5:45 pm 1,500 Meter Dash (Women) PRELIM
6:00 pm 400 Meter Run (Men) PRELIM
6:15 pm 400 Meter Run (Women) PRELIM
6:30 pm 100 Meter Dash (Men) PRELIM
6:45 pm 100 Meter Dash (Women) PRELIM
7:00 pm 4 x 400 Meter Relay (Men) PRELIM
7:15 pm 4 x 400 Meter Relay (Women) PRELIM
7:30 pm 3,000 Meter Steeplechase (Men) FINAL
7:50 pm 3,000 Meter Steeplechase (Women) FINAL

SIAC Schedule (continued)
April 26, 2014

FIELD EVENTS

9:00 am	Javelin Throw (Men) FINAL
10:00 am	Pole Vault (Women) FINAL
12:00 pm	Javelin Throw (Women) FINAL
3:00 pm	High Jump (Men) FINAL

TRACK EVENTS

1:30 pm	4 x 100 Meter Relay (Men) FINAL
1:35 pm	4 x 100 Meter Relay (Women) FINAL
1:40 pm	1,500 Meter Run (Men) FINAL
1:50 pm	1,500 Meter Run (Women) FINAL
2:05 pm	110 Meter Hurdles (Men) FINAL
2:25 pm	100 Meter Hurdles (Women) FINAL
2:35 pm	400 Meter Dash (Men) FINAL
2:45 pm	400 Meter Dash (Women) FINAL
2:55 pm	100 Meter Dash (Men) FINAL
3:05 pm	100 Meter Dash (Women) FINAL
3:15 pm	800 Meter Run (Men) FINAL
3:25 pm	800 Meter Run (Women) FINAL
3:40 pm	400 Meter Hurdles (Men) FINAL
3:55 pm	400 Meter Hurdles (Women) FINAL
4:15 pm	200 Meter Dash (Men) FINAL
4:25 pm	200 Meter Dash (Women) FINAL
4:35 pm	5,000 Meter Run (Men) FINAL
4:55 pm	5,000 Meter Run (Women) FINAL
5:25 pm	4 x 400 Meter Relay (Men) FINAL
5:35 pm	4 x 400 Meter Relay (Women) FINAL

Directions to Belk Track Complex

Belk Track Complex Address:

1162 Eden Terrace
Rock Hill, SC 29733

From Wingate by Wyndam

Take Galleria blvd. to Dave Lyle, turn left onto Dave Lyle blvd/sc122 W. Take the SC-121 ramp toward Fort Mill/Chester. Keep right at the fork to go on S. Anderson Rd/US-21 bypass/SC-121/SC-72 bypass. Turn left onto Bird St. Turn right onto University Dr. Turn left onto Eden Terrace. Take a left into the Winthrop Coliseum parking lot. Follow Winthrop Lake Dr. and end at the Belk Track Complex (49 on map).

From Hampton Inn

Take a right onto Dave Lyle Blvd/SC-122 W. Take the SC-121 ramp toward Fort Mill/Chester. Keep right at the fork to go on S. Anderson Rd/US-21 bypass/SC-121/SC-72 bypass. Turn left onto Bird St. Turn right onto University Dr. Turn left onto Eden Terrace. Take a left into the Winthrop Coliseum parking lot. Follow Winthrop Lake Dr. and end at the Belk Track Complex (49 on map).

From Holiday Inn

Take a right onto Dave Lyle Blvd/SC-122 W. Take the SC-121 ramp toward Fort Mill/Chester. Keep right at the fork to go on S. Anderson Rd/US-21 bypass/SC-121/SC-72 bypass. Turn left onto Bird St. Turn right onto University Dr. Turn left onto Eden Terrace. Take a left into the Winthrop Coliseum parking lot. Follow Winthrop Lake Dr. and end at the Belk Track Complex (49 on map).

From Courtyard by Marriott

Start out west on River Run Court, turn left onto Riverchase Blvd, turn left onto Celenese Road/161, turn right onto Cherry Road, turn left onto Richmond Drive at Margue, go across eden terrace into coliseum parking lot, follow Winthrop lake dr. and end at Belk Track Complex.



Practice Times

The Belk Track Complex will be available starting Wednesday, April 23 from 9:00 am - 7:00 pm.

Hospitality

Hospitality will be available to all VIP's, officials, and staff with proper credentials; those without credentials will be unable to enter. The hospitality Tent is located at the far end of the track closest to the parking lot.

The hours are as follows:

Thursday, April 24, 2014 8:00 pm-8:00 pm

Friday, April 25, 2014 8:00 am-8:00 pm

Saturday, April 26, 2014 8 am-6pm

Meals will be served at 12:00 noon and 5:00 pm on Thursday and Friday and 12:00 noon on Saturday.

Parking

Team Buses: Team buses will need to drop off all participants in the main track parking lot at the Tent City gate. They will then need to park in the coliseum parking lot for the remainder of the competition.

Officials/VIP: Parking will be available for all VIP's and officials in the golf parking lot. Parking passes will be required in this lot. These will be given to you upon arrival.

Spectators: Spectators will be able to park in the main track parking lot. All overflow traffic will need to park on golf course. There will be some staff available to direct traffic. Parking is free of charge.

Tickets

There will be no charge for the 2014 SIAC Track & Field Championship.

A complimentary program will be distributed at the main entrance.

Team Camps

All teams will be able to set up team camps along the backstretch of the track in Tent City. Team tents will not be provided. We ask that all outside food and drink remain in this area.

Restroom Facilities

Restrooms will be available to both spectators and student-athletes in the main building behind the stands. Four port-a-johns will also be available around the track as well as tent city.

Locker Rooms

Teams will not have access to locker rooms during the 2014 SIAC Track & Field Championship.

Coaches Meeting

The coaches meeting will be held in the Eagle Club Room of the coliseum on Wednesday, April 23, 2014 at 7:00 pm. This is a mandatory meeting and at least one representative from each institution's coaching staff is required to attend. Championship gifts and credentials will be handed out at this time. Light snacks will be provided for all in attendance, starting at 6:45 pm.

Officials Meeting

Officials, meeting in the Eagle Club Room of the coliseum on Wednesday, April 23, 2014 at 8:15.

Protests

Protest forms should be available to all head coaches. All protests must be made in writing to the clerk of the course. All protests will be acted upon in accordance with NCAA Track and Field rules.

Scoring/Awards

Scoring for the meet is as follows:

First Place	10 points	Fifth Place	4 points
Second Place	8 points	Sixth Place	3 points
Third Place	6 points	Seventh Place	2 points
Fourth Place	5 points	Eight Place	1 point

The awards for each event will be awarded while the meet is in progress, on the infield of the Belk Track Complex.

The overall team awards shall be presented immediately following the conclusion of the meet.

Implement Weigh-In

All multi-event field implements must be weighed in prior to the start of Thursday's competition. Implement check-in will open two hours prior to start time in the shed next to the soccer stands. Weighin will close 60 minutes before the event start. Implements will be impounded after weigh-in and be released back to the athlete at the implement weigh-in area at the conclusion of the competition. Any implement may be weighed in at any other event's specified time, but no later than the time designated for that particular implement's event.

Weigh-in Schedule:

Thursday, April 24	Combined Events	6:30 AM
	Shot Put – Men	11:00 AM
	Shot Put – Women	1:00 PM
	Hammer – Men	3:00 PM
	Hammer – Women	5:00 PM
Friday, April 25	Combined Events	6:30 AM
	Discus – Men	12:00 PM
	Discus – Women	3:00 PM
Saturday, April 26	Javelin – Men	7:00 AM
	Javelin – Women	9:00 AM

Registration/Entry Procedure

The following team entry procedure will be utilized:

- Each team is limited to three (3) entries per event and one (1) per relay.

Entry deadline. 11:59 PM Monday April 21, 2014

Entries for the championships may only be submitted online, through Coacho.com.

No additions or event changes can be made after this deadline.

The meet will be seeded according to 2014 SIAC & NCAA Track & Field Championship rules.

Tuesday, April 22, 2014

6:00 pm. Heat sheets will be reviewed by the games committee via teleconference call or in-person meeting.

Wednesday, April 23, 2014

7:00 pm. Coaches Technical Meeting (Hard copy of heat sheets distributed)

Check-In Procedure

All athletes must check-in to the meet clerk no later than 30 minutes prior to the start of a running event. Athletes competing in a field event may check in with the designated event officials any time prior to the start of the event.

Note: The entry period for the SIAC Championship closes at 11:59 PM EDT on Monday, April 21. All Scratches for any athlete from any event must be received by that deadline. NCAA Rule 4, Section 2, Article 2 requires all competitors to participate in the trials or finals of all events in which they were entered. Failure to do so will bar the athlete from all remaining events at the Championship.

Athletic Training

The athletic training room is located on the north side of the Belk Track complex (closest to the track stands). An athletic training tent will also be available at the east end of the track closest to the finish line. The Athletic trainer will be out at the track an hour and a half before the first event and will stay there until the completion of the last event each day.

Supplies provided in training room:

- o Hot hydro collator
- o Ultrasound*
- o Electrical stimulation*
- o Whirlpool
- o Injury ice

*written authorization required from an ATC on athletes unaccompanied by a certified athletic trainer

Supplies provided in training tent:

- o Two 10 gallon water coolers
- o Injury ice with bags
- o Cups
- o Cramer splint bag (for emergency use)
- o Spine board (for emergency use)
- o Crutches (for emergency use)
- o AED (for emergency use)

Water coolers and cups will be set up around the track.

Inclement Weather directions

In the event of lightning, all teams will be directed by public announcement, to their buses in the coliseum parking lot. Teams will need to remain in bus until further notice.

Credentials

Credentials will be distributed Wednesday Evening at the coaches meeting.

Restaurants

Dine In

Fatz Cafe	803-980-6500	478 S. Herlong Ave
Michaels Rock Hill Grill	803-985-3663	1039 Charlotte Ave
The Kickin' Pig	803-980-2689	1227 Cherry Road

Fast Food

Bojangle's	803-366-8623	2381 Cherry Road
Bud's Mexican	803-324-0644	2147 N. Cherry Road
Buffalo Wild Wings	803-328-9464	1460 Meeting Blvd
Chick-Fil-A	803-980-8080	2245 Dave Lyle Blvd
	803-325-1323	2415 Cherry Road
Jersey Mike's	803-980-6453	725 Cherry Road
Ledo Pizza	803-980-5336	489 S. Herlong Ave
McDonald's	803-366-2259	I-77 and Cherry Road
Moe's Southwest Grill	803-980-6637	1910 Cinema Dr
Papa John's Pizza	803-327-7112	1389 E. Main Street
Penn Station Subs	803-366-7366	2012 Cherry Road
Sonic Drive-In	803-325-7838	1648 Celanese Road
The Little Café	803-329-1440	1919 Cherry Road



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