

NEW HAMPSHIRE INDOOR TRACK LEAGUE

RULES SPECIFIC TO UNH

1. Number of laps per event: 3000m—18.75; 1500m—9.375; 1000m—6.25; 600m—3.75; 300m—1.875. All of these events finish at the same place—underneath the big white beam on the sprint straight-away.
2. **All competitors and spectators must remain within the track facility. Anyone found in other parts of the building will bring immediate disqualification to their team that day. The only time athletes should be in the main hallway and front lobby is when they are entering the building or going to the bathroom. They should not "hang out" there, nor should they warm up in the hallways. THEY MAY GO OUTSIDE TO WARM UP.**
3. The coach's first responsibility when arriving at the cage is to report to the table and enter their athletes. Tickets should be filled out before you arrive at U.N.H and should be done neatly. **ARRIVE AT THE CAGE 15-30 MINUTES BEFORE YOUR SCHEDULED MEET.** If you arrive earlier than that, team members must stay on their bus until then. Do not turn in tickets for athletes who aren't there. Check your tickets on the bus.
4. In the 3000 meter run, only the top 6 finishers will have their laps counted and times taken by the officials. **All others** are your responsibility. You should assign one person to each of your athletes (non-scorers) to count their laps and to tell them how many laps they have to go. If an athlete qualifies but is not in the top 6, **you** must turn their ticket, with your time on it, in to me that day.
5. Ticket Colors - Blue (Boys); White (Girls). Tickets are JUST for U N H.
6. All tickets must have a time under BEST TIME in order to be seeded properly. If you do not have a best time, use a predicted time. **DO NOT** put spring event times on the ticket or **slow**, etc. Tickets without times will automatically go in the slowest possible heat. However, once an athlete has run an event this year, **you must use that time (including tenths)** - you can't estimate a faster time to get the athlete into a different heat. Coaches should fill out tickets, not athletes. Tickets must include first names for potential scores.
7. On your tickets for the 55m Dash and 55m HH, put DASH and HURDLES for event, rather than 55m or 55 HH.
8. In all meets, the sprint relay will be run in lanes for the first two laps. The 3rd runner may cut in immediately after receiving the hand-off. In this relay, we will only run 2 teams at a time. If there is an odd number of teams, then we will run 3 teams in the slowest heat.
9. In all meets, almost all heats of the 300m will be run in lanes all the way. **No** blocks will be allowed in the 300m.
10. If an athlete becomes ill, they should try and find a barrel if they can't make it to the restroom. If one of your athletes gets sick on the floor, it is your responsibility to clean it up.