

# **INDOOR TRACK & FIELD CHAMPIONSHIP MANUAL**

**2024**



**WESTERN ATHLETIC CONFERENCE**

# WAC

WESTERN ATHLETIC CONFERENCE

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## MEET DATES & DEADLINES

DATE	ACTION	DUE TO
Friday, February 9	Custom Food & Beverage Order Deadline	HOST
Monday, February 12	Communication of athletic training needs of participating student-athletes	WAC
Monday, February 12	Team Rankings Submissions Open	WAC
Wednesday, February 14	Team Rankings Submissions Close	WAC
Thursday, February 15	Team Forms Due	WAC
Thursday, February 15	Coaches' Conference Call 9 AM PT/ 10 AM MT/ 11 AM CT	WAC
Thursday, February 15	Direct Athletics Entries must be submitted online by 10:59 PM PT/ 11:59 PM MT/ 12:59 AM CT	DirectAthletics
Sunday, February 18	On-Site Coaches' Championship Meeting	

# CONTENTS

Institutions .....	2
Tournament Staff Directory .....	3
Tournament Dates & Deadlines .....	3
Contents .....	4
Tournament Schedule .....	5
<b>TOURNAMENT INFORMATION</b>	
Facility Information.....	6
Lodging .....	6
Parking.....	6
Ticketing.....	6
<b>TOURNAMENT OPERATIONS</b>	
Awards .....	7
Banners .....	7
Clerking & Checking In.....	7
Coaches' Conference Call .....	7
Competitive Numbers.....	7
Credentials.....	8
Entries.....	8
Event Procedures.....	8
Failure to Participate .....	9
Field of Play.....	9
Games Committee .....	9
Gatorade.....	10
Hospitality .....	10
Locker Rooms .....	10
Media.....	10
Medical Procedures .....	10
Merchandise .....	10
Minimum Number of Participants.....	10
National Anthem .....	11
Officials .....	11
Participant Gifts .....	11
Performance Deadlines .....	11
Photographers .....	11
Practice .....	11
Protests .....	11
Scoring.....	11
Seeding.....	11
Spike Length.....	12
Sportsmanship .....	12
Squad Size .....	12
Starting Heights .....	12
Team List & Travel Forms.....	12
Uniforms .....	12
WAC Broadcast - ESPN .....	13
Weights and Measures .....	13
APPENDIX 1 • Schedule of Events.....	14
APPENDIX 2 • Hotels .....	15
APPENDIX 3 • Albuquerque Convention Track.....	16
APPENDIX 4 • Hotels .....	17
APPENDIX 5 • Restuarant.....	18
APPENDIX 6 • WAC Concussion Managment.....	19

# MEET SCHEDULE

## Sunday, February 18th

Noon - 8 PM	Practice	Albuquerque Convention Center
5:30 PM	Coaches Meeting	Albuquerque Convention Center

## Monday, February 19th

7 - 8:30 AM	Practice	Albuquerque Convention Center
8 AM - 2:30 PM	Combined Events	Albuquerque Convention Center
2:30 - 6 PM	Field Events	Albuquerque Convention Center
3-6:25 PM	Track Events	Albuquerque Convention Center

## Tuesday, February 20th

7 - 8:30 AM	Practice	Albuquerque Convention Center
8 AM - 12:30 PM	Combined Events	Albuquerque Convention Center
10 AM - 2:30 PM	Field Events	Albuquerque Convention Center
2:30 PM - 5:45 PM	Track Events	Albuquerque Convention Center
Approx. 6:15 PM	Awards Ceremony	Albuquerque Convention Center

## CHAMPIONSHIP INFORMATION

### 1. Facility Information

Championship will be hosted at the Albuquerque Convention Center which is located at 401 2nd St NW, Albuquerque, NM 87102.

#### From Albuquerque International Sunport Airport

Via I-25 North from Albuquerque International Sunport Airport

Head west on Sunport Blvd SE toward I-25 N

Merge onto I-25 N via the ramp toward I-40/Downtown & Santa Fe.

Take exit 224B towards Dr. Martin Luther King Ave

Merge onto Oak St NE

Turn left on to Dr. Martin Luther King Ave

After Broadway Blvd. merge slightly to the left into convention center parking garage

### 2. Lodging & Ground Transportation

Institutions are responsible for arranging their own hotel reservations and all transportation for the championship.

### 3. Parking

The Albuquerque Convention Center is connected to 1,500 convenient parking spaces. Primary parking is available at the Convention Center garage (Martin Luther King Blvd & Broadway), with overflow parking available at the Civic Plaza garage (Marquette & 3rd St.). Event parking in these garages is \$6.00 – \$10.00 per vehicle, without in/out privileges.

Additionally, there are numerous other public parking garages and parking lots available throughout downtown close to the Center. Parking fees vary. Please refer to the posted parking fees at each garage or lot.

### 4. Ticketing

Tickets can be purchased at the ticket office or online. Institutions may use a pass list and will be charged for each individual who attends. Pass lists should be at the pass gate no less than 1.5 hours before your scheduled match time. Please Appendix 3 for further instructions.

Ticket	Price
Single Session	\$10
Both Sessions	\$17
Children (2 and under)	FREE
WAC Students (w/ valid ID)	FREE

## CHAMPIONSHIP OPERATIONS

### 1. Awards

Awards will be presented to the All-WAC first and second teams throughout the championship. The All-WAC first team consists of individual first team all-Conference (medals for top three finishers), individual second team all-Conference (certificates for finishers 4-8), relay first team all-Conference (medals for top team), relay second team all-Conference (medals for teams 2-3). These awards will be presented throughout the meet. The awards ceremony of the Team Champion will be presented at the completion of the meet.

The Freshman of the Year, Outstanding Track Performer, Outstanding Field Performer and Coach of the Year awards will be voted on by the coaches and nominees will be due to the conference office within 48 hours of the completion of the meet. A coach shall not vote for himself/herself or his/her team members. The conference office representative will tally the votes and the person with the majority of the votes will receive the award. In the event of a tie, the tie will stand.

Nominations for Men's and Women's Athletes of the Year will be due to Tony Jones (tjones@wac.org) within 24 hours of the NCAA announcing regional participants. Institutions are not limited in the number of nominees they may submit. Voting instructions will be sent to coaches following the nomination window. All coaches are required to cast a complete ballot for the above awards.

### 2. Banners

Signs or banners promoting the participating institutions are permissible under the following circumstances. They are hung only in areas designated by the host institution and the tournament manager approves them in regard to appearance and content. Commercial identification on banners cannot be visible.

### 3. Clerking & Check-In

#### Track Events

Athletes will check-in at the Clerk's Table located near the team camp area to pick up hip numbers NO EARLIER than 20 minutes prior to the scheduled start of their event to receive hip numbers. If competitors check-in earlier than 20 minutes, they will need to report back to the clerk's table no earlier than 20 minutes prior. If a student-athlete is competing in a field event at the time of a scheduled race, they should report to the clerks table no earlier than 10 minutes prior to the event to receive a hip number and then report directly to the start line at the scheduled race time.

Only athletes who have checked in will be allowed to use the "active warm-up area." Competitors in all track events will be issued two hip numbers each, to be worn on the left hip and left chest. Distance runners will be issued hip numbers on both hips and the left chest.

#### Field Events

Athletes must check-in with the head official at the event site prior to the start of the event, preferably before the start of the warm-up time (90 minutes prior for pole vault, 60 minutes prior for all other field events). If there are two flights to a field event, all athletes must check-in prior to the start of the warm-up time and no later than the start of the first flight. Athletes in the horizontal jumps and throwing events will receive 30-minute warm-up.

Officials will be at the field event site at the start of warm-up and remain on-site through the end of competition.

### 4. Coaches' Conference Call

A conference call will be held at **10:00 AM PT / 11:00 AM MT / 12:00 PM CT Thursday, February 15**, to review championship procedures, rules and policies. Participation by all head coaches is mandatory. An in-person meeting will be held on Sunday, February 18 to answer any questions from coaches prior to competition on Monday. Attendance by all head coaches is mandatory. Coaches' packets will be available on practice day.

### 5. Competitive Numbers

The conference office will provide each team with a competitive number for each athlete listed on the team's entry list. Competitors in all track events will be issued two hip numbers each, to be worn on the left hip and left chest. Distance runners will be issued hip numbers on both hips and the left chest.

## 6. Credentials

Six types of credentials will be issued to various individuals by the Conference office for use during the championship. All credentials are non-transferable and may be used only by the individual to whom they are issued. Any unauthorized use of credentials subjects the bearer to immediate dismissal from the championship facility.

TYPE	WHO	ACCESS
<b>Team</b>	Individuals on Official Team List	Valid for admission and access to team areas
<b>Media</b>	Qualifying members of working media covering the event	Valid for admission and access to all media areas
<b>Broadcast</b>	WAC Broadcasting crew working the event	Valid for admission and access to all media /TV areas
<b>Medical</b>	Tournament medical and athletic training staff	Valid for admission, team areas and hospitality
<b>Official</b>	Officials working the tournament	Valid for admission, team areas and hospitality
<b>Volunteer</b>	Volunteers working the tournament	Valid for admission and to hospitality
<b>All-Access</b>	Game management, working personnel, and selected travel party members	Valid for admission and access to all areas

## 7. Entries

Entries will be managed through Direct Athletics at their secure website <http://directathletics.com>. All coaches should have a username and password for Direct Athletics. If for any reason you cannot log in to Direct Athletics, please contact timing company or championship administrator.

Coaches may begin entering their athletes in Direct Athletics 30 days prior to the first day of the championship. All athletes, including alternates and relay-only athletes, must be listed in Direct Athletics by the entry deadline. If an athlete is not listed in Direct Athletics by the entry deadline, the institution will be permitted to enter the athlete than the deadline for changes or additions to team entries. Any athlete not listed on the website will not be allowed to compete in any event, including relays. All updates and scratches should be made through the Direct Athletics website.

After each entry session, coaches should print their [directathletics.com](http://directathletics.com) entry page. This is the receipt and entry verification. Only the most recent receipt is valid. All entries in [directathletics.com](http://directathletics.com) at the entry deadline are considered declared. All entries, scratches and changes must be made prior to the deadline. No late entries will be accepted.

The deadlines for entry submission for all events is as follows:

<b>Entries due</b>	<b>Thurs., Feb. 15, at 11:59 p.m. (CT)</b>
<b>Coaches receive respective team entries</b>	<b>Fri., Feb. 16, at noon (CT)</b>
<b>Deadline for changes or additions to team entries</b>	<b>Fri., Feb. 16, at 6:00 p.m. (CT)</b>
<b>Descending order list emailed to coaches</b>	<b>Fri., Feb. 16, at 10:00 p.m. (CT)</b>
<b>Heat sheets distributed via e-mail and posted on website</b>	<b>Sun., Feb. 18, at 9:00 a.m. (Local Time)</b>

## 8. Event Procedures

### a. Mile Run

If there is more than one preliminary heat, 10 student-athletes shall qualify for the final. With 12 or fewer runners, the mile shall be run as a final. With 13 or more runners, the mile shall be run in heats.

### b. 3,000-Meter Run

If 16 or more competitors report, the 3,000 meters shall be run as a two-section event. The competitors with the top-16 times will comprise the second section with the remaining student-athletes making up the first section. Competitors with a "No Time" performance in the event will be placed in the first section. The Games Committee shall have the authority to permit more runners to compete in the second section if it is deemed necessary. The number of competitors in the second section shall never exceed 24. The race will be run as a time-sectioned final.

### c. 5,000-Meter Run

5,000 meters shall be run as one final no matter the number of competitors entered.

**d. 4x400 Relay**

Standard Lane preferences shall be used according to performance

- [i] If there are nine teams, there shall be two sections (five in the faster, four in the slower)
- [ii] If there are eight teams, there shall be two sections of four
- [iii] If there are seven teams, there shall be two sections (four in the faster, three in the slower)
- [iv] If there are six teams, there shall be two sections of three
- [v] If there are five teams, there shall be one final section

**e. Distance Medley Relay**

The distance medley relay shall run in one final section.

**f. Field Events**

Nine individuals shall advance from preliminaries into finals in all field events. The number of advancers shall never exceed nine, except that competitors tying for the last advancement position, by mark, shall advance to final rounds.

**9. Failure to Participate**

Competitors or relay teams must participate in the trials and/or finals of all events in which they are declared. Such participation is also required in subsequent rounds as a result of qualifying or when participation is a criterion for entry in a subsequent meet. Participation is the expectation that a competitor start the athletic challenge requirements of the event according to the rules of the event. Qualification to the next round of an event is, in itself, satisfaction of participation. Failure to participate is considered an assumption that the competitor in violation has abandoned the competition and, therefore, shall be barred from all remaining events in the current meet. The referee, upon proper protest, based upon all authorized evidence and with consideration given to circumstances beyond the control of a competitor, including medical, shall determine whether circumstances clearly demonstrate that a violation of this rule has occurred.

**10. Field of Play**

The Field of Play is defined as the area of the track and the entire infield, including the “active warm-up area” on the infield. It does not include the bleachers which are outside the track. Only competing student-athletes, trainers and other credentialed championship personnel will be allowed on the Field of Play during the championship after the completion of the combined events and 10,000-meter run. Coaches are not allowed on the Field of Play during the Conference Indoor Championships, except:

During the combined events, coaches are allowed access onto the Field of Play. While on the Field of Play, coaches shall remain in designated coaches’ boxes. Only one coach from each institution shall be allowed access to each coaches’ box at a time. The Games Committee shall be responsible for determining the arrangement of the coaches’ boxes prior to the start of each championship. Coaches must clear the Field of Play one hour prior to a track or field event taking place on the track or in the infield.

The use of video or audio devices, radio transmitters or receivers, mobile phones, computers, or any similar devices in the competition area by coaches, athletes, competitors, and officials, is prohibited, except as authorized by the advisory committee for meet administration.

**11. Games Committee**

The Games Committee shall consist of three at-large head coaches. The Games Committee shall rotate annually and be assigned each year during the year-end head coaches meeting. Chase Rathke, John Sauerhage, and Shareese Wood-Hicks will form the committee this year.

If the games committee is ruling on any matter dealing with a student-athlete and the coach is represented on the games committee, that coach should recuse themselves from any discussion on that matter. A majority vote of the games committee is required for implementation of actions, and the decision of the games committee is final.

The Advisory Committee shall consist of WAC and host site staff, The head referee(s) or official, when warranted, to be included along with other institutional sport administrators that are on-site.

**12. Gatorade**

The WAC will provide Gatorade products (coolers, cups, powder) to be used during the tournament. No Powerade, BodyArmor or other sport drink branded products (powder, coolers, cups, bottles, carts, towels, etc.) may be visible on the sidelines. Teams may use any premix fluid replacement of their choice as long as it is placed in a Gatorade or non-branded bottle/cooler.

**13. Hospitality**

Student-athlete hospitality, consisting of fruit, granola bars, similar snacks and beverages, will be provided for the participating student-athletes and will be located in the athletic training room and in the athletic training area.

Meals for officials, administrators and staff/workers will be provided and available at any time by a redeemable voucher. The WAC will provide vouchers.

Lunch and snacks will be provided for coaches, administrators, officials and staff/workers Friday through Saturday. Credentials will be required for access to the hospitality room/areas. The number of meals for each coaching staff will correspond with the amount of coaches listed on the Official Team List.

**Team Meals**

ASM Global has exclusive rights to food and beverage sales in the arena. Student-athletes are allowed to bring in snacks and beverages in their bags, but there can be no delivery of food/beverages from outside vendors. Teams should work with Marisol Fraire (MFraire@albuquerquecc.com or 505-228-0838) to order all food and beverages. Coaches are encouraged to work with Marisol to customize the your menu and to receive more meal/catering options.

Please contact Marisol for all customized orders by Feb. 5 to ensure availability.

**14. Locker Rooms**

There are no private restrooms or locker rooms.

**15. Media**

The WAC will provide media relations services near the start and finish line of the course or in the press area. The media area will be located on the bottom row of the bleachers on the east side of the track, opposite the finish line. Results will be made available to coaches upon confirmation of results following the completion of each race, Coaches boxes will be located near the awards podium. WAC staff will be conducting post-meet video interviews with the winning/leading team's coach and select student-athletes.

**16. Medical Procedures**

A certified athletic trainer will be on site for all sessions of competition. Limited training supplies will be available to teams. In addition to certified athletic trainers, there will be an on call physician. EMTs on site during all competition providing communication and transportation between the championship site and the medical facility for prompt medical service.

Hospital	Number	Address	Distance From Convention Center
Lovelace Medical Center	(505) 727-8000	601 Dr Martin Luther King Jr Ave NE, Albuquerque, NM 87102	0.7 Miles
Presbyterian Hospital	(505) 841-1234	1100 Central Ave SE, Albuquerque, NM 87106	1.4 Miles
UNM Hospital	(505) 272-2111	2211 Lomas Blvd NE, Albuquerque, NM 87106	2.2 Miles

Please see Appendices for the WAC's Concussion Management Policy.

**17. Merchandise**

Teams will have the opportunity to pre order championship merchandise through Event1's website. An email with directions will be sent to the head coaches. Championship merchandise will also be sold on site near the team camp area.

## 18. Minimum Number of Participants

All institutions must have a minimum of 14 student-athletes competing in the men's and women's championship. Institutions that do not meet the minimum number of participants will be assessed a \$5,000 fine.

## 19. National Anthem

The national anthem will be played 10 minutes prior to the start of the first running event of each day.

## 20. Officials

The Head Meet Referee for the 2024 WAC Indoor Track and Field Championships will be Tom Hill. It is the responsibility of the Meet Referee to make a final ruling on all protests. There will be no Jury of Appeals.

## 21. Participant Gifts

The WAC, in conjunction with Your Image Works, will communicate directly with participating institutions' regarding the ordering and delivery process of the participation awards. Gifts may not be provided to ineligible student-athletes.

## 22. Performance Deadlines

Direct Athletics will be used for weekly reporting of the conference's top times and marks. The submission of performances from the previous week onto Direct Athletics shall be completed the following Tuesday at 6 p.m. (CT). Times and marks that are not submitted to or corrected in Direct Athletics within 14 days of the performance date may not be used for seeding purposes for the conference championship.

## 23. Photographers

The WAC will provide a championship photographer. Photos will be made available to each institution's media relations staff. All other photographers must be credentialed by the WAC.

## 24. Practice

The track and field facilities will be available for practice as listed on the championship schedule. **A coach will need to be on site during all throws and jumps practices.**

## 25. Protests

Protests shall be consistent with NCAA rules. Protests relating to matters that develop during the conduct of the meet should be made at once and not later than 15 minutes after the results have been announced or posted. Any protest must be made in writing by the head coach using the official protest form and submitted to the protest table. All implicated coaches must be notified of a tendered protest. A \$50 protest fee (cash or check made out to the WAC) will be assessed at the time of the protest. The protest fee will be returned if the decision is reversed.

Any such protest may be immediate and oral by a competitor or the competitor's coach to protect and preserve evidence used in the determination of a written protest filed in the appropriate manner. A protest shall include any communication by the athlete that requests preservation of the evidence.

The protest shall be reviewed by the referee, who shall render a decision after determining and considering evidence. Evidence specifically excluded is all visual material, except that produced:

- a. By the Western Athletic Conference for broadcast and/or live streaming purposes;
- b. In conjunction with officiating an event;
- c. Official photo-timing;
- d. Official video designated by the games committee before the meet.

Results revised because of a protest or disqualification shall be posted and announced. The meet referee shall render a decision immediately. Coaches of competitors affected by an referee's decision shall be notified. There will be NO Jury of Appeals. The final decision will rest with the referee.

## 26. Scoring

Heats and lanes, The championship shall be scored accordingly: Eight places will be counted in the final team scoring in each event with points being awarded as follows: 10-8-6-5-4-3-2-1 for both individual and relay events.

## 27. Seeding

Heats and lanes, flights and order of events shall be assigned according to NCAA Track & Field Rules for championship events. Only athletes with established times/marks or a no time mark shall be seeded. Heat and flight assignments shall be available to coaches at the coaches' meeting. Times and marks that are not submitted to or corrected in Direct Athletics within 14 days of the performance date may not be used for seeding purposes for the conference championship.

## 28. Spike Length

1/4 inch spikes are allowed on the track. No Christmas tree or needle spikes are allowed.

## 29. Sportsmanship

All phases of intercollegiate athletic contests shall be conducted in a sportsmanlike manner. Each member institution shall endeavor to instill and maintain principles of good sportsmanship for the guidance of all persons participating in or witnessing contests. Conduct by student-athletes, coaches and other institutional athletics personnel which is patently unsportsmanlike in nature is subject to sanction. An institution's representatives shall refrain from making negative comments regarding another institution's student-athletes, teams, coaches, staff or the institution itself.

Each institution is responsible for maintaining such measures as necessary to assure orderly conduct of contests, including control of spectators who interfere with conduct of contests and maintaining standards of spectator behavior.

## 30. Squad Size

Only 28 student-athletes per gender are allowed to compete in the championships, but travel squads can include additional student-athletes who are injured or not eligible

## 31. Starting Heights

The Games Committee shall determine the starting height of the crossbar and each successive height for the pole vault and high jump. Starting heights and increments for the combined events shall be determined at each location.

## 32. Team List & Travel Forms

Each institution is required to complete an Official Team List form. Coaches should access this form at <http://wac.org/forms.html>. In the Indoor Track and Field section of the table, select Official Team List. Complete the form and submit to Ismael Kagone at [ikagone@wac.org](mailto:ikagone@wac.org) **no later than Thursday, Feb. 15 at 5 p.m. CT**. Individuals listed on the Official Team List shall include student-athletes, coaches, media relations staff, administrators or any other university personnel traveling with the team. Only 28 student-athletes per gender are allowed to compete in the championships, but teams' travel squads can include additional student-athletes who are injured or not eligible to participate in the championship, as long as the team is not over the 38 members in the Official Team List.

There is no limit to the number of individuals (including student-athletes) an institution can travel, but only those individuals on the Official Team List shall be provided a championship participation gift from the conference office.

Each institution is also required to complete a Team Information Form. Coaches should access this form at <http://wac.org/forms.html>. In the Indoor Track and Field section of the table, select Team Information Form. **Complete the form and submit to Ismael Kagone at [ikagone@wac.org](mailto:ikagone@wac.org) no later than 5 p.m. CT on Thursday, Feb. 15.**

## 33. Uniforms

During competition and the awards ceremony, competitors must wear the proper uniform (warm-ups included) of the institution they represent in the championship. Athletes deemed to be in violation of the uniform rule by the clerks will not be allowed to check in to compete, until the athlete has changed into a uniform that confirms to the rules..

- a. On any single day of competition, all team members must wear uniforms clearly indicating through color, logo and combination of all outer garments worn as a uniform, that they are from the same team.
- b. Teams may change uniform colors from one day to another for multiple day meets.
- c. Men's and women's programs are considered separate teams and are not required to have uniforms of identical color.

d. The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for competitors' numbers to be placed above the waist, front and back.

**34. WAC Broadcast - ESPN+**

The WAC will broadcast running events live to ESPN+ on Monday and Tuesday. This same broadcast will have a secondary live feed available to international viewers on wacinternational.com. ESPN+ is not available internationally. This secondary feed is blacked out in the U.S. and only available internationally. The WAC will live clip highlights for the WAC social media

**a. Practice Presence**

The WAC Broadcasting producer, director and announcers are permitted to watch entire practices for research purposes and to engage in private conversations with coaches following practice. Other crew members (camera operators, audio technicians and utilities) are permitted in practice for setup purposes as well.

**b. Interviews**

Coaches and student-athletes must be made available to the WAC Broadcasting for interviews post meet if requested. Coaches and student-athletes from the winning team must be made available for live interviews on after the meet ends, prior to cool-down time.

**35. Weight and Measures**

There will be a designated implement weigh-in area in the northwest corner of the track in the facility. This area will be staffed by a certified official and will open two hours prior to the first throwing event of the day. Weigh-ins will be accepted up to 60 minutes before the start of each individual event. Implements will be brought to the event location no later than 45 minutes prior to start of the event. Please make sure athletes check their implements at the times listed below, though it is advised to check in the day prior to competition if possible:

<b>Sunday, Feb. 18</b>	5 p.m. to 6 p.m.
<b>Monday, Feb. 19</b>	8 a.m. to 10 a.m.
<b>Monday, Feb. 19</b>	Noon to 2:30 p.m.
<b>Tuesday, Feb. 20</b>	7:30 a.m. to 11 a.m.

## APPENDIX 1 • SCHEDULE OF EVENTS

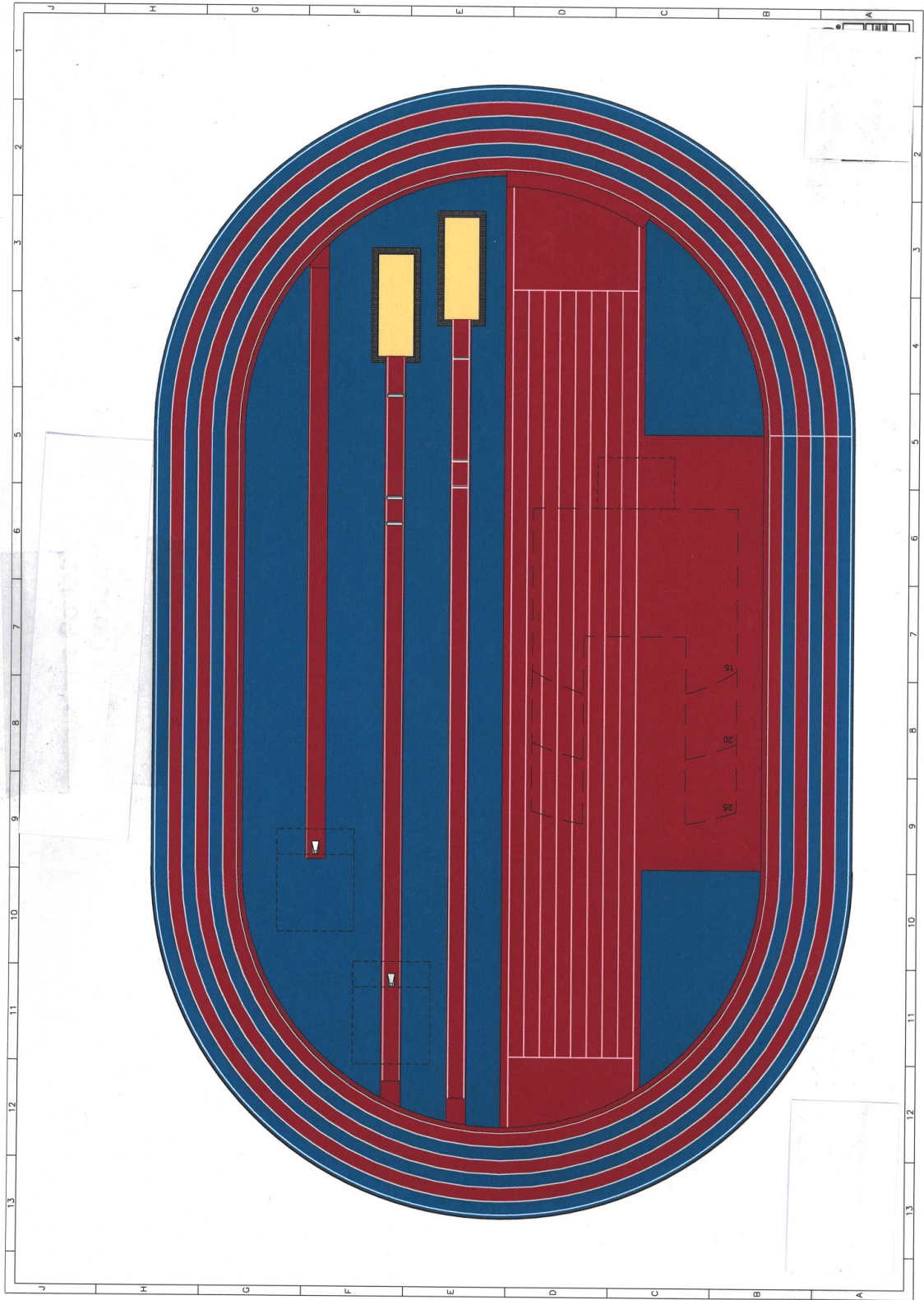
### 2024 WAC Indoor Track and Field Championships Schedule of Events **TENTATIVE**

<b>Monday, February 19   Combined Events</b>			
<b><u>Heptathlon (m)</u></b>		<b><u>Pentathlon (w)</u></b>	
8:15 a.m.	60-Meters	8:00 a.m.	60-Meter Hurdles
8:50 a.m.	Long Jump	8:45 a.m.	High Jump
11:00 p.m.	Shot Put	10:15 a.m.	Shot Put
12:30 p.m.	High Jump	11:30 p.m.	Long Jump
<b>Tuesday, February 20   Combined Events</b>		1:30 p.m.	800-Meters
8:00 a.m.	60-Meter Hurdles		
8:50 a.m.	Pole Vault		
11:15 p.m.	1,000-Meters (Estimated time)		

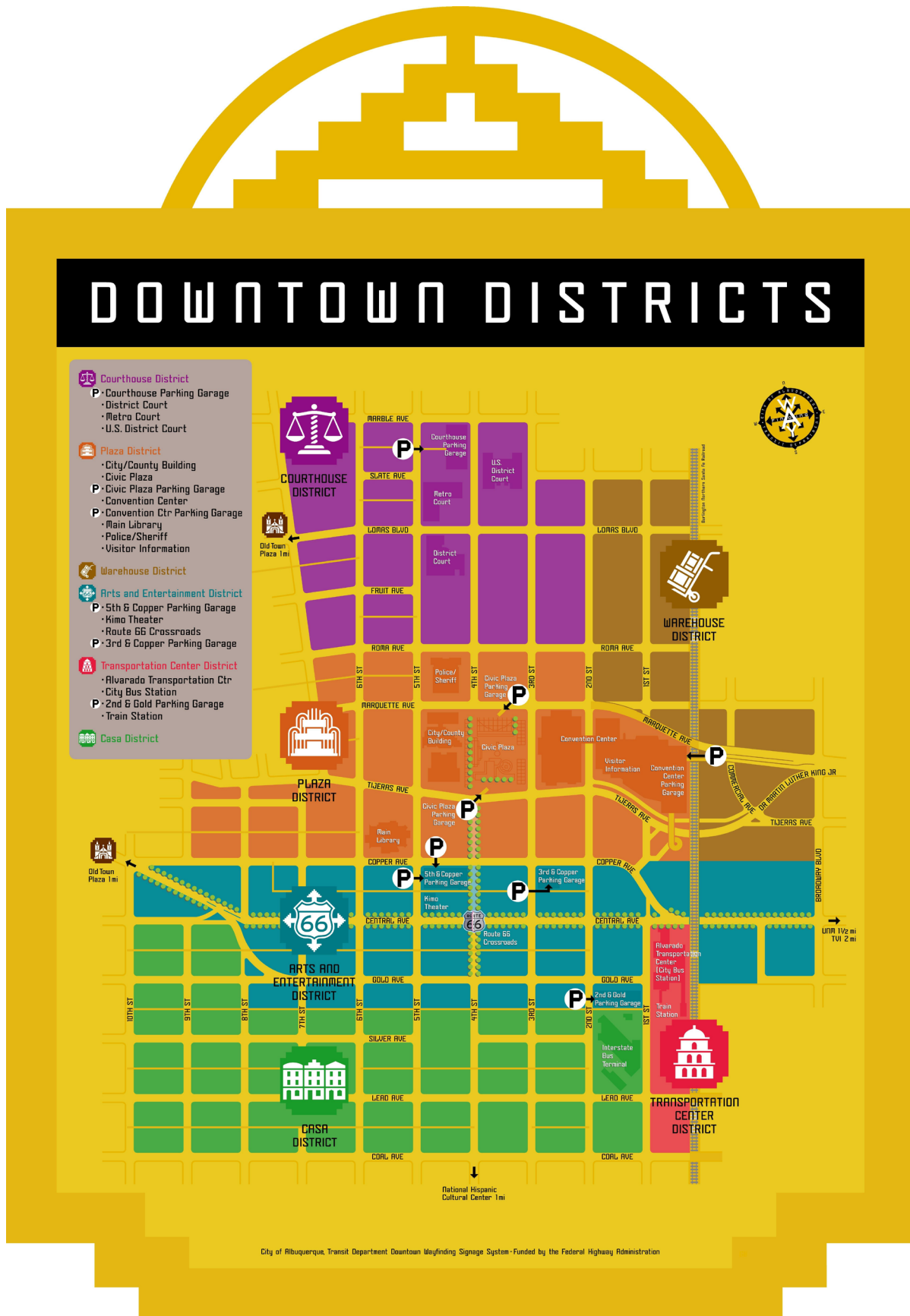
<b>Monday, February 19</b>	<b>Tuesday, February 20</b>
<b><u>Field Events</u> (All events are finals)</b>	<b><u>Field Events</u> (All events are finals)</b>
1:30 p.m. Long Jump (Women)	9:00 a.m. High Jump (Women)
1:30 p.m. Pole Vault (Men)	9:00 a.m. Shot Put (Women)
1:30 p.m. Weight Throw (Men)	11:00 p.m. Triple Jump (Women)
3:30 p.m. Long Jump (Men)	11:00 p.m. High Jump (Men)
3:30 p.m. Pole Vault (Women)	1:30 p.m. Triple Jump (Men)
3:30 p.m. Weight Throw (Women)	1:30 p.m. Shot Put (Men)
<b><u>Running Events</u> (Prelims &amp; Finals)</b>	<b><u>Running Events</u> (All events are finals)</b>
1:50 p.m. National Anthem	1:20 p.m. National Anthem
2:00 p.m. Mile (Men)	1:30 p.m. Mile (Men)
2:20 p.m. Mile (Women)	1:40 p.m. Mile (Women)
2:35 p.m. 60-Meter Hurdles (Men)	1:50 p.m. 60-Meter Hurdles (Men)
2:45 p.m. 60-Meter Hurdles (Women)	2:00 p.m. 60-Meter Hurdles (Women)
3:00 p.m. 400-Meters (Men)	2:10 p.m. 400-Meters (Men)
3:15 p.m. 400-Meters (Women)	2:20 p.m. 400-Meters (Women)
3:25 p.m. 60-Meters (Men)	2:30 p.m. 60-Meters (Men)
3:35 p.m. 60-Meters (Women)	2:40 p.m. 60-Meters (Women)
3:50 p.m. 800-Meters (Men)	2:50 p.m. 800-Meters (Men)
4:00 p.m. 800-Meters (Women)	3:00 p.m. 800-Meters (Women)
4:10 p.m. 200-Meters (Men)	3:10 p.m. 200-Meters (Men)
4:20 p.m. 200-Meters (Women)	3:20 p.m. 200-Meters (Women)
4:30 p.m. 5,000-Meters (Men-Final)	3:30 p.m. 3,000-Meters (Men)
4:50 p.m. 5,000-Meters (Women-Final)	3:50 p.m. 3,000- Meters (Women)
5:10 p.m. Distance Medley Relay (Men-Final)	*4:20 p.m. 1600-Meter Relay (Men)
5:25 p.m. Distance Medley Relay (Women-Final)	*4:25 p.m. 1600-Meter Relay (Women)
	4:45 p.m. Awards Ceremony

\*The men's and women's 4x400 relays will not be run until the completion of all field events.

APPENDIX 2 • ALBUQUERQUE CONVENTION CENTER TRACK



APPENDIX 3 • ALBUQUERQUE CONVENTION CENTER MAP



## APPENDIX 4 • HOTELS

Hotel	Contact Information	Distance to ACC
<b>DoubleTree by Hilton Albuquerque</b> 201 Marquette Ave NW	(505) 247-3344	Attached to Convention Center
<b>The Clyde Hotel</b> 330 Tijeras Ave NW	(505) 302-6930	0.2 miles
<b>Hotel Andaluz</b> 125 2nd St NW	(505) 242-9090	0.2 miles
<b>Hilton Garden Inn/Homewood Suites ABQ Dwntrn</b> 222 Central Ave SE	(505) 808-1041	.5 miles
<b>Embassy Suites by Hilton Hotel</b> 1000 Woodward Pl NE	(505) 245-7100	1.3 miles
<b>SpringHill Suites by Marriott University Area</b> 1101 Central Ave NE	(505) 242-1104	1.3 miles
<b>Hotel Albuquerque at Old Town</b> 800 Rio Grande Blvd NW	(505) 843-6300	2.0 miles
<b>Holiday Inn Express &amp; Suites</b> 2300 12th St NW	(505) 842-5000	2.2 miles
<b>Crowne Plaza Albuquerque</b> 1901 University Blvd NE	(505) 884-2500	2.6 miles
<b>Courtyard by Marriott Airport</b> 1920 Yale Blvd SE	(505) 843-6600	3.3 miles
<b>Hampton Inn Albuquerque</b> 2300 Carlisle Blvd. NE	(505) 837-9300	3.8 miles
<b>Sheraton Albuquerque Airport</b> 2910 Yale Blvd. SE	(505) 843-7000	3.9 miles
<b>Staybridge Suites Albuquerque Airport</b> 1350 Sunport Pl SE	(505) 338-3900	4.2 miles
<b>Marriott Albuquerque</b> 2101 Louisiana Blvd NE	(505) 881-6800	5.9 miles
<b>Sheraton Albuquerque Uptown</b> 2600 Louisiana Blvd NE	(505) 881-0000	6.2 miles

# Downtown Dining Map



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**APPENDIX 6 • WAC CONCUSSION  
MANAGEMENT POLICY****WAC Concussion Management Policy***Adopted 10/25/16**Revised 1/12/17*

The NCAA requires all active member institutions to have a concussion management plan for their student-athletes.

**Championship hosted by the WAC (neutral site):** Traveling institutions shall follow their concussion management plan while participating in WAC championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the championship physician/trainer will examine the student-athlete and will determine medical clearance.

**Championship hosted by an institution:** Traveling institutions shall follow their concussion management plan while participating in WAC championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host institution's concussion management plan will be activated.

The NCAA legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician's designee from the student-athlete's institution. In the absence of a team physician or their designee, the WAC tournament physician or their designee will examine the student-athlete and will determine medical clearance. Within the rules of the sport and policies established for the championship, medical staff should have access to the injured student-athlete without interference (e.g., coach).

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having more severe and/or long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.