

# 2024 NJCAA Region I Track & Field Championships

General Information

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## Region I Decathlon and Heptathlon Championship

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**Dates:** Monday, April 22, and Tuesday, April 23  
**Starting Times:** Monday: Women start promptly at 3:00 pm  
followed by the men.  
Tuesday: Men start promptly at 3:00 pm  
followed by the women.  
**Site:** Mesa Community College (Riggs Stadium)  
**Co-Directors:** Dean Hebert and Clyde Resendez

Please register your athletes for the decathlon and heptathlon by 1:00 PM, Sunday, April 21 at [www.directathletics.com](http://www.directathletics.com). NO late entries. **Any entries made AFTER this date/time will NOT be accepted.**

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## Region I Track & Field Championship

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**Dates:** Tuesday, April 30, and Thursday, May 2  
**Site:** Mesa Community College  
**Co-Director:** Dean Hebert and Clyde Resendez  
**Games Committee:** Dean Hebert, Clyde Resendez, Kyle Sawyer

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### Entries

**All entries are due by 4:00 PM, on Thursday, April 25, No Exceptions.**

**Entries for the 10,000m Run are due by 1:00 PM, Sunday, April 21.**

Entries must be submitted electronically using [www.directathletics.com](http://www.directathletics.com). **NO late entries. Any entries made AFTER this date/time will NOT be accepted.**

**You may enter four (4) individuals per event.**

Each school may enter only one team for each relay.

**No additions/substitutions will be allowed after the entry due date.**

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### Coaches Meeting

Coaches meeting will not be held.

Heats sheets will be made after the entry deadline and posted on the Region I web site later that night, if possible. Final assignments will be available online before the first event on Tuesday.

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## Meet Information

1. NCAA rules will be in effect.
2. All events including the relays will be scored 10-8-6-5-4-3-2-1.
3. Participant numbers are to be worn on the front of the racing singlet, and must be worn on both days. No runner will be allowed to compete without a race number.
4. Relay cards must be turned in to the clerk prior to each relay event. All members of your team listed on your roster and active, are eligible to compete on your relay teams.

**Once the meet starts if an athlete scratches an event he/she is out of the rest of the meet unless there is a medical reason for the scratch** (*see "Failure to Participate" rule, failure to begin the first event of the heptathlon or decathlon is included*).

**Failure to Participate** (Rule 14, Section 2 of the NCAA Cross Country, Track & Field 2023 and 2024 Rules)

5. A maximum of nine athletes shall qualify for the finals in all field events.
6. **Regulations for Forming Heats** (Rule 15, Section 11, Article 2 of the NCAA Cross Country, Track & Field 2023 and 2024 Rules)  
*Summary: Heat assignment will be determined by the rank order list.*
7. **Regulations for Assigning Lanes** (Rule 15, Section 11, Article 3 of the NCAA Cross Country, Track & Field 2023 and 2024 Rules)  
*Summary: Events with prelims, lanes will be drawn by lot. Events that are finals only will be assigned preferred lanes based on rank order list.*
8. **Qualifying for Finals** (Rule 15, Section 10, Article 5 of the NCAA Cross Country, Track & Field 2023 and 2024 Rules)  
*Summary: Events with prelims, a maximum of nine runners will advance to finals based on place and time. 800 meter run and 1500 meter run will be a final only.  
No more than 12 competitors will run in a heat for the 800 meters. Games committee will decide on how to best divide the heats if necessary. A minimum of two competitors from different schools shall be in a heat.  
No more than 15 competitors will run in a heat for the 1,500 meters. Games committee will decide on how to best divide the heats if necessary. A minimum of two competitors from different schools shall be in a heat.*

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## **Protest**

The protest will go to the Referee. Forms will be available at the finish area for the head coach to provide information about the alleged incident or problem, citing the NCAA rulebook. The head referee's ruling and explanation will be posted along with the results of the race. There will be no jury of appeals and the referee's decision will be final. There will be a 15-minute protest period. The protest window will begin when the results of the race have been posted. A protest timer will be available for viewing on the live results page. There is a \$50 protest fee (cash only) for each protest. The \$50 fee is refundable only if the protest is overturned. Judgement calls made by an official is not subject to protest.

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## **Weighing in of Implements**

All implements to be used in the Region Meet must be weighed in. Weighing in will be done from 3-5 pm on Tuesday, and again on Thursday. You cannot use any implements that have not been weighed in and passed. Officials will check your implements when you check in at your events.

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## **Medical**

Mesa Community College as the host school is responsible for scheduling trainers to provide medical services at the meet.

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## **Meet Schedule**

The possibility exists that preliminary heats in some events will not need to be contested; however, the time schedule will not change.

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## Monday, April 22, Schedule

### Running Events

Start Time	Event	Round	Gender
8:00 PM	10,000 Meters	Finals	Women
8:00 PM	10,000 Meters	Finals	Men

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## Tuesday, April 30, Schedule

### Throwing Events

Start Time	Event	Round	Gender
5:00 PM	Javelin	Finals	Women
5:30 PM	Hammer Throw	Finals	Men
6:45 PM	Hammer Throw	Finals	Women
6:45 PM	Javelin	Finals	Men

### Jumping Events

Start Time	Event	Round	Gender
5:00 PM	Pole Vault	Finals	Women
5:00 PM	Long Jump	Finals	Men
7:15 PM	Long Jump	Finals	Women
7:15 PM	Pole Vault	Finals	Men

### Running Events

Start Time	Event	Round	Gender
6:00 PM	3,000 Meter Steeplechase	Finals	Women
6:15 PM	3,000 Meter Steeplechase	Finals	Men
6:30 PM	100 Meters	Prelims	Women
6:40 PM	100 Meters	Prelims	Men
6:50 PM	100 Meter Hurdles	Prelims	Women
7:00 PM	110 Meter Hurdles	Prelims	Men
7:10 PM	3,200 Meter Relay	Finals	Women
7:25 PM	3,200 Meter Relay	Finals	Men
7:40 PM	200 Meters	Prelims	Women
7:50 PM	200 Meters	Prelims	Men

# 2024 NJCAA Region I Track & Field Championships

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## Thursday, May 2, Schedule

### Throwing Events

Start Time	Event	Round	Gender
5:00 PM	Discus	Finals	Women
5:00 PM	Shot Put	Finals	Men
6:30 PM	Shot Put	Finals	Women
6:30 PM	Discus	Finals	Men

### Jumping Events

Start Time	Event	Round	Gender
5:00 PM	High Jump	Finals	Women
5:00 PM	Triple Jump	Finals	Men
7:00 PM	Triple Jump	Finals	Women
7:00 PM	High Jump	Finals	Men

### Running Events

Start Time	Event	Round	Gender
6:00 PM	400 Meter Relay	Finals	Women
6:05 PM	400 Meter Relay	Finals	Men
6:10 PM	1,500 Meters	Finals	Women
6:20 PM	1,500 Meters	Finals	Men
6:30 PM	400 Meters	Finals	Women
6:35 PM	400 Meters	Finals	Men
6:45 PM	100 Meter Hurdles	Finals	Women
6:50 PM	110 Meter Hurdles	Finals	Men
7:00 PM	100 Meters	Finals	Women
7:05 PM	100 Meters	Finals	Men
7:10 PM	800 Meters	Finals	Women
7:15 PM	800 Meters	Finals	Men
7:25 PM	400 Meter Hurdles	Finals	Women
7:35 PM	400 Meter Hurdles	Finals	Men
7:45 PM	200 Meters	Finals	Women
7:50 PM	200 Meters	Finals	Men
7:55 PM	5,000 Meters	Finals	Women
8:25 PM	5,000 Meters	Finals	Men
8:50 PM	1,600 Meter Relay	Finals	Women
9:00 PM	1,600 Meter Relay	Finals	Men