



OUTDOOR TRACK

SECTION A Regular Season Structure and Procedures

1. NJCAA Eligibility rules will govern all college and individual participants, except where superseded by Region XIX rules. In all cases, determination of eligibility will be under the jurisdiction of the Region XIX Director of Compliance / Standards & Ethics Chair.
2. NCAA rules will apply, unless superseded by operating code.
3. **Scheduling Protocol - Is there any for regular season?**

SECTION B Officials

1. **Is there a central assignor for regular season??**
2. Certified officials must be employed by the host college as:
 - a. Clerk of course
 - b. Referee
 - c. Head Starter
 - d. Chief Timer
 - e. Chief Finish Judge
 - f. Head Field Judge in all field events as stated in NCAA guide

SECTION C Reporting of Scores / Card Accumulations

1. **Are results sent to a service bureau during the season?**

SECTION D Regional Tournament Format

1. The District Meet will be held annually the first or second weekend in May.
2. The Decathlon and Heptathlon must be held prior to the District Meet.
3. **The Site for the Meet is determined by:**
4. The current NCAA rule guide for Track & Field will be in effect.
5. Each college is limited to three (3) persons per event
6. Each college is limited to one (1) relay team per event
7. There are 24 events:
 - 100M
 - 200M
 - 400M
 - 800M
 - 1500M
 - Mile Relay (or metric equivalent)
 - 4 x 100M Relay
 - Discuss
 - Javelin
 - High Jump
 - Long Jump
 - 100M HH
 - 110M HH
 - 5000M
 - 4 x 800M Relay
 - Triple Jump
 - 10,000M Run
 - 3000M Steeplechase
 - Decathlon
 - Heptathlon
 - Pole Vault
 - Shot Put
 - 400M IH
 - Hammer
8. There must be three (3) entries in order to run events. If the proper number of entries are received, the event will be conducted.
9. A scratch meeting will be held each day at a time determined by the meet director.
10. A runner not scratched must participate in all events in which he/she was entered. If the athlete does not participate, they may no longer participate.
11. If a relay team fails to participate, no penalty will be assessed to individual participants.

SECTION E Regional Tournament Qualification

1. **Is there any?**

SECTION F Regional Tournament Seeding

1. **Is there a seeding format?**

SECTION G Regional Tournament Entry Fees

1. A fee per college per division will be assessed along with a fee per entrant. The per entrant fee will be determined after all expenses are met.

SECTION H Regional Tournament Logistics

1. A coaches meeting will be held prior to the event, including a weigh-in of implements.
2. The site for the championship will be determined in advance by the Championship Events Committee.
3. Facilities should include; an all-weather track, at least six (6) lanes with eight (8) strongly recommended, at least six (6) flights of hurdles, ability to host all field events and a fully automated timing system is recommended.
4. The order of events for a two day meet shall be determined by the host institution based on availability of facilities. The order should be distributed by April 1st.
5. The Games Committee will consist of three (3) persons: Meet Referee, Meet Director and a District Coach not involved in the infraction.
6. The suggested order of events is as follows:

Friday

Coaches Meeting at 3:00pm

Weigh-In Implements at 3:30pm

Running – starting at 4:00pm

3000 Steeple Chase	M/W
110M High Hurdle (semis)	M
100M High Hurdle (semis)	W
3200M Relay (final)	M
3200M Relay (final)	W
100M Dash (trials)	M
100M Dash (trials)	W
10,000 Run (final)	M
200M Dash (semis) 8 fastest to final	M
200M Dash (semis) 8 fastest to final	W
10,000 Run (final)	W

Field – starting at 4:00pm

Hammer	M/W
Pole Vault	M/W
Shot Put	M/W
Triple Jump	M/W

Saturday

Coaches Meeting at 8:00am

Weigh-In Implements at 8:30am

Running – Starting at 10:30am

400M Relay (final)	M/W
5000M Run (final)	W
100M Dash (semis)	W
100M Dash (semis)	M
110M High Hurdle (final)	M
100M High Hurdle (final)	W
1500M Run (final)	M

1500M Run (final)	W
400M Dash (final)	M
400M Dash (final)	W
100M Dash (final)	M
100M Dash (final)	W
800M Run (final)	M
800M Run (final)	W
400M IH (final)	M
400M IH (final)	W
200M Dash (final)	M
200M Dash (final)	W
5000M Run (final)	M
1600M Relay (final)	M
1600M Relay (final)	W

Field – Starting at 10:00am

High Jump	M/W
Discuss	M/W
Javelin	M/W
Long Jump	M/W

SECTION I Regional Tournament Awards

1. The Regional Office will have the appropriate tournament awards shipped to the host institution. The host institution will receive an invoice from the Regional Director for the awards.
2. Awards will be distributed for the first three (3) places in each event including relays.
3. Awards will be distributed to the first three (3) teams in each division.

SECTION J Regular Season Awards / All-Region Team

1. The coach of the team winning the Region XIX Indoor Track championship is named Coach of the Year **(Is this true?)**
2. All Region certificates designated “First Team” and name of event will be awarded to all first place finishers at the Regional meet.
3. **WAITING ON NEW VERBAGE FROM AD HOC COMMITTEE**

SECTION K Code of Conduct

1. All members of teams including players, coaches, trainers, scorekeepers, and spectators will follow the Code of Conduct enforced by the National Junior College Athletic Association throughout all games.

SECTION L NJCAA / Region XIX Ejection Policy

1. If a coach is ejected from a Region XIX contest and there is no college approved representative designated by the Athletic Director present, then the game is terminated and forfeited at that point. Also the coach must sit the next scheduled contest. If the ejection occurs in the last game of the season the ejection will carry into the following year.
2. An athlete ejected from any Region XIX contest for any reason must sit the next game. If the ejection occurs in the last game of the season and/or playoff game the suspension will carry into the following season of eligibility used in this sport.
3. Any player ejected for fighting or violent act, will sit the next two (2) contests. If the ejection occurs in the last game of the season and/or playoff game the suspension will carry into the following season of eligibility used in this sport. A second ejection for fighting in a season will result in that player suspended from competition in that sport for the remainder of the season. Reminder: NJCAA and NCAA rules may allow for more severe penalties. Region XIX will impose the most severe penalty allowable.
4. In the event of any ejection, an ejection report must be filed with the Region Director. The AD's of both colleges should file the appropriate NJCAA ejection form to the Region Director.

SECTION M Health and Safety

1. In regard to an open wound, under circumstances when constant or profuse bleeding occurs, the participant shall be immediately removed from that contest by the coach or official and cannot return until the bleeding has stopped.
2. The use of all tobacco products by any coach, player, official, or other individual involved in the conducting of any NJCAA sanctioned or sponsored regular season or post season play is prohibited within the confines of the playing area. Any individual not in compliance shall be disqualified from further participation in that contest.

SECTION N District / Region XIX Divisional Breakdown

Division I

Essex Community College (MD)

Essex County College (NJ)

Hagerstown Community College (MD)

Baltimore City College (MD)

Harcum College (PA)

Division III

Bergen Community College (NJ)

Bronx Community College (NY)

Community College of Rhode Island (RI)

Cumberland County College (NJ)

Gloucester County College (NJ)

Howard Community College (MD)

Middlesex County College (NJ)

Montgomery College (MD)

Nassau Community College (NY)

SUNY Farmingdale (NY)

Thaddeus Stevens (PA)

Dutchess Community College (NY)

Fashion Institute of Technology (NY)

Kingsborough Community College (NY)

Queensborough Community College (NY)