

## **PLAYING REGULATIONS - INDOOR TRACK AND FIELD (MEN & WOMEN)**

### **1. CHAMPIONSHIP ROSTER**

Each championship team shall consist of all individuals, from their most recently submitted CIS Eligibility Form, who have qualified for championship participation as per the standards articulated below.

### **2. TEAM BENCH (N/A)**

### **3. PARTICIPANTS**

#### **3.1 TEAMS (N/A)**

#### **3.2 IDENTIFICATION (N/A)**

#### **3.3 INDIVIDUAL ELIGIBILITY**

In order to participate in the CIS Track and Field Championship, an individual must, in addition to satisfying CIS eligibility rules, qualify as an official representative of his/her institution as follows:

##### **3.3.1 Automatic Qualifiers:**

|                            |  |
|----------------------------|--|
| Atlantic University Sport: | Gold medalist in each individual event and gold medal relay.                                 |
| RSEQ:                      | Gold medalist in each individual event and gold medal relay.                                 |
| Canada West:               | Gold and silver medalist in each individual event and the gold and silver medal relay teams. |
| OUA:                       | Gold and silver medalist in each individual event and the gold and silver medal relay teams. |

NOTE: There must be a minimum of three (3) participating university teams in the Sport Conference Championship (i.e. three men's teams in the men's division or three women's teams in the women's division) to qualify for CIS funding as an automatic qualifier.

1. Failing to satisfy any of the above, an athlete may compete in the CIS Championship, providing they have competed in the Sport Conference Championship and sometime during the current indoor season (October 1 to the completion of the Sport Conference Championships inclusive) achieved the CIS standard in an individual event or on a university relay team in an interuniversity indoor competition involving at least two (2) university teams or at an open meet in which two or more universities and/or clubs are competing, or at an Athletics Canada or its affiliate sanctioned meets, or at meets sanctioned by the national sport governing body of another country.
2. Failing to satisfy 3.3.1 or 3.3.1-1 above, an athlete may compete in the CIS Championship, providing the athlete has competed in the Sport Conference Championships and sometime during the current indoor season (October 1 to the completion of the Sport Conference Championships inclusive) achieved the CIS equivalent standard in an individual event. Furthermore, if an equivalent standard has been achieved in the 400m, it can be applied to qualifying for either the 300m or

600m, but not both; if an equivalent standard has been achieved in the 800m, it can be applied to the qualifying for either the 600m or 1000m, but not both. The declaration of the event the individual will be competing in at the CIS Championships must be made by Wednesday 3:00 p.m., EST following the competition.

### 3.3.2 Additional Competitors:

At the close of entries 10 days prior to the championship, the number of entries accepted for each event will be twelve (12), except for the 1000m and 4 x 800m relays where the number of entries accepted will be ten (10) following procedures outlined in C.4.4.

3.3.3 To be eligible for entry into the CIS Championship an athlete must compete in their Sport Conference championship, with the exceptions of extenuating circumstances (i.e. bereavement, illness, selected national team competitions, etc.). The CIS Office will examine each case individually.

## 3.4 INDIVIDUAL ENTRIES

The Host institution must send a Hy-Tek Meet Events file to each CIS member institution prior to February 1st. If the institution is unable to submit entries via Hy-Tek they must be submitted by email and contain the following information: athlete's first and last names as well as their date of birth, event(s) and seed performance.

There is no limit to the number of events in which an individual may compete, provided that he/she has qualified under section 3.3.

3.4.1 The meet coordinator for the CIS Indoor Track & Field Championship shall receive via e-mail a Hy-Tek entry (preferred method) or an email containing the information described in 3.4 from each institutions 11:59 pm EST on the Monday ten (10) days prior to the championship. All applications for exemptions (i.e., Medical, Bereavement, unforeseen circumstances, etc.) from conference Championships must also be submitted by this deadline to the CIS Office as well as the meet coordinator. The meet coordinator will confirm receipt of entries. As well, the information shall be included in the Championship Bulletin.

3.4.2 The meet coordinator will prepare a DRAFT list of entries to be accepted in each event showing: the seed performances for each, automatic qualifiers (3.3.1), those with CIS standard (3.3.1.1), those with CIS Equivalent Standard (3.3.1.2) and those who are in the top 12 in all events, with the exception of the 1000m and 4x800m which is top 10 after the Regional Association Championships based on the official CIS rankings (currently provided by Trackie). If there are less than 12 entries (10 in the 1000m or 4x800m) the meet coordinator will add the next available athlete / team who has entered according to entry deadline to bring the field to 12 entries or 10 in the 1000m or 4x800m. This draft list of entries to be accepted will be made available for display on the Trackie website by 3:00 pm EST on the Tuesday nine (9) days prior to the CIS Championships.

3.4.3 By midnight 11:59 pm EST on the Tuesday nine (9) days prior to the CIS Championship, those that have entered (3.4.1) shall point out to the meet coordinator, using e-mail or fax,

any errors or omissions that may have occurred in preparing the DRAFT list of entries accepted.

- 3.4.4 All individuals and relay teams that have been entered (3.4.1) that are automatic qualifiers based on placing in the Sport conference championship (3.3.1) and those that have been entered (3.4.1) who have achieved the CIS standard for the event or equivalent event (3.3.1.1) and those who are in the Top 12 in all events with the exception of the 1000m and 4x800m which is Top 10 after the Regional Association Championships based on the official CIS rankings (currently provided by Trackie). Continuing to fill the events to twelve (12) entries per event (except in the 1000m and 4x800m relay where ten (10) entries per event will be accepted) with the highest ranked athletes / relay teams that have been entered (3.4.1) ten (10) days prior to the championship. No post Sport Conference performances will be accepted for entry into the CIS Championship.

If the number of automatic qualifiers based on placing in Sport Conference championships and those with CIS standards, INCLUDING TIES, exceeds twelve (12) entries per event or in the case of the 1000m or 4X800m relay exceeds ten (10) entries per event all shall be accepted provided they have been properly entered (3.4.1).

- 3.4.5 The meet coordinator shall prepare a FINAL list of entries accepted in each event, showing automatic qualifiers (3.3.1), those with CIS standard (3.3.1.1) and those who are in the Top 12 in all events with the exception of the 1000m and 4x800m which is Top 10 after the Regional Association Championships based on the official CIS rankings (currently provided by Trackie). Continuing to fill the events to twelve (12) entries per event (except in the 1000m and 4x800m relay where ten (10) entries per event will be accepted) with the highest ranked athletes / relay teams that have been entered (3.4.1).

This list shall be sent by email or FAX before 3:00 pm EST on the Wednesday eight (8) days prior to the championship to all institutions that have submitted entries. Once the list is published these athletes are guaranteed entry into the CIS Championship

Following the posting of the draft start list on the Tuesday nine (9) days prior to the CIS Championship. If there are scratches, additions will be made to keep the entries in each event at twelve (12) for all events, with the exception of ten (10) for the 1000m and 4 x 800m races, until the final start list is posted on Wednesday eight (8) days before the Championship at 3:00 pm EST. These additions will only be made from those athletes / teams that were entered by the entry deadline (3.4.1)

After final declarations by midnight EST on the Tuesday nine (9) days prior to the Championships, athletes who scratch from an event without appropriate written medical evidence of an injury or an illness will be scratched from all events in which they have entered including relays with the exception of extenuating circumstances (i.e. bereavement, written medical evidence of injury or illness, unavoidable travel delays, etc.). The Track & Field Coaches Executive will examine all cases individually and will render a decision if at all possible, prior to the technical meeting.

Note: This allows teams to finalize travel arrangements.

- 3.4.6 Final declarations are made of athletes whose entries were received by the entry deadline (3.4.1) as well as any scratches to the Meet Coordinator before midnight EST on the

Tuesday nine (9) days preceding the championship. The host institution will contact institutions whose athletes have moved up on to the starting list to confirm their intentions to compete prior to the distribution of the final start list Wednesday afternoon.

- 3.4.7 The Meet Coordinator shall prepare an updated list of entries including seed performance in each event to be sent to all institutions by e-mail or fax before 3:00pm EST on the Wednesday eight (8) days prior to the championship.
- 3.4.8 The Meet Organizer of each Sport Conference Track & Field Championship shall forward the complete results of the Sport Conference championship by e-mail to the CIS Championship Meet Coordinator and to the CIS rankings statistician (currently Trackie) by no later than 3:00 pm on the day after the completion of the Sport Conference championship or 6:00 pm on Sunday for meets which conclude on the Sunday.

#### TIMELINE FOR ENTRIES TO CHAMPIONSHIPS AND TRACKIE RANKINGS

|   |   |
|---|---|
| Top 15 results to Trackie                   | 11:00pm EST Monday following competition  |
| Remaining results to Trackie                | 3:00pm EST Wednesday following competition  |
| Entry forms distributed                     | February 1 <sup>st</sup>  |
| Conference Championships                    | 2 weekends prior to the CIS Championships   |
| Conference results to CIS and Meet Convener | 3:00pm day after completion of meet or 6:00pm on Sunday if meet completes on Sunday |
| Entry Deadline for CIS Championships        | 11:59 pm EST, Monday ten (10) days prior to the Championships                       |
| Draft List of entries                       | 3:00pm EST, Tuesday nine (9) days prior to the Championships                        |
| Corrections to Draft List of entries        | 11:59 pm EST, Tuesday nine (9) days prior to the Championships                      |
| Final List of entries                       | 3:00pm noon EST, Wednesday eight (8) days prior to the Championships                |

### 3.5 INDIVIDUAL RANKINGS

- 3.5.1 The **Trackie** Web Site shall be the official CIS Track and Field ranking mechanism. Areas covered by the **Trackie** site can include and are not limited to:

1. Site where coaches will input all individual results after each competition as well as their team rosters
2. Site where coaches will have the ability to input profiles on each of their team members. Profiles will be updated from year to year to create a history for each athlete.
3. Site is also available for posting of stories related to CIS track and field either by coaches or Sport Information Departments
4. Hourly rankings of the Top 15 performances within the CIS and also by conference.
5. Weekly CIS team rankings both nationally and by conference

6. Team rankings with and without Non-CIS equivalent events
  7. Archived results by team going back to the beginning of the **Trackie** site
  8. Posting of meet results
  9. Posting of athletes or relay teams who achieve CIS Equivalent Standards
  10. Automatic addition of correction factors to performances achieved on oversized tracks.
- 3.5.1 Performances from competitions (beginning in November) that affect the top 15-entry qualification must be forwarded to CIS rankings statistician (currently **Trackie**) by 3:00 am EST the Tuesday following the competition. **Trackie** will close any results into that competition at that time. The school will have a seven (7) day appeal period to correct any errors or omissions. The appeal must be submitted in writing to CIS. The seven (7) day appeal period closes the Monday before the conference championships.
  - 3.5.2 All institutions are required to enter the remainder of their athlete's performances (i.e. all performances) by 3:00 pm EST, the Wednesday following competition.
  - 3.5.3 Athletes who achieve a performance that is required to be entered into the official rankings and are then ruled to have been ineligible when the performance was achieved must request to have this performance removed from official rankings within seven (7) days following the ruling of ineligibility. Requests must be made to the Track and Field Coaches Executive (or CIS office) and the provider of the official rankings.
  - 3.5.4 Performances within the top 15 of the official rankings by athletes who are ineligible to compete at the CIS championships must be indicated to the Track and Field Coaches Executive (or CIS office) and the provider of the official rankings by Monday at 11:00 p.m., EST following the conference championships. These performances will not be included as top 12 rankings for the purposes of CIS entries or for setting future year CIS standards.
- 3.6 TEAM ENTRIES

The Host institution must send entry forms to each CIS member institution prior to February 1st. Each institution may enter one (1) relay team only per relay event, provided that the institution has satisfied one or more of the criteria for eligibility to participate in that relay as outlined in rule 3.3.

3.7 TEAM RANKINGS (N/A)

4. COMPETITION

4.1 CHAMPIONSHIP FORMAT

The CIS Championship, for both men and women, shall take place at the same location over two (2) and a half days as set out below.

The 600m heats and the Men's and Women's Pentathlon events are to be held on the evening of the first day.

The events in the women's competition shall be as follows: 60m, 300m, 600m, 1000m, 1500m, 3000m, 60m Hurdles (5x84 cm), 4x200m Relay, 4x400m Relay, 4x800m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put (4.0 kg), Weight Throw (20lb) and Pentathlon (60mH, HJ, SP, LJ, 800m).

The events for the men's competition shall be as follows: 60m, 300m, 600m, 1000m, 1500m, 3,000m, 60m Hurdles (5x107cm), 4x200m Relay, 4x400m Relay, 4x800m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put (7.26 kg), Weight Throw (35lb) and Pentathlon (60mH, LJ, SP, HJ, 1000m).

## 4.2 SELECTION, SEEDING, DRAWS, POOLS, TRIALS AND HEATS

4.2.1 Trial rounds for advancement to the finals shall be held in specified track events:

1. The 60m Hurdle trials and final will be held on the second day and the 60m trials and final will be held on the first day.
2. The 1000m, 1500m, 3000m and 4 x 800m Relay shall be run as a final.
3. The 4 x 400m Relay shall be run as a timed section final on the final day of the championship with the fastest seed performances running in the last section.
4. The 300m and 600m shall run with heats deciding the finalists. If the Championship is held over three (3) days the heats of the 600m shall be run on the first day of the championship with the final on the third day. The number of competitors qualifying to the final is specified in 4.2.2.
5. In each field event, trials shall not be held.
6. The order of competitors in the horizontal jumps and throws shall be seeded low to high with the top seeds competing last. The event would be reseeded for the final.
7. The order of competitors in vertical jumps shall be determined by random draw.
8. To reseed an event, in case of injury or athlete scratching from the heats, the event will be reseeded and notification will be made as soon as possible, with a minimum of one (1) hour before the event. This notification of potential reseed information shall be included in the Championships Bulletin.

4.2.2 Where trials are held the maximum number of competitors to advance to the final shall be:

1. A number of competitors corresponding to the number of lanes available for the 60m, 60m Hurdles.
2. A number of competitors corresponding to the number of lanes available, where six (6) or more lanes are available and six (6) competitors shall advance to the 600m final.
3. The 300m and 4x200m shall consist of eight (8) athletes/teams and will be run as a two section final with the fastest 4 qualifiers in the second section (see section 4.2.4.3 for additional clarification). The 600m final shall consist of six (6) athletes and shall be run as one section.
4. The fastest two non-qualifiers for any final shall be named as alternates to replace any qualifier(s) that do not compete in the final.

4.2.3 The procedure to be followed by the meet director in establishing heats for the 60m, 60m Hurdles, 300m, 600m and 4 x 200m Relay. (Note: The fastest qualifiers will be in the second heat (last), with the slower qualifiers in the first heat.)

1. Where only two (2) heats are necessary, the seeded runners or relay teams shall be assigned to each heat as follows:
  - \* heat one: 1st, 4th, 5th, 8th, 9th, 12th, etc.
  - \* heat two: 2nd, 3rd, 6th, 7th, 10th, 11th, etc.
2. Where three (3) heats are necessary, the seeded runners or relay teams shall be assigned to each heat as follows:
  - \* heat one: 1st, 6th, 7th, 12th, 13th, 18th, etc.
  - \* heat two: 2nd, 5th, 8th, 11th, 14th, 17th, etc.
  - \* heat three: 3rd, 4th, 9th, 10th, 15th, 16th, etc.
3. Where four (4) heats are necessary, the seeded runners or relay teams shall be assigned to each heat as follows:
  - \* heat one: 1st, 8th, 9th, 16th, 17th, 24th, etc.
  - \* heat two: 2nd, 7th, 10th, 15th, 18th, 23rd, etc.
  - \* heat three: 3rd, 6th, 11th, 14th, 19th, 22nd, etc.
  - \* heat four: 4th, 5th, 12th, 13th, 20th, 21st, etc.

#### 4.2.4 Qualifying policies to subsequent rounds of competition.

1. In the 60m and 60m Hurdles where six (6) lanes are available, the following policy shall apply:
  - if two (2) heats are run the first two (2) finishers per heat and the next overall fastest two (2) runners advance to the final.
  - if three (3) heats are run, the first finisher per heat and the next overall fastest three (3) runners advance to the final.
2. Where eight (8) lanes are available, the following policy shall apply:
  - if two (2) heats are run, the first three (3) finishers per heat and the next overall fastest two (2) runners advance to the final.
  - if three (3) heats are run, the first two (2) finishers per heat and the next overall fastest two (2) runners advance to the final.
3. In the 300m and 600m the winners of each heat and the next fastest non-winning times shall advance to fill the available lanes in the final(s).
  - Where a two section 300m final is contested (rule 4.2.2), the heat winners along with the next fastest times shall fill the lanes in the second section of the final. If there are more heats than lanes available in the second section of the final, the heat winners with the fastest times shall compete in the second section. The remaining qualifiers shall compete in the first section of the two section final. Final placing shall be based on times achieved in the final regardless of section. If heats are not required (rule 4.2.1) the competitors with the fastest seed times shall fill the lanes in the second section with the remaining competitors seeded into the first section.

#### 4.3 FORMULAS AND FORMAT (N/A)

#### 4.4 PROCEDURES AND PROTESTS

#### 4.4.1 Starting procedures for Track events:

The maximum number of starters in each section or final is:

|         | 6 lanes      |       | 4 lanes      |       |
|---------|--------------|-------|--------------|-------|
|         | Heat/Section | Final | Heat/Section | Final |
| 300     | 5            | 4     | 3            | 2x3   |
| 600     | 6            | 6     | -*           | 6     |
| 1,000   | -            | 10    | -            | 8     |
| 4 x 200 | 5            | 4     | 3            | 2x3   |
| 4 x 400 | -            | 2x6   | -            | 3x4   |
| 4 x 800 | -            | 10    | -            | 8     |

\*This is left to the meet director's discretion based on the nature of the track. If the number of entries in individual events 600 meters or longer or the 4 x 800m exceeds the maximum number of starters for a final, heats or timed sections shall be run in accordance with rules detailed in section 4.2 of the playing regulations.

1. In the 300m, a three (3) turn stagger start shall be used with one (1) competitor per lane at the start.
2. A two (2) turn stagger start shall be used for the 600m with one (1) competitor per lane at the start.
3. A two (2) turn stagger start for the 4 x 400m Relay with one (1) team per lane at the start.
4. A three (3) turn stagger start for the 4 x 200m Relay with one (1) team per lane at the start. The second runner per team must remain in his/her lane until he/she has entered the straightway opposite the finish line.
5. Whereas the conditions vary from banked track to banked track, and the Meet Director is knowledgeable about what is most appropriate for the local track, any changes due to a banked track shall be determined at the Coaches Technical meeting prior to the championships on the recommendation of the Meet Director.
6. Starting position in track events shall be:
  1. The middle four (4) lanes in the straightaway events (60 meters and 60 meters Hurdles) shall be declared the preferred lanes. For track events run on the oval, the Meet Organizer shall declare the preferred lanes.
  2. In the 300m and the 4x200m relay there will be a random draw from the top seeds for lanes 4 and 5 and the lower seeds will be randomly drawn to lanes 3, and 6.
  3. Where the number of starters necessitates more than one (1) row in the 1000m, 1500m, 3000m, or 4X800m relay the competitors shall be divided into two groups with one group of approximately 65% of the competitors on the regular arced start line and the other group, made up of the fastest qualifiers, on a separate arced start line marked across the outer half of the track. The outer group should run as far as the end of the first bend on the outer half of the track.
  4. The winners from the 300 m and 4 x 200 m heats will draw for the preferred lanes.

#### 4.4.2 Weight Throw:

1. The NCAA rules for specification of the weight throw (construction) will be used.



2. The NCAA rules regarding the technical delivery of the weight (a two handed delivery, similar to that used in the hammer throw) will be used.
3. The slim-line weight, using the “fishnet” bag is banned from use at the CIS Championship.

#### 4.4.3 Vertical Jumps:

1. If an athlete has been waiting more than one hour to jump, they may use the runway for 2 minutes during height changes.
2. In Pole Vault, an athlete may check their takeoff position on the runway immediately after an attempt, prior to the official calling the next athlete to the runway.

#### 4.4.4 General:

1. Any competitor who fails to start an event after being declared a starter shall be disqualified and barred from further competition in the meet except for an injury appeal.
2. Coaching of athletes during the competition is permitted provided that the coach remains in areas designated for coaches and does not interfere with the conduct of the competition.
3. In the 4 x 200 relay, there shall only be a beginning of the exchange zone mark with no end of the exchange zone, making each exchange zone virtually open. Each outgoing runner must begin his/her run out within the first ten (10) meters of the beginning of the exchange zone but may receive the baton anywhere on the track provided there is no interference of other runners or lane line encroachment where applicable.

In the 4 x 400m and 4 x 800m relay the normal 20m passing zone shall apply in accordance with IAAF rules.

- \* The runners who will run the third and fourth legs of the 4x200m relay race and runners who will run the second, third and fourth legs of the 4x400m relay race shall, under the direction of a designated official, place themselves on the track in the waiting position in the same order (inside to out) as the order of their respective team members at the end of the back straight with approximately 100m of their legs remaining. Once the incoming runners have passed this point, the waiting runners shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. Should any athlete not follow this rule that athlete's team shall be disqualified.
4. It is required that the track referee notify the respective coaches of a disqualification of athletes and/or relay teams via the public address system. This will expedite the appeal process and eliminate returning of awards presented prior to the appeal of time of thirty (30 minutes). The clock on the appeal process begins the moment the announcement of disqualification is made.
  5. Tape can be used on the track for the purpose of marking for Relays.

#### 4.4.5 Line encroachment disqualification.

If the referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has deliberately run outside his lane, he shall disqualify him; but if the referee considers that such action was unintentional, he may at his discretion disqualify, if he is of the opinion that material advantage was gained thereby.

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| Track 400 meters<br>Stride 2.30 m<br>Number of<br>Strides | Advantage Gained by Encroaching<br>tcm on Inside of Lane |         |         |         |
|---|--|---------|---------|---------|
|   | t=50mm   | t=100mm | t=150mm | t=300mm |
|   | mm   | mm      | mm      | mm      |
| 1   | 4  | 7       | 11      | 22      |
| 2   | 7  | 14      | 22      | 44      |
| 3   | 11   | 22      | 33      | 66      |
| 4   | 11   | 29      | 44      | 88      |
| 5   | 18   | 36      | 54      | 109     |
| 6   | 22   | 44      | 65      | 131     |
| 7   | 25   | 51      | 76      | 153     |
| 8   | 29   | 58      | 87      | 175     |
| 9   | 33   | 65      | 98      | 197     |
| 10  | 36   | 72      | 109     | 219     |

This table shows, mathematically, the theoretical advantage gained by taking from 1 to 10 strides inside the inner border of a lane. The distances are shown in millimeters. e.g. four strides 150mm inside gives an advantage of 44mm.

#### 4.5 SCHEDULES OR ORDER OF EVENTS

The Host Organizing Committee shall give a proposed schedule to the President of the CIS Track and Field Coaches Executive. The President of the Coaches Executive will circulate the schedule for comments. The President of the Coaches Executive in consultation with the Championship Organizing Committee will submit the finalized schedule for the approval by the CIS Sport Committee.

Please see Appendix 11.3 for the **2015** Championship Schedule.

- 4.5.1 In the 4x400m relay should the number of automatic qualifiers be such that the field exceeds 12, then timed sections comprised as follows shall be run:
- \* If 13 teams qualify, then the fastest six (6) seeds shall run in the final section, with the three (3) slowest seeds running in the first section, and the next four (4) fastest running in the second section.
  - \* If 14 teams qualify, then the fastest six (6) seeds shall run in the final section, with three (3) slowest seeds running in the first section, and the next five (5) fastest running in the second section.
  - \* If 15 teams qualify, then the fastest six (6) seeds shall run in the final section, with three (3) slowest seeds running in the first section, and the next six (6) fastest running in the second section.
  - \* Where the number of teams exceeds 15, the fastest six (6) seeds shall run in the final section, the next six (6) fastest running in the second section, and the slowest seeds running in the first section.

- 4.5.2 In the 600m should the number of automatic qualifiers be such that the field exceeds 12, then heats comprising no more than six (6) athletes and no fewer than three (3) shall be run in a manner similar to that recommended for the 4x400m relay above.
- 4.5.3 In the 1000m & 4x800m should the number of automatic qualifiers be such that the field exceeds 10, the additional competitors would be accommodated with a single final if it were deemed safe. Where timed sections are deemed necessary no section will have fewer than three competitors. It is recommended that the sections be comprised as follows:
- \* If 11 or 12 competitors qualify, then there shall be one section.
  - \* If 13 or more competitors qualify, then the fastest ten (10) shall run in the second section, with the other seeds running in the first section.
- 4.5.4 In the 1500m & 3000m should the number of automatic qualifiers be such that the field exceeds 12 the additional competitors would be accommodated with a single final if it were deemed safe. Where timed sections are deemed necessary no section will have fewer than three competitors. It is recommended that sections be comprised as follows:
- \* If 13 or 14 competitors qualify then there shall be one section.
  - \* If 15 or more competitors qualify then the fastest 10 shall run in the second section with the other seeds running in the first section.
- 4.6 GAME TIMES (N/A)
- 4.7 PRACTICE TIMES / WARM-UPS (N/A)
- 4.8 OVERTIME AND TIME-OUTS (N/A)
- 4.9 TIE-BREAKING (N/A)
- 4.10 SCORING AND STANDARDS

#### 4.10.1 STANDARDS

The Executive Committee of the Track & Field Coaches shall determine event qualification standards annually. The IAAF scoring tables will be used to determine the equivalent standards.

1. Standards shall be established for the CIS event and equivalent standards for events closely related to the CIS event.
2. For all events except the 1000m and the 4x800m relay the qualifying event standards for the CIS Championship shall reflect the sixth (6<sup>th</sup>) place in the final rankings following the CIS Championships over the previous three (3) years. The standard for the 1000m and the 4x800m relay shall reflect fifth (5<sup>th</sup>) place in the final rankings over the previous three (3) years. The standards are to be established by May 15th of the previous year.
  - \* In the event that eight (8) or more athletes achieve the CIS standard in an event in any year, the standard for that event for the following year will reflect sixth (6<sup>th</sup>) place on the final CIS rankings for the year that eight or more athletes achieved the standard.
3. Standards for the 60m, 300m, 60m hurdles and their respective equivalent events (i.e.. 50y, 50m, 60y, 200m, 300y, 50yh, 50mh, 60yh) shall be established for fully automatic electric timing only.

4. CIS event standards are shown for fully automatic electric timing only for all CIS track events and their equivalent events. Where an athlete or relay team has achieved a manual timed performance in events 400m or longer, .24 seconds should be added to the manual timed performance for ranking and seeding purposes. All individual events 300 m or less should be electronically timed.
5. **All performances are to be converted first if on an oversized track and then converted utilizing IAAF indoor conversion table.**
6. Equivalent standard achievers are to be placed directly into the CIS rankings, using the IAAF scoring tables to adjust them.
7. **That mile times must be sent to the Vice President (person designated) as the CIS Ranking Supervisor for conversion, then sent to the Athletics Canada rankings coordinator (Trackie).**
8. Performances in equivalent events (NON-CIS events) may not be converted and used for seeding purposes where a CIS event performance has been achieved by that individual or relay team. Where no indoor performance is available the athlete shall be seeded last.
9. Performances in equivalent events (NON-CIS) may not be converted and used for CIS funding subsidy.
10. **Correction and Conversion factors: That automatic addition of correction factors to performances achieved on oversized tracks will be based on the Indoor Track Conversions Ratio's.**

#### 4.10.2 SCORING

1. Scoring for the team championship shall be done on an institutional basis.
2. A women's team champion and a men's team champion shall be declared.
3. Points shall be awarded as follows for all individual and relay events: 10 pts for 1<sup>st</sup>, 8 for 2<sup>nd</sup>, 6 for 3<sup>rd</sup>, 5 for 4<sup>th</sup>, 4 for 5<sup>th</sup>, 3 for 6<sup>th</sup>, 2 for 7<sup>th</sup> and 1 for 8<sup>th</sup>.
4. Non-qualifiers score their respective points. Athletes that do not finish (DNF), did not start (DNS), or are disqualified (DQ) score no points.

#### 4.11 RECORDS AND STATISTICS

##### WOMEN

|              |         |                                     |              |      |
|--------------|---------|-------------------------------------|--------------|------|
| 60m          | 7.31    | Genevieve Thibault                  | Laval        | 2009 |
| 300m         | 37.35   | Adrienne Power                      | Dalhousie    | 2005 |
| 600m         | 1:27.63 | Camille Cato                        | York         | 1984 |
| 1000m        | 2:42.81 | Paula Schnurr                       | McMaster     | 1988 |
| 1500m        | 4:16.41 | Paula Schnurr                       | McMaster     | 1988 |
| 3000m        | 9:04.88 | Brenda Shackleton                   | Victoria     | 1988 |
| 60mH         | 8.23    | Sonia Paquette                      | Sherbrooke   | 1997 |
| 4x200m       | 1:37.11 | Clarke, Grant, Laughton, Dinsmore   | Windsor      | 1993 |
| 4x400m       | 3:41.47 | Brown, Jewett, Callender, Wells     | Toronto      | 2012 |
| 4x800m       | 8:41.66 | Jones, Meagher, Shackleton, Wellman | Victoria     | 1988 |
| High Jump    | 1.87    | Tami Lutz                           | UBC          | 1986 |
| Pole Vault   | 4.23    | Heather Hamilton                    | York         | 2010 |
| Long Jump    | 6.24    | Jocelyn Adu-Gyamfi                  | Toronto      | 2001 |
| Triple Jump  | 13.01   | Kelly Dinsmore                      | Windsor      | 1993 |
| Shot Put     | 15.32   | Taryn Suttie                        | Saskatchewan | 2010 |
| Weight Throw | 19.66   | Kate Forbes                         | Lethbridge   | 2005 |
| Pentathlon   | 4062    | Jessica Zelinka                     | Calgary      | 2004 |

## Zelinka's Pentathlon Performances (8.30, 1.61, 11.96, 5.95, 2:23.26)

| MEN          |         |  |              |      |
|--------------|---------|--|--------------|------|
| 60m          | 6.57    | Sam Effah                                | Calgary      | 2010 |
| 300m         | 33.40   | Alex Marchand                            | Sherbrooke   | 1999 |
| 600m         | 1:16.10 | Byron Goodwin                            | Manitoba     | 1995 |
| 1000m        | 2:22.09 | Tommy Lecours                            | Guelph       | 2012 |
| 1500m        | 3:46.85 | Allan Klassen                            | UBC          | 1990 |
| 3000m        | 7:59.29 | Jeff Schiebler                           | UBC          | 1996 |
| 60mH         | 7.83    | Mark McKoy                               | York         | 1984 |
| 4x200m       | 1:25.65 | O.Makinde, Robertson, Biocchi, T.Makinde | Ottawa       | 2012 |
| 4x400m       | 3:14.12 | Effah, Kimick, Saizew, Ratzlaff          | Calgary      | 2008 |
| 4x800m       | 7:29.23 | Fillion, Bima, Trepel, Goodwin           | Manitoba     | 1995 |
| High Jump    | 2.24    | Alex Zaliaskas                           | Toronto      | 1993 |
| Pole Vault   | 5.65    | Doug Wood                                | York         | 1992 |
| Long Jump    | 7.88    | Christopher Greenway                     | Ottawa       | 2010 |
| Triple Jump  | 15.80   | Patrick Banim-Massock                    | Montréal     | 2003 |
| Shot Put     | 18.46   | Chris Meisner                            | Lethbridge   | 2004 |
| Weight Throw | 24.08   | Jim Steacy                               | Lethbridge   | 2009 |
| Pentathlon   | 4126    | Chris Crossley                           | Saskatchewan | 2010 |

## Crossley's Pentathlon Performances (8.35, 7.33, 13.54, 2.03, 2:46.21)

## 5. EQUIPMENT AND FACILITY

## 5.1 BALL (N/A)

## 5.2 RECORDING

## 5.2.1 FIRST ROUND OPPONENT (N/A)

## 5.2.2 HOST REQUIREMENT

The host institution for the recording of all track races must provide a recorder with operator and an adequate replay machine and monitor. The recording may be used by the meet officials to assist in decisions re finish placing and rule infractions. It is recommended that extra recorders and a separate replay unit be available so that continual recording of races may occur when meet officials are reviewing the recording of a race in question.

## 5.3 UNIFORMS (N/A)

## 5.4 BIBS, SOCKS, SHIRT COLOR, TIGHTS AND TOWELS (N/A)

## 5.5 HEAD GEAR AND HELMETS (N/A)

## 5.6 CAPTAIN'S IDENTIFICATION (N/A)

## 5.7 DEPTH CHARTS (N/A)

## 5.8 SPOTTER PHONES (N/A)

## 5.9 FACILITY AND MEET REQUIREMENTS

- 5.9.1 The host institution shall conduct the championships in an indoor facility that shall accommodate all the CIS events and provide competitors in all events the opportunity to perform up to their capabilities. The running track should have a minimum of four (4)

lanes around the oval and a minimum of six (6) sprint straightway lanes. It is recommended that each lane be a minimum of 1 meter (1.00m) in width.

- 5.9.2 All competition equipment supplied by the host institution must meet current IAAF standards.
- 5.9.3 Fully automatic timing should be used in all races.
- 5.9.4 Where available, long jump and triple jump take-off boards require the use of putty fault indicator strips.

## 6. RULES

The current Athletics Canada and IAAF Rules of Competition shall govern the CIS Championship with particular exception of those CIS rules noted in the CIS Playing Regulations - Men's and Women's Track and Field.

## 7. MEETINGS

### 7.1 COACHES TECHNICAL MEETING

The Coaches' Technical Meeting shall be prior to the start of the Championship for the following purposes:

- 7.1.1 Final declaration and scratches of competitors and relay teams by each institution. Scratches will be dealt with on an event basis. No substitutions will be allowed at the championship after the final deadline of declaration.
- 7.1.2 Any changes in the seed performances as listed (Section 3.4.2)
- 7.1.3 Following discussion and recommendation from the coaches the final decisions will be made by the Meet Coordinator as to the need for and the composition of sections in the timed section events.  
Note: The heat and starting position assignments will be determined at the conclusion of the meeting by the Meet Coordinator following the procedures in Section 4. The finalized event sheets must be posted at the competition venue at least one hour prior to the start of the first event.
- 7.1.4 Review of the check-in procedures prior to each event competition.
- 7.1.5 Review of the starting procedures for each track event.
- 7.1.6 Review of the qualifying policies to subsequent rounds where applicable.
- 7.1.7 Establishment of starting heights and subsequent increments for the vertical jump competitions.
- 7.1.8 Weigh-in procedures for throwing events.

- 7.1.9 Review of the procedures to be followed re award presentation.
- 7.1.10 Clarification of the rules of competition.
- 7.1.11 Review of appeal procedures re protests during the competition.
- 7.1.12 Appointment of a selection committee to choose the most outstanding female and male athlete at this meet.
- 7.1.13 Any changes to the starting procedures due to banked tracks.
- 7.1.14 Any other business regarding the conduct of the current meet.
- 7.1.15 A notice of motion meeting shall be held following the technical meeting and written motions are to be submitted to the President of the Coaches Executive for the Track and Field Coaches annual meeting.

## 7.2 COACHES ANNUAL MEETING

The Track & Field Coaches Meeting shall be held on the first day of competition for the following purposes:

- 7.2.1 Discuss and propose future recommendations regarding the conduct of the championships (rules, procedures, promotion, etc.) and other track related matters.
- 7.2.2 Discuss and propose recommendations regarding dates and venue for future CIS Championships.
- 7.2.3 That starting with the 2012 CIS Track and Field Coaches Meeting – Elections will be held every two years for the position of President, Vice-President and Secretary. An individual may serve a maximum two consecutive 2 year terms in their elected position. **The role of Vice President includes being the liaison with the Rankings Coordinator.**
- 7.2.4 Other Business

7.3 COACHES CLINIC (N/A)

7.4 PRESS CONFERENCE (N/A)

## 8. OFFICIALS

### 8.1 FUNDED OFFICIALS

Three (3) **of the four (4)** members of the Jury of Appeal will be selected from within the pool of officials secured by the host. Should the host have to select out of province officials for the Jury of Appeal, CIS will provide funding up to the cost of an economy airfare. All other officials are the responsibility of the Host Institution.

**The fourth member of the Jury of Appeal will be the CIS Delegate or an appointed designate, to be selected by CIS.**

## 8.2 ASSIGNMENT

It is essential that Athletics Canada certified officials be used at the championship, particularly in key positions such as; starter, head timer, head finish judge, head for each field event, track umpires, referee and **the three members of the** Jury of Appeal.

## 8.3 NEUTRALITY (N/A)

## 8.4 QUALIFICATIONS

Preference is given to Level 5 officials.

Must be familiar with CIS Track and Field Playing Regulations.

Must not have any affiliation with meet, i.e. active coach.

## 8.5 HOST RESPONSIBILITIES

It is essential that the host institution provide a competent meet announcer.

Host shall be responsible for the transportation of all officials, excluding the out-of-province Jury of Appeal members. The Host shall be responsible for the local transportation, meals and accommodation (double occupancy) of all members of the Jury of Appeal.

## 8.6 NSO RESPONSIBILITIES (N/A)

## 8.7 STANDBY OFFICIAL (N/A)

## 8.8 FEES (N/A)

## 8.9 SELECTION PROCESS

Athletics Canada National Officials Chairman may provide recommendations to the Meet Director. Final approval remains with the Meet Director. Officials selected shall usually be the most senior officials available.

## 8.10 ON-SITE ASSIGNMENT (N/A)

# 9. SEASON AND CHAMPIONSHIP AWARDS

*\*Please refer to policy 60.20 for more details re standard championship awards.*

## 9.1 ALL-CANADIANS (MALE AND FEMALE)

9.1.1 First place finishers in all events (includes individual and combined events plus relay teams) at the CIS Championship will be named First Team All-Canadians and second place finishers in all events will be named Second Team All-Canadians.

9.1.2 Athletes who run in the qualifying rounds, but not the final of relay events shall receive the same awards or honors earned by the team in the final (to a maximum of two additional athletes).

## 9.2 OUTSTANDING ATHLETES



Sport Conferences should consider the following criteria when nominating for 9.2, 9.3, 9.4, 9.5 and 9.6:

- 9.2.1 The athlete's competitive record for the entire season in his/her primary event. Won/lost record versus CIS athletes is to be considered;
- 9.2.2 The quality and sequences of performances for the entire season in the athlete's primary event including CIS ranking;
- 9.2.3 The athlete's performance at his/her Sport Conference Championship;
- 9.2.4 The athlete's season record in other CIS events in which he/she competed.

### 9.3 OUTSTANDING FEMALE TRACK EVENT PERFORMER OF THE SEASON

- 9.3.1 Each Sport Conference representative will forward their nomination to the President of the Coaches Executive on the Monday ten (10) days prior to the championship.
- 9.3.2 Nominations must include Sport Conference results, season results and ranking.
- 9.3.3 The Sport Conference representatives will select the recipient prior to the CIS Championship.
- 9.3.4 The President of the Coaches Executive will only vote in the case of a tie.
- 9.3.5 To win the national award the athlete must have won that award in their sport conference, if such an award exists.
- 9.3.6 The nominees will be recognized and the winner announced at the championship, preferable at an awards recognition event if the Host chooses to hold one.

### 9.4 OUTSTANDING MALE TRACK EVENT PERFORMER OF THE SEASON

Same as 9.3

### 9.5 OUTSTANDING FEMALE FIELD EVENT PERFORMER OF THE SEASON

Same as 9.3

### 9.6 OUTSTANDING MALE FIELD EVENT PERFORMER OF THE SEASON

Same as 9.3

### 9.7 ROOKIES OF THE YEAR (MALE AND FEMALE)

- 9.7.1 The individual must be 21 years of age or younger as of September 1st in the year of the competition.
- 9.7.2 The individual must be in their first year of CIS eligibility (i.e. a true freshman).
- 9.7.3 The individual's regular season and Sport Conference performances are factored into the selection criteria.
- 9.7.4 To win the national award the athlete must have won the rookie of the year award in their sport conference, if such an award exists.
- 9.7.5 Final selection will be made prior to the CIS Championship.

### 9.8 STUDENT-ATHLETE COMMUNITY SERVICE AWARD

- 9.8.1 Selected by the Coaches.
  - 9.8.2 Recipients who demonstrate outstanding achievements in three (3) areas: track & field, academics and community involvement.
  - 9.8.3 To win the national award the athlete must have won the award in their Regional Association.
- 9.9 COACH OF THE YEAR (Women's Team - SUE WISE AWARD / Men's Team - BOB BOUCHER AWARD)
- 9.9.1 Nominees are selected by the coaches at the CIS Championship for women's team coach and men's team coach.
  - 9.9.2 The Meet Director will include results from the previous 2 years in the meeting information package. Coaches will use this information to see how teams have improved.
  - 9.9.3 The selection committee shall conduct a ballot with one vote per participating institution to select a Men's and Women's Coach of the Year
  - 9.9.4 The vote shall be conducted at the conclusion of the CIS Championship (15 minutes after the completion of the competition).
- 9.10 CHAMPIONSHIP TROPHY & CIS PENNANT (MALE AND FEMALE)
- Presented to both the CIS Women's and Men's Championship Team as well as the 2<sup>nd</sup> and 3<sup>rd</sup> place teams.
- 9.11 CHAMPIONSHIP MEDALS (MALE AND FEMALE)
- 9.11.1 Gold medals are awarded to CIS Championship Team (18 total).
  - 9.11.2 Gold, silver and bronze medals are awarded in each event.
  - 9.11.3 Athletes who run in the qualifying rounds, but not the final of relay events shall receive the same awards earned by the team in the final (to a maximum of two additional athletes).
- 9.12 OUTSTANDING MALE ATHLETE OF THE MEET (GEORGE GEMER AWARD)
- Determined by a selection committee with representatives from all Sport Conferences.  
Note: The Men's High Jump Champion will receive the Greg Baril-Kenney Award.
- 9.13 OUTSTANDING FEMALE ATHLETE OF THE MEET
- Determined by a selection committee with representatives from all Sport Conferences.
- 9.14 AWARDS RECOGNITION EVENT
- The awards presentations should occur immediately following the conclusion of the last event of the last day of competition.
10. COMMITTEES
- 10.1 CHAMPIONSHIP MANAGEMENT COMMITTEE

The Championship Management Committee shall be comprised of the CIS Coaches Executive and the Meet Director. The purpose of the committee shall be to rule on all matters necessary for the championships to proceed. The committee shall apply the CIS rules as written.

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee at the championship. The Management Committee shall apply CIS Rules. The Management Committee may not, nor may any member, make an exception to any CIS Rule or to a sanction imposed by CIS. The Management Committee has no jurisdiction to consider or interpret CIS Eligibility Regulations.

Composition of the Management Committee shall be:

1. Convener of Championship - non-voting chair;
2. CIS Delegate;
3. Technical Delegate;
4. President of the Coaches Executive, or designate.

A quorum shall require all of the four members, or their replacement.

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a CIS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in CIS policy 90.70.4.1.1 (see below), the CIS Championship Management Committee shall have the power and jurisdiction to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at CIS Championships, in a timely fashion. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the CIS office and Discipline Committee.

It is the expectation of CIS that persons representing Member institutions, and/or CIS, at CIS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

#### 90.70.4.1.1 Procedures Regarding Misconduct

Where misconduct occurs at a CIS Championship (including traveling to and from the event, practice days and competition days), the Chief Executive Officer, assisted by the event Convener, shall:

1. Investigate the particulars of the incident that gave rise to the misconduct.
2. Determine the amount and type of damage to property or injury to persons.

3. Identify the persons and institutions responsible for the incident.
4. Summarize this information in a written report.

The Chief Executive Officer shall provide a copy of the written report to the President, who may bring a complaint in accordance with CIS Policy 90.40 - Discipline. A copy of the written report shall be provided to the Directors of Athletics of the institutions involved.

#### 10.2 JURY OF APPEAL

The host institution, **working in consultation with the CIS Office** shall appoint an impartial jury of appeal and referees.

#### 10.3 DELEGATES (N/A)

### 11. APPENDICES

## 11.1 QUALIFYING STANDARDS

**2015 CIS Indoor Track and Field Championships****WOMEN**

| <b>CIS EVENT</b>   | <b>STANDARD</b>   | <b>EQUIVALENT EVENT STANDARD</b>                    |
|--------------------|-------------------|---|
| <b>60m</b>         | <b>7.61</b>       | <b>6.54 (50m), 7.07 (55m)</b>                       |
| <b>300m</b>        | <b>39.53</b>      | <b>24.66 (200m), 55.51 (400m)</b>                   |
| <b>600m</b>        | <b>1:31.35***</b> | <b>55.51 (400m), 1:12.76 (500m), 2:08.67 (800m)</b> |
| <b>1000m</b>       | <b>2:47.68 `</b>  | <b>2:08.67 (800m)</b>                               |
| <b>1500m</b>       | <b>4:27.55</b>    |   |
| <b>3000m</b>       | <b>9:36.22***</b> | <b>16:34.64 (5000m)</b>                             |
| <b>60m Hurdles</b> | <b>8.56 ***</b>   | <b>7.29 (50m H), 7.93 (55m H)</b>                   |
| <b>4x200m</b>      | <b>1:40.96</b>    | <b>48.32 (4x100m)</b>                               |
| <b>4x400m</b>      | <b>3:50.32***</b> | <b>3:51.42 (4x440y)</b>                             |
| <b>4x800m</b>      | <b>9:03.76</b>    | <b>9:07.05 (4x880y)</b>                             |
| <b>High Jump</b>   | <b>1.73 ***</b>   |   |
| <b>Pole Vault</b>  | <b>3.86 ***</b>   |   |
| <b>Long Jump</b>   | <b>5.88 ***</b>   |   |
| <b>Triple Jump</b> | <b>11.98</b>      |   |
| <b>Shot Put</b>    | <b>13.44</b>      |   |
| <b>20 lb. W.T.</b> | <b>16.96***</b>   |   |
| <b>Pentathlon</b>  | <b>3525</b>       |   |

Note 1: Standards based on sixth (6th) in final Canadian Interuniversity Sport rankings for past three (3) years with exception of the 1000m and the 4 x 800 m where the standards are based on fifth (5th) in the final Canadian Interuniversity Sport rankings for the past three (3) years.

Note 2: Events marked \*\*\* are sixth (6th) place (or fifth (5<sup>th</sup>) place in the case of the 1000m and 4 x 800m) in the previous year's final Canadian Interuniversity Sport rankings where the event standard was achieved by eight (8) or more individuals/teams in the final Canadian Interuniversity Sport rankings (see rule 4.10.1.2).

## 11.2 QUALIFYING STANDARDS

**2015 CIS Indoor Track and Field Championships****MEN**

| <b>CIS EVENT</b>   | <b>STANDARD</b>   | <b>EQUIVALENT EVENT STANDARD</b>                    |
|--------------------|-------------------|---|
| <b>60m</b>         | <b>6.84</b>       | <b>5.93 (50m), 6.39 (55m)</b>                       |
| <b>300m</b>        | <b>34.50</b>      | <b>21.92 (200m), 47.95 (400m)</b>                   |
| <b>600m</b>        | <b>1:19.08***</b> | <b>47.95 (400m), 1:02.87 (500m), 1:50.96 (800m)</b> |
| <b>1000m</b>       | <b>2:23.83***</b> | <b>1:50.96 (800m)</b>                               |
| <b>1500m</b>       | <b>3:46.88***</b> |   |
| <b>3000m</b>       | <b>8:13.37</b>    | <b>14:12.77 (5000m)</b>                             |
| <b>60m Hurdles</b> | <b>8.13</b>       | <b>6.93 (50m H), 7.58 (55m H)</b>                   |
| <b>4x200m</b>      | <b>1:28.57</b>    | <b>42.75 (4x100m)</b>                               |
| <b>4x400m</b>      | <b>3:18.29</b>    | <b>3:19.27 (4x440y)</b>                             |
| <b>4x800m</b>      | <b>7:37.91</b>    | <b>7:40.07 (4x880y)</b>                             |
| <b>High Jump</b>   | <b>2.03</b>       |   |
| <b>Pole Vault</b>  | <b>4.83***</b>    |   |
| <b>Long Jump</b>   | <b>7.11</b>       |   |
| <b>Triple Jump</b> | <b>14.46***</b>   |   |
| <b>Shot Put</b>    | <b>16.69</b>      |   |
| <b>35 lb. W.T.</b> | <b>17.87</b>      |   |
| <b>Pentathlon</b>  | <b>3664</b>       |   |

Note 1: Standards based on sixth (6th) in final Canadian Interuniversity Sport rankings for past three (3) years with exception of the 1000m and the 4 x 800 m where the standards are based on fifth (5th) in the final Canadian Interuniversity Sport rankings for the past three (3) years.

Note 2: Events marked \*\*\* are sixth (6th) place (or fifth (5<sup>th</sup>) place in the case of the 1000m and 4 x 800m) in the previous year's final Canadian Interuniversity Sport rankings where the event standard was achieved by eight (8) or more individuals/teams in the final Canadian Interuniversity Sport rankings (see rule 4.10.1.2).

## 11.3 SCHEDULE OF EVENTS

**2015 CIS Indoor Track and Field Championships****Day 1 - Thursday**

|        |              |   |       |
|--------|--------------|---|-------|
| 2:30pm | Weight Throw | W | Final |
| 3:00pm | 60 M Hurdles | W | Pent  |
| 3:15pm | 60 M Hurdles | M | Pent  |
| 3:45pm | High Jump    | W | Pent  |
| 4:00pm | Long Jump    | M | Pent  |
| 5:15pm | Shot Put     | M | Pent  |
| 6:00pm | 60 M         | W | Heats |
| 6:10pm | 60 M         | M | Heats |
| 6:15pm | Shot Put     | W | Pent  |
| 6:30pm | High Jump    | M | Pent  |
| 7:00pm | 60 M         | W | Final |
| 7:10pm | 60 M         | M | Final |
| 7:30pm | Long Jump    | W | Pent  |
| 7:30pm | 600 M        | W | Heats |
| 7:45pm | 600 M        | M | Heats |
| 8:00pm | 4x200 M      | W | Heats |
| 8:20pm | 4x200 M      | M | Heats |
| 8:45pm | 1000 M       | M | Pent  |
| 9:00pm | 800 M        | W | Pent  |

**Day 2 - Friday**

|        |              |   |       |
|--------|--------------|---|-------|
| 4:30pm | Weight Throw | M | Final |
| 4:30pm | 60 M Hurdles | W | Heats |
| 4:45pm | 60 M Hurdles | M | Heats |
| 5:00pm | Long Jump    | M | Final |
| 5:00pm | Pole Vault   | W | Final |
| 5:00pm | 1000 M       | W | Final |
| 5:10pm | 1000 M       | M | Final |
| 5:30pm | 60 M Hurdles | W | Final |
| 5:40pm | 60 M Hurdles | M | Final |
| 5:50pm | 300 M        | W | Heats |
| 6:05pm | 300 M        | M | Heats |
| 6:30pm | 3000 M       | W | Final |
| 6:50pm | 3000 M       | M | Final |
| 7:00pm | High Jump    | M | Final |
| 7:00pm | Long Jump    | W | Final |
| 7:00pm | Shot Put     | W | Final |
| 7:40pm | 300 M        | W | Final |
| 7:50pm | 300 M        | M | Final |
| 8:00pm | 4x800 M      | W | Final |
| 8:15pm | 4x800 M      | M | Final |

**Day 3- Saturday**

|                |                    |          |              |
|----------------|--------------------|----------|--------------|
| <b>12:30pm</b> | <b>Triple Jump</b> | <b>M</b> | <b>Final</b> |
| 12:30pm        | Pole Vault         | M        | Final        |
| 1:15pm         | 600 M              | W        | Final        |
| 1:30pm         | 600 M              | M        | Final        |
| 2:15pm         | 4x200 M            | W        | Final        |
| 2:25pm         | 4x200 M            | M        | Final        |
| <b>2:30pm</b>  | <b>High Jump</b>   | <b>W</b> | <b>Final</b> |
| 2:45pm         | Triple Jump        | W        | Final        |
| 2:45pm         | Shot Put           | M        | Final        |
| 2:45pm         | 1500 M             | W        | Final        |
| 3:00pm         | 1500 M             | M        | Final        |
| 4:00pm         | 4x400 M            | W        | Final        |
| 4:15pm         | 4x400 M            | M        | Final        |