



**INDOOR TRACK
AND FIELD
CHAMPIONSHIPS**

**2021 Men's and Women's Indoor Track and
Field Championship**

Participant Manual

SPIRE Institute Indoor Track and Field Facility

February 25th - 27th, 2021

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2021 Big Ten Men's and Women's Indoor Track and Field Championships
Hosted by SPIRE Institute
Thursday - Saturday, February 25th - 27th, 2021

SPIRE Institute

Director of Track and Field

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Office: 440-466-1002 ext. 115
cpowell@spireinstitute.org

Meet Director

Emily Dempster
Office: 440-466-1002 ext. 134
edempster@spireinstitute.org
330-760-2656

Director of Facilities

Michael Mock
Office: 440-466-1002 ext. 107
mmock@spireinstitute.org

Chief Operating Officer

Jeff Orloff
Office: 440-466-1002 ext. 110
jorloff@spireinstitute.org

Head Athletic Trainer

Bob Gray, MS, ATC
Office: 216-518-3615
Cell: 216-217-8726
Fax: 216-518-3612
Grayb1@ccf.org

Big Ten Conference

Big Ten Representative

Katie Stankiewicz
Office: 847-696-1010 ext. 106
Kstankiewicz@bigten.org
630-291-5334

Big Ten Communications

Shannon Malone
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smalone@bigten.org
224-283-1997

2021 Big Ten Men's and Women's Indoor Track and Field Championships

Hosted by SPIRE Institute

Thursday - Saturday, February 25th - 27th, 2021

Important Dates and Deadlines (All times ET unless noted otherwise)

Tuesday, February 23

By Noon (CST)

Final Entries due to Direct Athletics

By 3:00 pm

Team Travel Information Sheet and Official Travel Party List returned to Championship Management.

Wednesday, February 24

10:00 am

Organizational Meeting

SPIRE Track Banquet Room

Noon - 9:00 pm

SPIRE Track will open for team practices

1:00 pm - 9:00 pm

COVID Testing – All Teams

Banquet Center

3:00 pm - 9:00 pm

Implement Weigh-In

SPIRE Track – North

5:30 pm

Mandatory Coaches' Meeting

TBD

Thursday, February 25

8:00 am - 10:00 am

SPIRE Track open for practice/warm ups

8:00 am - 12:00 pm

Front Field Open for Men's Practice

Field and Courts Building

9:00 am - 11:45 am

Men's Weight Throw and Heptathlon Weigh-In

10:00 am

Start of Heptathlon - Day 1

12:00 pm

Start of Men's Running and Field Events

1:00 pm - 4:00 pm

COVID Testing – Men's Teams

Banquet Center

2:15 pm - 2:30 pm

Stands and Track Closed for Sanitation

2:30 pm - 3:15 pm

Women's Weight Throw Weigh-In

2:30 pm - 6:30 pm

Front Field Open for Women's Practice

Field and Courts Building

2:45 pm - 4:00 pm

SPIRE Track open for practice/warm ups

4:00 pm

Start of Women's Running and Field Events

5:00 pm - 9:00 pm

COVID Testing – Women's Teams

Banquet Center

6:30 pm

Track Area Closed

Friday, February 26 – WEIGHT ROOM TIME

8:00 am - 10:00 am

SPIRE Track open for practice/warm ups

8:30 am - 12:00 pm

Front Field Open for Men's Practice

Field and Courts Building

10:00 am - 1:00 pm

Open Weigh-Ins

10:30 am

Start of Heptathlon - Day 2

11:35 am

Start of Men's Running Events

12:00 pm

Start of Men's Triple Jump

12:30 pm - 4:30 pm

Weight Room availability

SPIRE Performance

1:00 pm - 4:00 pm

COVID Testing – Men's Teams

Banquet Center

2:00 pm - 2:15 pm

Stands and Track Closed for Sanitation

2:15 pm - 3:30 pm

SPIRE Track open for practice/warm ups

2:30 pm - 6:00 pm

Front Field Open for Women's Practice

Field and Courts Building

3:30 pm - 6:30 pm

Open Weigh-Ins and Pentathlon Weigh-In

3:30 pm

Start of Pentathlon

4:00 pm

Start of Women's Triple Jump

4:40 pm

Start of Women's Running Events

5:00 pm - 9:00 pm

COVID Testing – Women's Teams

Banquet Center

8:30 pm*

Track Area Closed (dependent on the ending of the Pentathlon)

Saturday, February 29

8:00 am - 10:30 am

8:00 am - 6:30 pm

9:00 am - 10:00 am

11:00 am

1:15 pm - 1:30 pm

1:30 pm - 3:30 pm

2:00 pm - 3:00 pm

4:00 pm

7:00 pm

SPIRE Track open for practice

Front Field Open for Practice

Men's Shot-Put Weigh-In

Start of Men's Running and Field Events

Stands and Track Closed for Sanitation

SPIRE Track open for practice

Women's Shot-Put Weigh-In

Start of Women's Running and Field Events

Building Closed

Field and Courts Building

2021 Big Ten Men's and Women's Indoor Track and Field Championships
Hosted by SPIRE Institute
Thursday - Saturday, February 25th - 27th, 2021
Schedule of Events

THURSDAY, FEBRUARY 25

MEN'S EVENTS		
TIME	TRACK EVENTS	ROUND
12:00	60m Hurdles	Semifinal
12:25	600m	Semifinal
12:50	200m	Semifinal
1:20	***3000m (Unseeded)	Final
1:40	3000m (Seeded)	Final
1:55	DMR	Final

TIME	FIELD EVENTS	ROUND
12:00	Long Jump	Prelim/Final
12:00	Weight Throw	Prelim/Final

TIME	HEPTATHLON EVENTS	ROUND
10:00	60m	Final
10:45	Long Jump	Final
11:50	Shot Put	Final
1:00	High Jump	Final

WOMEN'S EVENTS		
TIME	TRACK EVENTS	ROUND
4:00	60m Hurdles	Semifinal
4:25	600m	Semifinal
4:50	200m	Semifinal
5:20	***3000m (Unseeded)	Final
5:40	3000m (Seeded)	Final
6:00	DMR	Final

TIME	FIELD EVENTS	ROUND
4:00	Long Jump	Prelim/Final
4:00	Weight Throw	Prelim/Final

FRIDAY, FEBRUARY 25

MEN'S EVENTS		
TIME	TRACK EVENTS	ROUND
11:35	Mile	Semifinal
11:55	60m	Semifinal
12:15	400m	Semifinal
12:40	800m	Semifinal

TIME	FIELD EVENTS	ROUND
12:00	Triple Jump	Prelim/Final

TIME	HEPTATHLON EVENTS	ROUND
10:30	60m Hurdles	
11:15	Pole Vault	
1:30	1000m	

WOMEN'S EVENTS		
TIME	TRACK EVENTS	ROUND
4:40	Mile	Semifinal
5:00	60m	Semifinal
5:20	400m	Semifinal
5:45	800m	Semifinal

TIME	FIELD EVENTS	ROUND
4:00	Triple Jump	Prelim/Final

TIME	PENTATHLON EVENTS	ROUND
3:30	60m Hurdles	Final
4:10	High Jump	Final
5:45	Shot Put	Final
6:45	Long Jump	Final
8:00	800m	Final

SATURDAY, FEBRUARY 25

MEN'S EVENTS		
TIME	TRACK EVENTS	ROUND
11:00	Mile	Final
11:10	400m	Final
11:25	60m	Final
11:35	800m	Final
11:45	60m Hurdles	Final
11:55	600m	Final
12:10	200m	Final
12:20	***5000m (Unseeded)	Final
12:40	5000m (Seeded)	Final
1:00	4x400m	Final

TIME	FIELD EVENTS	ROUND
11:00	Pole Vault	Final
11:00	High Jump	Final
11:00	Shot Put	Prelim/Final

WOMEN'S EVENTS		
TIME	TRACK EVENTS	ROUND
4:00	Mile	Final
4:10	400m	Final
4:25	60m	Final
4:35	800m	Final
4:45	60m Hurdles	Final
4:55	600m	Final
5:10	200m	Final
5:25	***5000m (Unseeded)	Final
5:50	5000m (Seeded)	Final
6:15	4x400m	Final

TIME	FIELD EVENTS	ROUND
4:00	Pole Vault	Final
4:00	High Jump	Final
4:00	Shot Put	Prelim/Final

SPIRE Institute Indoor Track Facility

Indoor Track and Field (240,000 sq. ft.)

- 8-lane, 300-meter Beynon track, with wide radius
- Separate field event area (2 high jump, 2 long jump, 2 pole vault pits, 2 shot put circles and portable weight throw cages) that does not interfere with track events
- Olympic standard custom Lynx timing and scoring system, with a 9' x 13' Daktronics video board
- State-of-the-art sound system, lighting and temperature control
- Full locker room facilities
- Spectator capacity up to 5,000 with 2 separate mezzanine viewing areas that overlook the track & field
- A 25,000 sq. ft. glass-encased banquet, hospitality and meeting space overlooks the indoor track facility. Features include tiered dining/viewing areas, expansive banquet hall, private conference room and custom designed kitchen
- Separate public concessions areas

Preferred Lanes:

- | | |
|-----------------------|---|
| - 60m and 60m Hurdles | 5, 6, 4, 7, 3, 8, 2, 9, 1, (10 if needed) |
| - 200m | 6, 7, 8, 5, 4, (3, 2, 1 if needed) |
| - 400m, 600m | 6, 7, 5, 8, 4, 3, 2, 1 |

Runway Lengths:

Long Jump:

- Men's 170'
- Women's 170'

Triple Jump:

- Men's 132'
- Women's 140'

High Jump:

- Unlimited

Pole Vault

- Men's 140'
- Women's 140'

Take off board distance:

- Long Jump 4'8"
- Triple Jump – North Runway 24',36'
- Triple Jump – South Runway 32',42'6"

Shot Put and Weight Throw:

- Throwing circles are a raised wooden platform. There are two (2) Shot Put circles and one (1) Weight Throw circle.

Chalk:

- The use of marking chalk is prohibited in the facility

Shot Put and Weight Throw Weigh-In:

Student-athletes may weigh-in on Wednesday night between 3 pm and 9 pm, at which time implements will be impounded for the meet. If a student-athlete does not wish to weigh-in Wednesday, weigh-in times on the day of competition will be:

- Heptathlon Shot Put: Thursday, Feb. 25th from 9 am - 11:30 am
- Men's Weight Throw: Thursday, Feb. 25th from 9 am - 11:45 am
- Women's Weight Throw: Thursday, Feb. 25th from 2:00 pm - 3:00 pm
- Men's Open Weigh In: Friday, Feb. 26th from 10:00 am - 1:00 pm
- Pentathlon Shot Put: Friday, Feb. 26th from 3:30 pm - 5:30 pm
- Women's Open Weigh In: Friday, Feb. 26th from 3:30 pm - 6:30 pm

- Men's Shot Put: Saturday, February 27th from 9 am - 10:00 am
- Women's Shot Put: Saturday, February 27th from 2:00 pm - 3:00 pm

** The weigh-in area is located behind the event check-in station. All throwing implements will be impounded till warm up. Any implement that does not make weight will be impounded until the of the event.

*** Due to the turf throwing area surface, all student-athletes must throw the 20/35lb indoor weight and indoor shot puts

Athletic Communications

Athletic Communications and media relations for the championships will be under the direction of:

SPIRE Institute:

Jeff Orloff

Office: 440-466-1002 ext. 110

jorloff@spireinstitute.org

Big Ten:

Shannon Malone

Office: 847-696-1010 ext. 125

smalone@bigen.org

Coaches and student-athletes will be asked to make themselves available to the media at the appropriate times throughout the championships. Institutional personnel will be responsible for coordinating any Zoom media interviews with the winning team's head coach and student-athletes.

A media workspace will be available on the mezzanine level above the SPIRE track and field offices.

For additional information on the championships, please be sure to check out our Championship websites:

- Big Ten: www.bigten.org/itfchamps
- SPIRE: <https://www.spireinstitute.org/event/big-10-indoor-track-field-championships-february-26-27-2021/>

Awards and Ceremony

Championship Awards:

- One Team championship trophy, per gender, will be awarded at the conclusion of the each session Saturday.
- Individual award medals for the first three finishers in each event will be awarded immediately following each event final, including all members on the first three-finishing relay teams.
- The TRACK ATHLETE OF THE YEAR, FIELD ATHELTE OF THE YEAR, FRESHMAN OF THE YEAR, COACH OF THE YEAR, TRACK ATHLETE OF THE CHAMPIONSHIPS AND FIELD ATHELTE OF THE CHAMPIONSHIPS and ALL-BIG TEN TEAMS are not presented at the championship site and will be shipped by the Conference Office after the Championships.

Awards Ceremonies:

- The top three finishers will head to the awards podium at the completion that event finals. The top 8 finishers will be announced with only the top 3 present at the podium.
For the later events on Thursday and Friday (i.e. Distance Medley Relay, Weight Throw, etc., award winners will be recognized the following morning – time TBD.

PLEASE NOTE: We will be flexible with the award ceremonies if a student-athlete needs to prepare for another event.

Coaches are remined to instruct all of their award winners to wear their mask and official team warm – up to the awards stand!

Coaches Packets

Coaches' Packets will be available for pick up during your Wednesday practice or testing time. These packets will include credentials, parking permits, competitor numbers, and pins, extra schedule of events, and other updated Championship information for you and your team.

Coaches' Meeting

A Coaches' Meeting will be held at 5:30 pm, Wednesday, February 24th via Zoom. All head coaches are required to attend.

In addition, on Thursday, February 25th and Friday, February 26th, the coaches will meet at the finish line, immediately following the last event for a brief coaches' meeting.

Concessions and Merchandise

No concessions or merchandise will be available during the 2021 championships.

COVID Protocols - SPIRE Institute

ENTRANCE: Athletes, coaches, officials, volunteers, staff and spectators (when permitted) will enter and exit the facility through the door on the north end of the building. Facility entrances are marked with blue stars on the map at the end of the document. Following inclusive of temperature checks, everyone will be directed to their respective areas and will not be permitted to the other section of the facility.

WARM UP/COMPETITION: Athletes and coaches will wear a mask to (1) enter and exit the building (2) Using the hallways in any fashion (3) while using the bathroom or other public areas (4) return to track and field surfaces (5) return to their seating area/stands (6) speak with their coach, which the coach must have their mask on at all times

SANITATION: All areas in use will be sanitized at the conclusion of warm-ups, between events and at the conclusion of the session. Sanitation will also take place between sessions around the facility before the next session can access the space. All event locations will be issued a spray bottle with disinfectant to spray the area at the predetermined times.

COVID PROTOCOLS:

- Temperature checks shall be required of all athletes, coaches, officials, volunteers, and staff
- If someone leaves the premises/building and returns, he/she will undergo a temperature check again.
- Masks shall be worn and social distancing shall be implemented at all times except for when athletes ONLY are in the field of play and competing.
- No locker rooms will be available for athletes. Only restrooms are available are used is rest room use only.
- Athletes should arrive/depart in their uniform. Competition shoes and practice shoes (cleats, sneakers or spikes) must be changed into prior to walking onto the track surface. No outside shoes are permitted on the Track or field surface.
- There will be COVID marshals supplied by the event team at all spaces to make sure that proper adherence to social distancing.
- Water fountains are closed, athletes and coaches must bring their own water bottle or sports drink. If it is not a reusable bottle please make sure the bottle and other trash is put into the trashcan.
- **ALL VOLUNTEERS, OFFICIALS, COACHES, STAFF AND ATHLETES ARE REQUIRED TO WEAR MASKS AT ALL TIMES EXCEPT FOR ATHLETES WHO ARE IN THE FIELD OF PLAY AND COMPETING OR PRACTICING! This does not include any athlete on the bench or resting on the side, they must be in a mask!**

Credentials

Wristbands will serve as credentials. Wristbands will be issued for coaches, staff and student-athletes (only 32 athletes per gender). Please wear your wristband at all times to be given access to enter the building and to the hospitality and Student-Athlete areas. When not competing, student-athletes should be sure to have their wristband on at all times. Please fill in the names of **ALL** staff on the **Team Travel Information Sheet** on **page 19** and return it by Monday, February 22nd at 5:00 pm ET.

Wristbands for media should be requested through Shannon Malone at smalone@bigten.org.

Drug Testing

As part of its comprehensive drug-test program, the Big Ten Conference will conduct drug testing at the number of Conference championships and tournaments each year. Drug Testing may occur at any Big Ten Championship or Tournament and any student-athlete on the travel squad (including non-participating or injured student-athlete) is subject to drug testing.

Specific Information regarding drug-testing protocols can be found in Appendix F of the Big Ten Conference Handbook. Please be sure to fill out and return the **Official Travel Party List** on pages **17-18** including the name and cell phone of your institutional representative who will be responsible for assisting with the drug testing procedure should one of your student-athletes be chosen for testing.

Electronic Devices

In accordance with the NCAA Rule 4, Article 20, the use of electronic devices is not allowed in the competition areas for coaches, athletes and officials, except authorized by the Games Committee.

Entry and Declaration Procedure

Institutions shall use the on-line entry procedure at www.directathletics.com

For final entries, institutions may enter 4 individuals per event with an additional fifth entry in two events of their choosing. A limit of one relay team per institution in each relay race.

Final entries must be submitted to the designated on-line entry service by **NOON (CST) on Tuesday, February 23rd**. All entries are **FINAL** at this point. Final entries will be drawn by computer with like performances randomly drawn by the declaration official.

Each institution shall convert - if necessary - all times, distances, and heights for seeding purposes.

1. NCAA conversions for banked or oversized tracks shall be used regardless of the type of track being used to host the Championships.
2. The 600m conversion factor shall be halfway between the 400m conversion factor and the 800m conversion factor. (Example: if the conversion factor for the 400m is .4 and the conversion factor for the 800m is .6, then the conversion factor for the 600m would be .5)
3. NCAA adjustments for altitude shall be used when applicable.
4. All field event performances should be listed in metric distances and heights.

All times, distances & heights shall be submitted. The site/date of the performance should be included.

Performances submitted by coaches must have been made in the current indoor season and must include the student-athlete's best performance of the year. No outdoor marks or relay performances are acceptable.

Heating shall be accomplished in accordance with the guidelines established in the Big Ten Men's and Women's Indoor Track & Field Championships Manual, **Section 15**, and drawn by computer.

Field Event flights will be drawn based on descending order and randomized within the flight.

The on-line entry service, Direct Athletics, will make available a complete list of all entries (in descending order) for each event on Tuesday, February 23rd, as soon as possible following the noon (CST) deadline for final declarations. Coaches will receive notification via email, and the lists will either be contained in the email, available on-line or both.

Check-In:

Please refer to the Big Ten Conference Championships Check-In Procedures document (Attachment B of Manual).

Hospitality

Each morning Gatorade products and fruit will be placed at each of the athletic training spots in the batting cages. Teams may bring their own snacks to be located at your athletic training location. Each team will get one Gatorade cooler and powder. Food and non-water beverages must remain in your athletic training area.

Reminder: Due to COVID restrictions, Water fountains are closed, athletes and coaches must bring their own water bottle or sports drink. If it is not a reusable bottle please make sure the bottle and other trash is put into the trashcan.

Hotels

In order to secure the best available hotel room rate for the championships, please contact the SPIRE Hotel Concierge Line: 440-466-1002 Ext. 102.

Locker Rooms

Locker Rooms will be closed during the championships following COVID-19 Protocols. Please come in uniform. Restrooms will be open.

Media Credentials

All media credential requests should be sent to Shannon Malone at smalone@bigten.org.

Medical Information

SPIRE Institute's Indoor Track Athletic Trainer is:

Bob Gray, MS. ATC
Sports Health and Orthopedic Rehabilitation
Cell: 216-518-3615
Fax: 216-518-3612
Email: grayb1@ccf.org

Certified athletic trainers will be on-site for all practices and competitions. In addition, an ambulance and crew will be available all day on Friday and Saturday. Geneva Hospital is approximately 5 miles away from the SPIRE Institute and the emergency phone number is 440-466-1141.

Emergency Action Plan

Emergency Personnel: A Licensed Athletic Trainer will be on site for all scheduled practice and competition times. EMS and Ambulance services will be on site for scheduled competitions.

Emergency Contacts:

Bob Gray, MS, ATC
Emily Dempster

Athletic Trainer
Asst. Meet Director

216-518-3615
330-760-2656

Emergency Equipment: Supplies on site include: AED, First Aid Kit

Emergency Numbers and Hospital Information:

Physicians Ambulance Service - will be on site for the duration of the Big Ten Conference Championships. If additional service is needed, the following emergency numbers have been provided below.

Physicians Ambulance Service - 216-714-0113

If there are any injuries needing medical attention the following medical center's information is provided:

- Geneva Memorial (440) 415-0258 University Hospitals Est. Time 7 minutes
Take a right out of complex going north on South Broadway
Left on West Main Street/US 20 (Main intersection of town)
Hospital on left
- Tri-Point Medical Center (440) 375-8100 Lake Health Systems Est. Time 15 minutes
Left out of complex
I-90 west towards Cleveland
Ohio Route 44 South towards Chardon
Right on Auburn Road
Hospital on right
- Brown Memorial (440) 593-1131 University Hospitals Est. Time 26 minutes
Left out of complex
I-90 East towards Erie, Pennsylvania
Exit on Ohio Route 7
Left on State Street (US 20)
Hospital on right
- APMC (440) 997-2262 Cleveland Clinic Est. Time 21 minutes
Left out of the complex
I-90 East (left) towards Erie, Pennsylvania
Route 11 North (exit 228) towards Ashtabula
Exit US -20
Left on Route 20 to Lake Avenue
APMC on right

Depending on the severity of the injury or emergency, the trainer on duty will recommend which facility will best suit your needs. The trainer will contact the Meet Director or Meet Manager and they will call 911 to expedite needed services. Community Care Ambulance Service will be on property during the Big Ten Event.

If the injury is not severe, proper first aid will be applied.

If in the case of a fire, please proceed calmly to the East Emergency Exits, (opposite side of the track from the seating) away from the buildings until emergency responders declare the building safe to go back in.

Officials and Games Committee

Track Referee	Laurie Boemker
Field Referee	Mark Heckel
Multi-Events Referees	Jim Flanik
Heptathlon	Patrick Pretty
Pentathlon	Sue Pete
Starter	Bill Buttermore
Starter	Deb Molnar
Recall Starter	Bridgette Longino-Thomas
Head Umpire	Doug Glass
Declaration Official	Don Kopriva
Chief Clerk	Larry Dixon
Assistant Clerk	Stan Kasserman
Line Clerk	Tony Longino-Thomas, Terry Armstead
Jury of Appeals	Don Kopriva, Eric Zemper, John Deardorff
Announcer	Andris Baltputnis, David Hawley
Timing	Delta Timing – Jimmy Stewert
Head Pole Vault Official	Ken Prince
Head High Jump Official	Julie Gauvreau
Head Triple Jump Official	Les Chih
Head Long Jump Official	Les Chih
Head Weight Throw	John Wilson
Head Shot Put Official	Lyle Shull

The Games Committee shall consist of the Conference head track and field coaches and the Conference office representative.

All members of the Games Committee must be present to convene the Committee. A majority vote is required for actions of recommendations by the Committee.

The conference Commissioner or designated representative shall not vote unless there is a tie vote among the voting members.

The primary function of the Games Committee is to give specialized assistance and guidance to the championship manager when questions and problems arise during the conduct of the championship where authority for resolution of such problems is not covered by the Conference championship manual, the NCAA track rules or the rules, regulations, and agreements of the Conference.

Protest and Rules

Protest relating to matters, which develop during the conduct of the Championships, should be made at once (in writing) and not later than 15 minutes after the results have been officially posted. If no protest were filed after the aforementioned 15-minute period, the results are declared as final and no changes to them may be made.

On any disqualification, the referee shall inform the coach involved before the official results are announced.

Any such protest must be made in writing by one of the coaches, and submitted to the referee, who will render a written decision. Please see **page 21** for a copy of the **Protest Form**. Extras will be available on-site.

DVSPORT video evidence may be used to support a protest or appeal.

A fee of \$50 (cash or check) must be submitted along with the Protest Form. The check should be made out to the Big Ten Conference.

The announcer will record the time of the results and announce the results.

A second protest (appeal) may be made to the referee. Upon receiving this (second) protest, the referee is required to turn the protests over to the Jury of Appeals who will make a final decision. The referee must leave the jury and not be involved in their deliberation. This decision is final and without appeal.

If the protest is upheld, the \$50 shall be returned to the protesting institution. If the protest is denied, the \$50 will be returned to the conference office to be applied towards championships expenses.

Decisions of game officials are final. Protests arising from the decisions of the officials or any inadvertent misinterpretation of the rules will not be considered by the Conference.

All rules and procedures not covered by this administrative manual and the Conference Handbook, will fall under the rules and procedures of the current NCAA Men's and Women's Track and Field Rule Book. There shall be no change in the rules of conduct of the championships at the championships site.

Results and Scoring

SPIRE'S timing system is a state of the art Finish Lynx Timing System, mounted in the rafters of the complex and infield pole. It is completely digital with timing to the 1000th of a second, if necessary. There are two independent systems for each finish line (sprint straightaway and oval) with one color and one black and white camera on each line. The timing system is linked to the scoreboard for fast, accurate presentation of results. HyTek Meet Manager will be used to manage the entry and result databases, which is also linked to the scoreboard. Delta Timing will be the official timing company lead by Jimmy Stuart.

Championship results will be available to the coaches during the Championships at the completion of each day's events. Coaches' Pick-up Envelopes will be located at the tables near the finish line. Results will also be available on the Big Ten (www.bigten.org) websites. Please contact for more information.

NCAA rules on scoring shall be followed. The Championships shall be scored to eight places for both track and field events. The value of first through eighth place shall be as follows: 10, 8, 6, 5, 4, 3, 2, 1. Scoring shall be the same for individual and relay events.

The throwing events will be using laser measurement to record all the throws.

Team Entrances, Seating and Parking

Team Entrance: All personnel traveling with your team should have a wristband and use the Northeast entrance to the SPIRE Track Facility. Please see enclosed map and look for signs outside of the building when you arrive.

Team Seating: Team areas will be identified and assigned for each team in the stands. Athletes are permitted to sit in the lower bleacher sections of the spectators seating.

Team Parking: All team vans and buses may park in the north lot behind the track building. Parking permits and maps will be included in the coaches' packets. (See enclosed map page 25)

Team and staff credentials will be issued based on the number requested on the Team Travel Information Sheet.

Team Practice/Competition Warm-up: The Indoor Track will be available for teams on Wednesday, February 24th from Noon to 9:00 p.m. for practice. A practice schedule will be distributed prior to the event.

Competition warm-up will be allowed on the concourse area and designated areas of the North end of the track. No warming up will be allowed on the track. Field event participants will be allowed to warm up on the infield after checking in with the event officials.

Warm Up Time in the Field and Courts Building (Front Building): Athletes will only be allowed to enter the facility from the doorways between the Front Building and Aquatics (marked with a pink star and arrow on the map on **page 25**). Athletes must head straight down the hallway to the field. There will be no wandering the building. Once warm ups are complete, athletes must take the same path to exit the building. **THERE WILL BE NO RUNNING THROUGH THE HALLS. No Exceptions**

Front Field Practice Hours:

Thursday, February 25th: 8:00 am - 12:00 pm (men); 2:30-6:30 pm (women)

Friday, February 26th: 8:30 am - 12:00 pm (men); 2:30-6:00 pm (women)

Saturday, February 27th: 8:00 am - 6:30 pm

Standard warm-up Time: The standard warm-up time will be 15 minutes for each flight. Note, if flight consists of 11 or more competitors, the warm-up time shall increase to 20 minutes. Once the top nine have been determined, a 10-minute warm-up for the finals shall be implemented as needed.

****No coach or non-competing student-athlete is allowed in the infield area under penalty of disqualification, except to seek clarification of rulings. This includes all competition for multi-events. Coaches will be permitted in a specified area outside of the track with the proper credentials. The area directly behind the start/finish line will be off-limits. Coaches' Boxes will be presented at the Coaches' Meeting on Thursday night.**

Admittance to Meet: All athletes, coaches, managers, trainers, and media must have a Big Ten Championships wristband in order to enter the facility.

Media who wish to cover the championships should contact Shannon Malone (smalone@bigten.org) for wristbands.

Team Meals

Please use the following link to purchase team meals: <https://2021-b1g-team-meals.paperform.co>

All meals will be available for pick up at the concession stand, Straight Away Café. It is located in half down the hallway in the opening in the stands. All meals must be purchased by **Sunday, February 21st by 5:00 pm**. If you have any questions please contact Bruce Scott at bscott@spireinstitute.org.

Uniforms and Numbers

Each institution' student-athletes shall wear only the university's official equipment (warm-ups, competition equipment) as covered by the Conference rules. If a student-athlete is in violation of this rule, an official will give one warning to both the coach and the student-athlete. If the correction is not made, the student - athlete in violation will be disqualified by the referee from all remaining events. Any points made by the student-athlete in question before the disqualification shall stand.

Competitor Numbers: Competition numbers are considered a part of the official uniform. One bib number will be issued to each student-athlete. The number should be securely pinned on the front of each competitor so as to be plainly visible (back for pole-vaulters and throwers)

Spikes: The use of 1/4" pyramid spikes will be strictly enforced.

Hip Numbers/Clerking/Relay Cards: The hip number table will be located at the north end of the track facility on the track. Athletes should pick up their numbers at least 15 minutes prior to all running events. There will be a dry erase board behind the clerking table that will announce the events that hip numbers can be picked up.

Tickets and Spectator Parking

There will be **NO** spectators allowed at the Big Ten Championships due to COVID-19 building occupancy limitations.

2021 Big Ten Men's and Women's Indoor Track and Field Championships
Hosted by SPIRE Institute
Thursday - Saturday, February 25th - 27th, 2021
Official Women's Team Travel Party List

Team: _____

Institution Representative Responsible for Assisting With the Drug Testing Program:

Name: _____ Cell Phone: _____

Head Coach: _____

Student-Athletes:

- | | |
|-----------|-----------|
| 1. _____ | 17. _____ |
| 2. _____ | 18. _____ |
| 3. _____ | 19. _____ |
| 4. _____ | 20. _____ |
| 5. _____ | 21. _____ |
| 6. _____ | 22. _____ |
| 7. _____ | 23. _____ |
| 8. _____ | 24. _____ |
| 9. _____ | 25. _____ |
| 10. _____ | 26. _____ |
| 11. _____ | 27. _____ |
| 12. _____ | 28. _____ |
| 13. _____ | 29. _____ |
| 14. _____ | 30. _____ |
| 15. _____ | 31. _____ |
| 16. _____ | 32. _____ |

RETURN BY EMAIL OR FAX BY 5:00 P.M. (EASTERN TIME) MONDAY, FEBRUARY 22nd TO:

Emily Dempster, Meet Director,
5201 SPIRE Circle, Geneva, Ohio 44041
Phone: 440-466-1002 ext. 134
Fax: 440-415-1087
Email: edempster@spireinstitute.org

2021 Big Ten Men's and Women's Indoor Track and Field Championships
Hosted by SPIRE Institute
Thursday - Saturday, February 25th - 27th, 2021
Official Men's Team Travel Party List

Team: _____

Institution Representative Responsible for Assisting With the Drug Testing Program:

Name: _____ Cell Phone: _____

Head Coach: _____

Student-Athletes:

- | | |
|-----------|-----------|
| 1. _____ | 17. _____ |
| 2. _____ | 18. _____ |
| 3. _____ | 19. _____ |
| 4. _____ | 20. _____ |
| 5. _____ | 21. _____ |
| 6. _____ | 22. _____ |
| 7. _____ | 23. _____ |
| 8. _____ | 24. _____ |
| 9. _____ | 25. _____ |
| 10. _____ | 26. _____ |
| 11. _____ | 27. _____ |
| 12. _____ | 28. _____ |
| 13. _____ | 29. _____ |
| 14. _____ | 30. _____ |
| 15. _____ | 31. _____ |
| 16. _____ | 32. _____ |

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2021 Big Ten Men's and Women's Indoor Track and Field Championships
Hosted by SPIRE Institute
Thursday - Saturday, February 25th - 27th, 2021
Team Travel Information Sheet

Institution: _____

Mode of Transportation (plane, bus, vans, etc.): _____

Team's Arrival Date and Time: _____

Number of Vehicles: _____

Hotel: _____

Mandatory: Address and Phone number (For emergency purposes):

Total Number In Travel Party:

_____ Coaches _____ Student-Athletes _____ Trainers _____ SID

Approximate Number of Rooms per Night:

_____ Tuesday, Feb. 23. _____ Wednesday, Feb. 24. _____ Thursday, Feb. 25

_____ Friday, Feb. 26. _____ Saturday, Feb. 27. _____ Sunday, Feb. 28

Is Your Athletic Administrator Attending (yes or no)?:

Name: _____ Title: _____

Name/Title of Members of Travel Party Other Than Student-Athletes: (Please print neatly)

RETURN BY EMAIL OR FAX BY 5:00 P.M. (EASTERN TIME) MONDAY, FEBRUARY 22nd TO:

Emily Dempster, Meet Director,
5201 SPIRE Circle, Geneva, Ohio 44041
Phone: 440-466-1002 ext. 134
Fax: 440-415-1087
Email: edempster@spireinstitute.org

2021 Big Ten Men's and Women's Indoor Track and Field Championships
Hosted by SPIRE Institute
Thursday - Saturday, February 25th - 27th, 2021

Big Ten Conference Awards Ballot

PLEASE VOTE FOR YOUR TOP 3 CANDIDATES FOR EACH AWARD - ONLY COMPLETE BALLOTS WILL BE COUNTED. ALL BALLOTS MUST BE SIGNED.

First-place votes are worth 10 points, second-place votes are worth seven points, and third-place votes are worth five points.

Both true and red-shirt freshmen are eligible for Freshman of the Year.

Ballots for Track Athlete of the Championships, Field Athlete of the Championships, Coach of the Year and the Sportsmanship winner are due by e-mail to Shannon Malone (smalone@bigten.org) at the Big Ten office by 5 p.m. CT, Monday March 1st, (the Monday following the Big Ten Championships).

Ballots for Track Athlete of the Year, Field Athlete of the Year, and Freshman of the Year are due by e-mail to Shannon Malone (smalone@bigten.org) at the Big Ten office by 5 p.m. CT, Monday, March 15th (the Tuesday following the NCAA Championships).

PLEASE PROVIDE THE CANDIDATES' FULL NAME AND UNIVERSITY

Coach of the Year

1st _____
2nd _____
3rd _____

Track Athlete of the Championships

1st _____
2nd _____
3rd _____

Field Athlete of the Championships

1st _____
2nd _____
3rd _____

Sportsmanship Winner (from your team): _____

Coaches' Signature

Institution (Men/Women)

2021 Big Ten Men's and Women's Indoor Track and Field Championships
Hosted by SPIRE Institute
Thursday - Saturday, February 25th - 27th, 2021

Protest Form

To file a Protest, complete this form and submit it to the Referee, who will make a determination. If you are not satisfied with the Referee's decision, you may file an Appeal to the Jury by completing a second form, stating specifically why you disagree with the Referee's decision, and submit it to the Referee, who will then submit both Protest and Appeal to the Jury for a final decision.

Date (dates of event): _____ Protest (to the Referee)

Site (host institution): _____ Appeal (to the Jury)

Describe the nature of your protest and your rationale, citing the specific rule(s) from the current NCAA Track and Field/Cross Country rule book or the current Big Ten championship manual to support your protest (use the back of this form if necessary):

Event: _____ Heat/Flight: _____

Athlete Name/#: _____

Protest:

NCAA rule # and page # or Big Ten manual citation: _____

Name of Coach (print): _____ University: _____

Coach's signature: _____ Time submitted: _____

Referee's/Jury's decision (circle one):

Referee's/Jury chair's signature: _____ Time: _____

Directions to SPIRE

FROM CLEVELAND HOPKINS INTERNATIONAL AIRPORT via I-480/I-271/I-90

- Follow Signs to I-480 East
- Take I-480 E to I-271 North
- Take I-271 North towards Cleveland
- I-271 Ends, Keep left to continue on I-90 East
- Exit at OH-534 exit, Exit 218, (Geneva)
- Turn Left onto South Broadway / 534
- SPIRE Institute entrance on the right

FROM THE WEST via I-80/I-90:

- Take I-80 East/I-90 East towards Cleveland
- Merge onto I-90 East via Exit 142 toward OH-2 E/Cleveland
- Keep right to take I-90 toward Cleveland
- Take the OH-534 exit, Exit 218, toward Geneva
- Turn Left onto South Broadway
- SPIRE Institute entrance on the right

FROM THE SOUTH via I-271:

- Take I-271 North towards Cleveland
- I-271 becomes I-90 East
- Take the OH-534 exit, Exit 218, toward Geneva
- Turn Left onto South Broadway
- SPIRE Institute entrance on the right

FROM THE SOUTH via I-77:

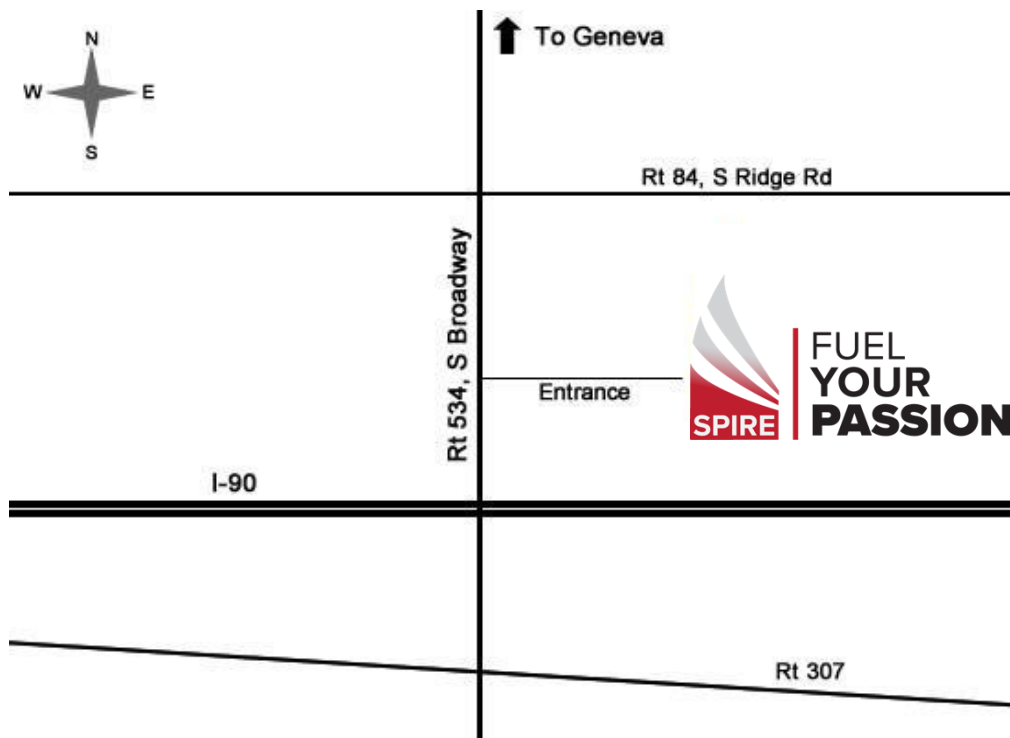
- Take I-77 North towards Cleveland
- Keep left to take OH-8 North via Exit 125A toward Cuyahoga Falls
- Merge onto I-271 North via the exit on the left toward I-90/Erie
- I-271 becomes I-90 East
- Take the OH-534 exit, Exit 218, toward Geneva
- Turn Left onto South Broadway
- SPIRE Institute entrance on the right

FROM THE SOUTH via I-71:

- Take I-71 North towards Cleveland
- Merge onto I-271 North via Exit 220 toward Erie
- I-271 becomes I-90 East
- Take the OH-534 exit, Exit 218, toward Geneva
- Turn Left onto South Broadway
- SPIRE Institute entrance on the right

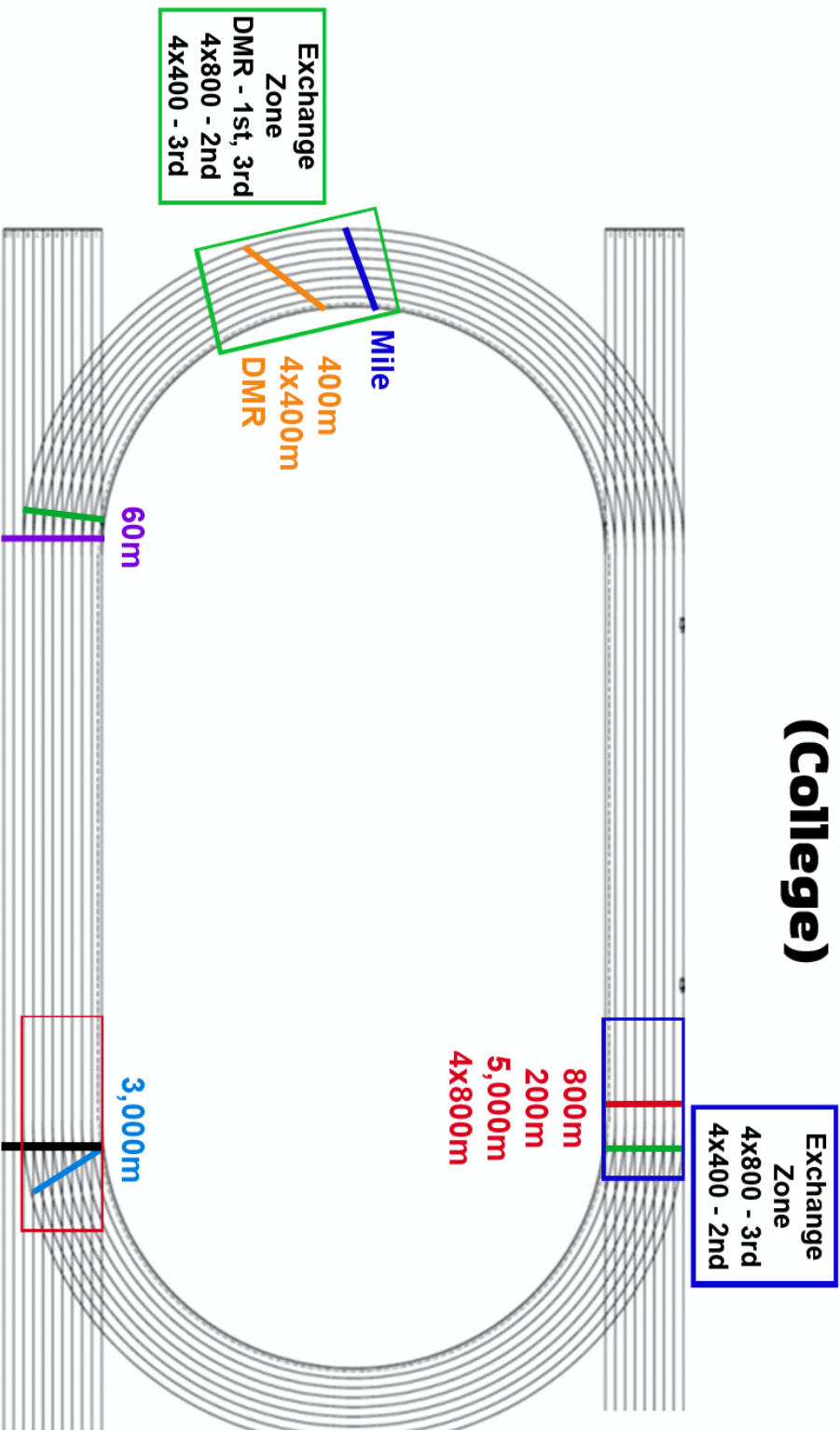
FROM THE EAST via I-90:

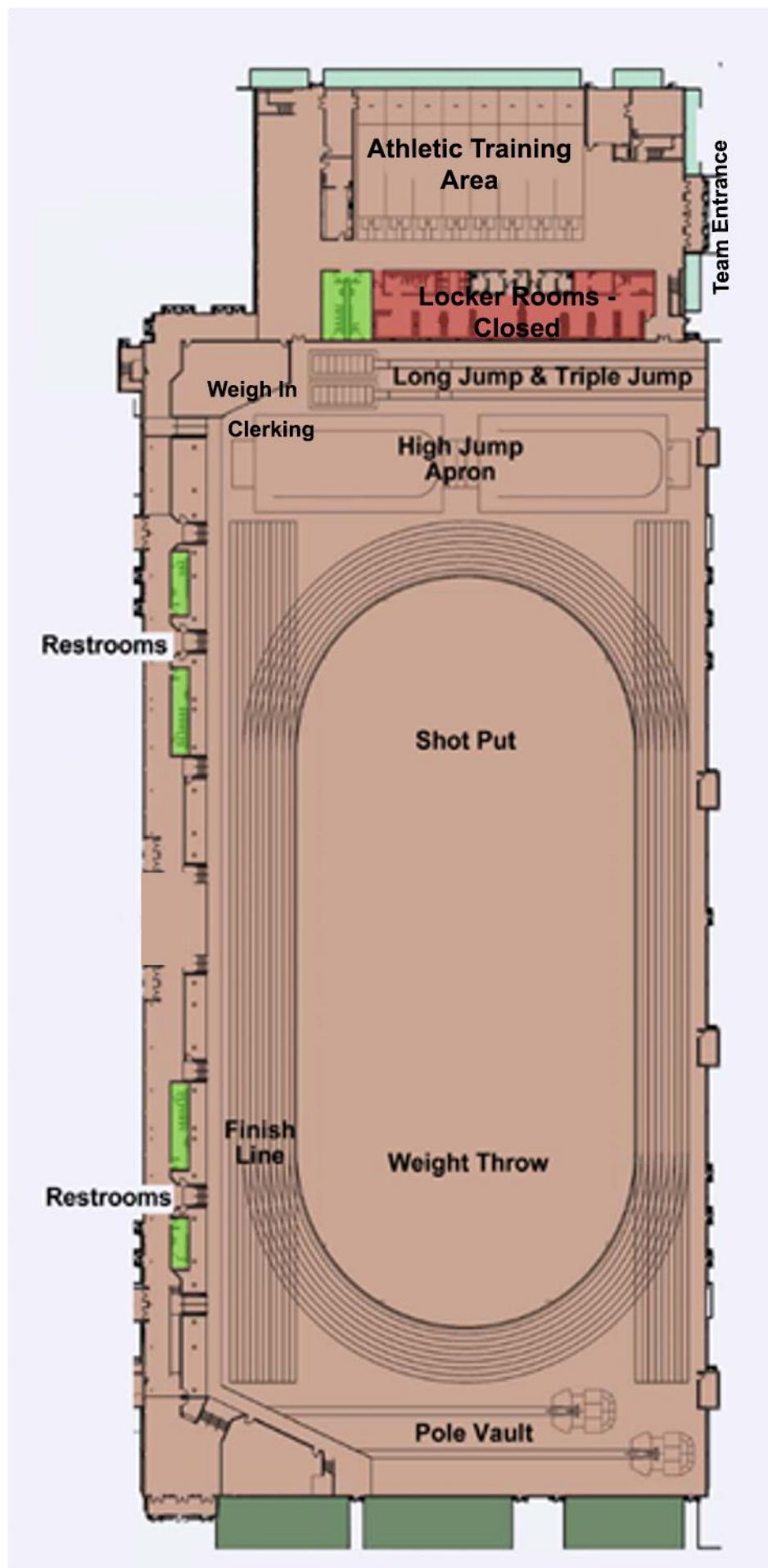
- Take I-90 West towards Cleveland
- Take the OH-534 exit, Exit 218, toward Geneva
- Turn Right onto South Broadway
- SPIRE Institute entrance on the right



SPIRE Institute

Start Line & Exchange Zones (College)







Restaurants

Geneva

Chops Grille & Tap House
www.chopsgrille.com
1752 S.Broadway
Geneva, Ohio 44041
440-466-4638

Crosswinds Grille
www.crosswindsgrille.com
5653 Lake Road E.
Geneva, Ohio 44041
44-466-8668 ext. 4

Ferrante Winery & Ristorante
www.ferrantewinery.com
5585 OH-307
Geneva, Ohio 44041
440-166-8466

The Winery at Spring Hill
www.thewineryatspringhill.com
6062 S.Ridge Road W
Geneva, Ohio 44041
440-466-0626

Hundley Cellars
www.hundleycellars.com
6451 OH-307
Geneva, Ohio 44041
440-361-3088

Old Mill Winery & Restaurant
www.theoldmillwinery.com
403 South Broadway
Geneva, Ohio 44041
440-466-5560

Laurello Vineyards
www.laurellovinyards.com
4573 OH-307
Geneva, Ohio 44041
440-415-0661

Best Friends Family Restaurant
1741 S Broadway
Geneva, OH 44041
440-466-0041

Mary's Diner
www.marysdiner.com
666 E Main Street
Geneva, OH 44041
440-466-6393

Pizza Hut
www.pizzahut.com
1800 S Broadway
Geneva, OH 44041
440-415-0550

Subway
www.subway.com
1640 OH-534
Geneva, OH 44041
440-466-9917

McDonalds
www.mcdonalds.com
1807 S Broadway
Geneva, OH 44041
440-466-0838

Geneva-On-The-Lake

Eddie's Grill
www.eddiesgrill.com
5377 Lake Road E
Geneva, OH 44041
440-466-8720

Old Firehouse Winery
www.oldfirehousewinery.com
5499 Lake Road E
Geneva, OH 44041
440-466-9300

Allison's Mini-Golf
allisonsminigolf.com
5456 Lake Road E
Geneva, OH 44041
440-466-7922

High Tide Tavern
www.hightidetavern.com
5504 Lake Road E
Geneva, OH 44041
440-466-7990

Horizons Restaurant & Lounge
www.thelodgeatgeneva.com
4888 N Broadway
Geneva, OH 44041
440-466-7100

Madsen Donuts
www.madsendonuts.com
5426 Lake Road E
Geneva, OH 44041
440-466-5884

Adventure Zone
www.adventurezonefun.com
5600 Lake Road E
Geneva, OH 44041
440-466-3555

Madison

Cornerstone Brewing Company
www.cornerstonebrewing.com
70 West Main Street
Madison, OH 44057
440-983-4520

Joey's Italian Grille
www.joeysitagliangrille.com
2731 Hubbard Road
Madison, OH 44057
440-428-5191

Laurentia Vineyard & Winery
www.laurentiawinery.com
4599 South Madison Road
Madison, OH 44057
440-296-9175

Austinburg

Capps Pizza
www.cappspizzamenu.com
1736 OH-45
Austinburg, OH 44010
440-275-7711

Clay Street Grill
2092 OH-45
Austinburg, OH 44010
440-275-7500

Waffle House
www.wafflehouse.com
2850 Gh Dr
Austinburg, OH 44010
440-275-3181

The Farmer Butcher Chef
thefarmerbutcherchefbistro.com
1591 OH-45
Austinburg, OH 44010
440-429-6133

Burger King
www.bk.com
2239 State Rd #45
Austinburg, OH 44010
440-275-1256

Taco Bell
www.tacobell.com
2807 Sidley Ct
Austinburg, OH 44010
440-275-5033

Painesville/Chardon

Redhawke Grille
www.redhawkegrille.com
7481 Auburn Road
Painesville, OH 44077
440-354-4040

Burgers 2 Beer
www.burgers2beer.com
7669 Crile Road
Painesville, OH 44077
440-754-8701

Bistro 70
www.bistro70.com
70 North St.Clair Street
Painesville, OH 44077
440-352-7070

Maple City Taps & Eatery
www.maplecitytaps.com
11095 Chardon Road
Chardon, OH 44024
440-285-9953

Panini's Bar & Grill
www.paninisgrill.com
7580 Fredle Drive
Painesville, OH 44077
440-639-1000

Mentor/Willoughby

Melt Bar & Grilled
www.meltbarandgrilled.com
7289 Mentor Ave
Mentor, OH 44060
440-530-3770

BJ's Restaurant & Brewhouse
bjsrestaurants.com
7880 Mentor Ave
Mentor, OH 44060
440-276-1360

Your's Truly Restaurant
www.ytr.com
7280 Center Street
Mentor, OH 44060
440-255-3003

Cracker Barrel
www.crackerbarrel.com
6055 Som Center Road
Willoughby, OH 44094
440-516-1775

Texas Roadhouse
www.texasroadhouse.com
6095 Commerce Circle
Willoughby, OH 44094
440-833-0570

Panini's Bar & Grill
www.paninisgrill.com
37333 Euclid Ave.
Willoughby, OH 44094
440-951-9852

Beachwood

Palador Latin Kitchen
www.paladorlatinkitchen.com
28601 Chagrin Blvd #900
Woodmere, OH 44122
216-896-9020

B Spot Burgers
www.bspotburgers.com
28699 Chagrin Blvd
Woodmere, OH 44122
216-292-5567

Winking Lizard Tavern
www.winkinglizard.com
25800 Central Parkway
Beachwood, OH 44122
216-454-0308

Piada Italian Street Food
www.mypiada.com
3870 Richmond Road
Beachwood, OH 44122
216-450-1093

Swenson's Drive In
www.swensonsdriveins.com
14510 Cedar Road
University Heights, OH 44122
216-350-7776