



PSAC CROSS COUNTRY & TRACK AND FIELD COACHES CONFERENCE CALL MINUTES

Thurs., September 1, 2011

Programs Represented on Call: Bloomsburg, California, Cheyney, Clarion, East Stroudsburg, Edinboro, Indiana, Kutztown, Lock Haven, Mansfield, Millersville, Shippensburg, West Chester.

Administrator Liaisons: Anthony Grant (Millersville), Danielle Barney (Lock Haven)

I. PSAC Updates

- a. New Credentials for Championships (The PSAC will be creating credentials for championships / host institutions will need to provide a schedule of events for the conference office to include on the credential)
- b. PSAC Champion Scholar Award (awarded to top student-athlete in each sport at the championships), and the Top Team GPA Award (awarded to team with highest GPA in each sport at the championship)

II. 2011-2012 CHAMPIONSHIPS

Cross Country

2011 PSAC Cross Country Championship-October 22, 2011 at Mansfield University

Indoor Track & Field

2012 PSAC Indoor Track and Field Championship- February 25-26, 2012 at Edinboro University

Outdoor Track & Field

2012 PSAC Outdoor Track and Field Championship- May 3-5, 2012 at Bloomsburg University

III. FUTURE COMPETITION HOSTS

- a. 2012 Cross Country (October 20, 2012) Slippery Rock University
- b. 2013 Cross Country (tbd) Kutztown University
- c. 2013 Indoor Track & Field (February 25-26, 2013) East Stroudsburg
- d. 2013 Outdoor Track & Field (May 9-11, 2013) Millersville University

IV. TRACK & FIELD STANDARDS REVIEW

Coaches decided that Aaron Russell (Lock Haven) and Dan Caulfield (California) would again examine current standards and determine what changes were necessary to provide for the best championships field for the upcoming year. It was remarked that in conjunction with a subsequent games committee review, the group will focus on maintaining the PSAC's national competitiveness as well as for providing a robust, enjoyable, and manageable championship field. This annual review of standards takes into account past performances in all events by PSAC student-athletes using national standards as an additional baseline. While any procedure is vulnerable to the usual ebbs and tides of events which are for the most part unpredictable, the PSAC standards review process has established a history of serving the teams and student-athletes well.

V. OPERATING CODE

(changes indicated in red)

INDOOR TRACK AND FIELD

3.2.6.2 Guidelines for Finals (55m and 55m Hurdles): NCAA rule 10-5 shall be followed. The 55m and 55m hurdles will consist of a two heat final with four runners in each heat, **or a one-heat, eight-runner final if the facility can accommodate such an arrangement.** The heat winners shall advance to the finals. All other qualifiers shall advance on the basis of time in the preliminary heats. Lane assignments will follow rule 5-11 Article 4b.

3.2.6.4 Guidelines for Finals (200m and 400m): NCAA rule 10-5 shall be followed. Due to the lack of uniformity in the number of lanes and lane width at the potential host sites it has been

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determined that the 200m and 400m final will consist of a two heat final with four runners in each heat. The competitors shall qualify on the basis of time from preliminary rounds. The competitors with the four slowest times shall run in the first heat and the competitors with the four fastest times shall run in the second heat. Lane assignments based on lane preference will follow rule 5-11 Article 4b.

3.2.6.8 Guidelines for Finals (5000m): The 5000m will be run as a single round timed-section final. All declared athletes will run in one heat, unless the games committee determines it is more safe and equitable for all competitors to run a two-section final. The games committee may also determine to assign starting positions based on entry seed times in order to make the event safe and equitable.

INDOOR & OUTDOOR TRACK AND FIELD

3.2.7.3 Guidelines for the High Jump and Pole Vault: The starting height shall be determined by the games committee, with input from the coaching body, and with attention paid to the NCAA provisional qualifying standard. The crossbar in the high jump will be raised in increments of 5 centimeters (~~2 inches~~) and the crossbar in the pole vault will be raised in increments of 15 centimeters (~~6 inches~~). The five-alive system will be used in the high jump and pole vault until there are fewer than nine competitors.

VI. AWARDS SYSTEM

The post-season awards system was clarified and discussed.

VII. PSAC CROSS COUNTRY / INDOOR & OUTDOOR TRACK AND FIELD RECORDS

Matt Beltz, PSAC Director of Media Relations, will be keeping the records for all three sports, and has been working with Aaron Russell (Lock Haven) to accomplish a smooth transition and to have the records posted online at the PSAC website.

VIII. CHAMPIONSHIP RULES & PROCEDURES

Discussion was held regarding safety of all competitors and coaches, especially in the infield area of the track. It was urged that coaches remind and enforce PSAC championship meet policies (no athletes on the infield unless checked in/waiting for event) with their own student-athletes. There was also concern about volunteer assistants and student assistants standing in the infield and interfering in the proper conduct of the meet. It was decided that head coaches will be distinguished from the remainder of the staff by some method for easy recognition, whether that be specific lanyards/passes or otherwise.

###9/1/11###