

i. 2021 NJCAA DIVISION I OUTDOOR TRACK & FIELD PREFERRED SCHEDULE OF EVENTS

DAY ONE		DAY TWO		DAY THREE	
TIME	EVENT	TIME	EVENT	TIME	EVENT
9:00 AM	Women's Combined Events (100m hurdles, HJ, SP, 200m)	9:00 AM	Men's Combined Events (110m Hurdles, Discus, Pole Vault, Javelin, 1500m)	10:00 AM	Men's Javelin Trial & Final
9:15 AM	Men's Combined Events (100m, LJ, SP, HJ, 400m)	9:30 AM	Women's Combined Events (Long Jump, Javelin, 800m)	10:00 AM	Women's Discus Trial & Final
<i>Field Events</i>		<i>Field Events</i>		11:00 AM	Women's Triple Jump Trial & Final
11:00 AM	Women's Hammer Trial & Final	11:00 AM	Men's Shot Put Trials & Final	1:00 PM	Women's Javelin Trial & Final
11:00 AM	Men's Long Jump Trial & Final	2:00 PM	Men's HJ Final	1:00 PM	Men's Discus Trial & Final
1:00 PM	Women's Pole Vault Final	2:00 PM	Women's Shot Put Trials & Final	1:30 PM	Men's Triple Jump Trial & Final
2:00 PM	Men's Hammer Trial & Final	2:00 PM	Women's HJ Final	<i>Running Events</i>	
2:00 PM	Women's Long Jump Trial & Final	<i>Running Events</i>		12:00 PM	<i>National Anthem/Recognitions</i>
5:00 PM	Men's Pole Vault Final	1:00 PM	Women's 1500m Preliminary	12:30 PM	Women's 4x100m Relay Final
<i>Running Events</i>		1:15 PM	Men's 1500m Preliminary	12:40 PM	Men's 4x100m Relay Final
5:00 PM	Women's 4x800m Relay Final	1:40 PM	Women's 100m Hurdles Preliminary	12:50 PM	Women's 1500m Final
5:15 PM	Men's 4x800m Relay Final	2:05 PM	Men's 110m Hurdles Preliminary	1:00 PM	Men's 1500m Final
5:30 PM	Women's 4x100m Relay Trials	2:30 PM	Women's 100m Preliminary	1:10 PM	Women's 400m Final
5:45 PM	Men's 4x100m Relay Trials	2:50 PM	Men's 100m Preliminary	1:20 PM	Men's 400m Final
6:00 PM	Women's 400m Hurdles Preliminary	3:10 PM	Women's 800m Preliminary	1:35 PM	Women's 100m Hurdles Final
6:15 PM	Men's 400m Hurdles Preliminary	3:30 PM	Men's 800m Preliminary	1:45 PM	Men's 110m Hurdles Final
6:30 PM	Women's 400m Dash Preliminary	3:50 PM	Women's 200m Preliminary	2:00 PM	Women's 100m Final
6:45 PM	Men's 400m Dash Preliminary	4:05 PM	Men's 200m Preliminary	2:10 PM	Men's 100m Final
7:00 PM	Women's 10,000m Final	4:30 PM	Women's Steeplechase Final	2:20 PM	Women's 800m Final
7:50 PM	Men's 10,000m Final	4:50 PM	Men's Steeplechase Final	2:30 PM	Men's 800m Final
		5:10 PM	Women's 4x400m Relay Preliminary	2:45 PM	Women's 400m Hurdles Final
		5:25 PM	Men's 4x400m Relay Preliminary	2:55 PM	Men's 400m Hurdles Final
				3:10 PM	Women's 200m Final
				3:15 PM	Men's 200m Final
				3:25 PM	Women's 5000m Final
				3:50 PM	Men's 5000m Final
				4:15 PM	Women's 4x400m Relay Final
				4:25 PM	Men's 4x400m Relay Final

ii. 2021 NJCAA DIVISION III OUTDOOR TRACK & FIELD PREFERRED SCHEDULE OF EVENTS

DAY ONE		DAY TWO		DAY THREE	
TIME	EVENT	TIME	EVENT	TIME	EVENT
11:00 AM	Decathlon (100m, LJ, SP, HJ, 400m)	9:00 AM	Decathlon (HH, DT, PV, JT, 1500m)	9:30 AM	100m Semifinals (W)
11:00 AM	Pole Vault Finals (W)	9:15 AM	Steeplechase Finals (W)	9:45 AM	100m Semifinals (M)
11:00 AM	Hammer Finals (M)	9:30 AM	Heptathlon (LJ, JT, 800m)	10:00 AM	100H Semifinals (W)
11:45 AM	Heptathlon (100h, HJ, SP, 200m)	9:45 AM	Steeplechase Finals (M)	10:15 AM	110HH Semifinals (M)
1:00 PM	Hammer Finals (W)	10:30 AM	Awards – 10k, Steeplechase (M/W)	10:30 AM	200m Semifinals (W)
1:30 PM	Awards – Hammer (M/W), PV (W)	11:00 AM	Long Jump Finals (W)	10:45 AM	200m Semifinals (M)
1:30 PM	Triple Jump Finals (M)	11:00 AM	High Jump Finals (M)	10:55 AM	1500m Finals (W)
2:30 PM	Pole Vault Finals (M)	11:00 AM	Shot Put Finals (W)	11:00 AM	Discus Finals (W)
3:00 PM	Javelin Finals (M)	1:00 PM	Shot Put Finals (M)	11:05 AM	1500m Finals (M)
3:45 PM	Triple Jump Finals (W)	1:15 PM	Long Jump Finals (M)	11:30 AM	400m Relay Finals (W)
4:00 PM	<i>Opening Ceremony</i>	1:30 PM	Awards – LJ (W), HJ (M), SP (W)	11:40 AM	400m Relay Finals (M)
4:10 PM	3200m Relay Finals (W)	2:00 PM	1500m Trials (W)	11:45 AM	Awards – 1500m (M/W)
4:25 PM	3200m Relay Finals (M)	2:20 PM	1500m Trials (M)	12:15 PM	400m Finals (W)
4:40 PM	400m Relay Trials (W)	2:35 PM	400m Trials (W)	12:25 PM	400m Finals (M)
4:55 PM	400m Relay Trials (M)	2:50 PM	400m Trials (M)	12:40 PM	100m Finals (W)
5:10 PM	10k Finals (W)	3:00 PM	Javelin Finals (W)	12:50 PM	100m Finals (M)
5:15 PM	Awards – TJ (M), PV (M), Javelin (M)	3:05 PM	100m Trials (W)	1:00 PM	Discus Finals (M)
5:40 PM	Awards – 4300m Relay (M/W)	3:20 PM	100m Trials (M)	1:05 PM	110HH Finals (M)
6:00 PM	Awards – TJ (W)	3:35 PM	100mH Trials (W)	1:15 PM	100H Finals (W)
6:10 PM	10k Finals (M)	3:50 PM	110HH Trials (M)	1:20 PM	Awards – 400mR, 400m, 100m (M/W)
		4:00 PM	Awards – Decathlon, Heptathlon	1:50 PM	800m Finals (W)
		4:15 PM	Awards – SP (M), HJ (W), LJ (M)	2:00 PM	Men's 400m Hurdles Final
		4:30 PM	800m Trials (W)	2:15 PM	400mH Finals (W)
		4:45 PM	800m Trials (M)	2:25 PM	400mH Finals (M)
		5:00 PM	400H Trials (W)	2:30 PM	Awards – 100H, 110HH, 800m (M/W)
		5:15 PM	400H Trials (M)	2:55 PM	200m Finals (W)
		5:20 PM	Awards – Javelin (W)	3:05 PM	200m Finals (M)
		5:30 PM	200m Trials (W)	3:10 PM	Awards – 400mH (M/W)
		5:45 PM	200m Trials (M)	3:20 PM	5000m Finals (W)
		6:10 PM	1600m Relay Trials (W)	3:40 PM	Awards – 200m (M/W)
		6:25 PM	1600m Relay Trials (M)	3:50 PM	5000m Finals (M)
				4:10 PM	1600m Relay Finals (W)
				4:20 PM	1600m Relay Finals (M)
				4:45 PM	Awards – 5000m (M/W), 1600R (M/W)
				5:00 PM	Team Awards

1. The National Meet order of events, established by the meet host, should be sent to the Chair of the NJCAA Track and Field Committee, the NJCAA Chair of the NJCAA Championship Events and the President of the Track and Field Coaches Association for their approval. After approval from the group, this will be the order of events that will be followed at the national meet. Track committee no longer This order of events will follow the established time schedule and will not roll forward.
 2. Providing entry forms and information to member institutions four weeks prior to competition. Approach distances for all field events and the distance from long jump and triple jump board to pit will be listed.
 3. Mailing/email to coaches and the NJCAA Track & Field Committee members the meet information, including a form for the coach to sign and return which indicates that the coach has read and understands all conditions which must be satisfied for final entry in the championship.
 4. Email a list of entrants in each event arranged in descending order by degree of excellence of performance. This list is to be available after the final declaration of entries.
 5. Implementing the mechanics of the meet manual.
 6. Providing heat sheets and meet results at a prearranged location before and after each day of the competition (one copy per institution). Heat sheets will be provided online.
- B. Coaches are Responsible for:
1. Submitting all possible competitors on the alphabetical roster whether they have met the qualifying standards or not, to be received no later than the entry deadline.
 2. Making final declarations in the manner determined by the NJCAA Committee on Track & Field and on the date stipulated. Final declarations must include final corrected performance for each athlete in each event entered. Relay-timed individual efforts will not be accepted. Declared times or distances must be the best effort of the current season by each athlete.
 3. Entering teams and/or individuals. It is the responsibility of the coach to submit correct performances. Submission of incorrect performance standards may be cause for disqualification of athletes.
 4. Being present at the meeting at which the heat sheets are provided to the coaches.
- C. Participation Requirements
1. Current NJCAA Eligibility Rules shall apply.
 2. No contestant shall be permitted to enter an NJCAA Championship Track & Field Meet unless accompanied by (1) a coach or faculty member of the sending institution or (2) a designated supervisory coach or faculty member from an NJCAA member college. Designation of a supervisory person in (2) above must be in writing. It shall bear the seal of the college and signatures of the Athletic Director and President or Dean of the sending institution. It shall be sent by certified mail to the Meet Director. All contestants must remain under the supervision of their coach or the designated supervisory person throughout the meet and until departure from the site.

Section 4. Rules and Procedures

- A. Qualifications for Competition
1. See Section 9.B. for information concerning the multiple events.
 - i. Indoor qualifying marks set at indoor or outdoor events will qualify for Indoor.
 - ii. Outdoor qualifying marks set at indoor or outdoor events will qualify for Outdoor.
 2. Division I: Each institution will be permitted **three** events (individual or relay) "white card" entries from each division, male and/or female in the Indoor and/or Outdoor Track and Field Championship. (A white card can't be used for a multi-event participant).
 3. Division III: Each institution will be permitted **three** events (individual or relay) "white card" entries from each division, male and/or female, in the Indoor and/or Outdoor Track and Field Championship. (A white card may be used for a multi-event participant). **(Division III only)**.
 4. Contestants may compete in any event for which they have qualified except that no college may declare more than three contestants in any event other than relays. No college may enter more than one relay team in any relay event. **If a college declares more athletes or relay teams than allowed, then all athletes or relay teams entered from that college, in that event, will be disqualified.**
 - i. An athlete entered in any event will be considered to have made an honest effort if they report and make an attempt or start a race.
 - ii. The honest effort rule does not apply to the multi events. If an athlete fails to complete all events in the multis they are still eligible to compete in the regular meet. However, if a multi athlete is entered in a regular meet event and fails to make an honest effort in that event they are disqualified for the remaining events in the multis and any other regular meet events including relays.
 5.
 - i. The events contested, their order, and the time schedule shall follow the NCAA National Collegiate Championship Handbook with whatever changes or modifications deemed necessary by the NJCAA Committee on Track and Field. **Note: For DIII only**
 - ii. A meeting of all coaches of teams and individuals competing in the Championship Meet shall be held to distribute event and heat sheets. The time will be announced by the Meet Director.
 - iii. If possible, a visual recording shall be made of the finish of all races and of those portions of races where violations or fouls are most likely to occur.
 - iv. A protest concerning entries shall be referred to the Ethics Committee of the Track & Field Coaches Association at the site of the meet.
 - v. Appeals and Protests
 - a. Only coaches may make protests or appeals.
 - b. A **\$50.00** sincerity fee will be charged for all appeals and protests. The sincerity fee will be returned to the coach if the appeal or protest is upheld. In the event the appeal or protest is disapproved, the fee will be included in the receipts of the meet.
 - c. The appeal or protests shall be presented in writing within 30 minutes of final results being posted, on an official form, to the Jury of Appeals who will render a final decision. The jury may hear oral comments from the coach and/or meet officials to assist in arriving at its decision.
- B. Performance and Entry Procedures
1. NJCAA Performance List – Hosted by TFRRS
 - i. To be entered into the NJCAA National Championship Meet, the athletes and their marks must be entered into TFRRS (www.tfrrs.org) and obtain a TRRF registration number.
 - ii. All performances that will be used for entry into the NJCAA Indoor and Outdoor National Championships (DI and DIII) must appear on the NJCAA Performance List within 14 calendar days of date of the performance.
 2. Championship Declaration Process – Hosted by Direct Athletics: Entry Procedures for all events except Multi Events.

- i. All entries will enter through www.directathletics.com web site (including any White Card entry).
 - ii. Entry page will open a minimum of 10 days prior to the first day of competition. All Coaches are encouraged to check entries for accuracy before the deadline.
 - iii. Entries will be due at NOON (EST) four (4) days prior to the first day of competition.
 - iv. Entry Fee will be \$25.00 for each individual including relay members and alternates.
 - v. Late entries include:
 - a. Any entries that may have been inadvertently left off by the original deadline of four days prior to the first day of competition
 - b. Any submitted entries that were not paid in full by the original deadline.
 - c. Late entries will be due at 12:00 PM ET three (3) days prior to the first day of competition. A late entry fee of an additional \$25 per individual (regardless of number of events). For a total of \$50 per entered/declared athlete.
 - d. Any entries that remain unpaid by the Late Entry Deadline will be scratched from the competition.
 - vi. After the Late Entry Deadline, the rank order list will be posted.
3. Entry Procedures for Multi Events
- i. All entries will enter through www.directathletics.com web site.
 - a. Multi-events will be entered through a second meet entry link, separate from the open meet.
 - ii. Entry page will open a minimum of ten (10) days prior to the first day of competition.
 - iii. Entries will be due at Noon (EST) six (6) days prior to the first day of competition.
 - iv. Entry Fee will be \$25.00 for each entry accepted.
 - v. There will be no late entries for the multi events.
 - vi. The accepted multi event athlete list will be emailed by 5:00 PM six (6) days prior to competition.
 - vii. Payment for multi-events will be set as OPTIONAL
 - a. If an athlete is also competing in an open event, in addition to the multi-event, the \$25 payment is due for them through the normal meet entry system with the rest of your entries.
 - b. If your athlete is only entered in the multi and is already among the top-16 in the most recent performance list, the \$25 payment is due for them through the multi-event entry site.
 - c. Accepted athletes that were not among the top-16 and not in an open event in the normal meet will need to be paid for by the coach, in cash at check-in prior to receiving their meet packet.
4. A team using too many white cards will cause all athletes entered from that team on white cards to be disqualified
- C. Attending a scheduled meet (two or more teams and ten or more events completed) after the Region Championship is allowed but must count as one of the teams 20 combined events (Indoor/Outdoor).

Section 5. Officials

- A. The Tournament Host shall be responsible for securing the services of all necessary officials, judges, etc. to satisfactorily conduct the meet as determined by the NJCAA Committee on Track & Field.
- B. The NJCAA Committee on Track & Field recommends that all officials assigned to the championship meet be certified by USA Track and Field.
- C. The Tournament Host of the NJCAA National Championship Meet, when both men and women jointly compete, shall provide referees and officials representative of both divisions.
- D. Games Committee
Games Committee for national meet will be the Meet Director, the NJCAA Representative or Representatives, the Coaches Association President and the Coaches Association Officers and will meet before the Coaches Association meeting.
 1. Games Committee will perform tasks as per the NCAA Rulebook.
- E. Jury of Appeals: The jury shall be the NJCAA Representative or Designee, the Meet Director and one person appointed by the other two members, not to be a coach in the meet. Any unsportsmanlike behavior directed towards any official, referee, or Jury of Appeals member, shall result in immediate ejection from the meet.

Section 6. Finances

- A. The maximum entry fee shall be \$25 for each contestant.
- B. Each college shall pay its own team expenses.

Section 7. Qualifying Standards – 2021

- A. The formula for replacing qualifying standards for 2021 is three times the old standard plus the mark of the last scoring place of the previous National Meet divided by four. The NJCAA National Track and Field Committee may stabilize a standard which is felt to be adequate.
- B. Adjustments to performances in specific events, for (a) the type of indoor facility and (b) altitude shall be determined by the NCAA Track and Field Committee and found in the NCAA Rule Book. Indoor facility adjustments apply to all oval running events. The standards listed are applicable for performances on Banked/Oversized track; therefore all performances on undersized tracks will be converted to Banked/Oversized to determine whether times achieved on those track types meet the qualifying standards set for the championship meet. This will be done automatically on Direct Athletics and will show on the performance list. Altitude Adjustment will be done automatically on Direct Athletics and will show on the performance list. Altitude adjustments shall not apply to running events used in combined event scoring.
- C. Below are the permissible event conversions for the NJCAA indoor track and field. The Standardized Track Event Conversion factors will be used to convert times for the non-championship events listed below to determine what the corresponding times would be for the respective championship events. The conversion will be done automatically through Direct Athletics and will be listed on the performance list. 55 meters to 60 meters; 55m hurdles to 60m hurdles; Mile Relay to 4x400m relay; 500m or 600 yards to 600 meters Distance Medley Relay (DMR) yards to DMR meters; 4x880 Relay yards to 4x800m Relay
- D. Below are the permissible event conversions for NJCAA Outdoor Track and Field. The conversion will be done automatically by Direct Athletics and will be on the performance list. Mile to 1500m; 4x110 Relay Yards to 4x100m Relay; 4x880 Relay yards to 4x800m Relay
- E. In order to be considered for entry into the National Championships, all institutions must ensure that the electronic submission of results from any competition in which their student athlete is entered is reported by the meet host to the Track and Field Results Reporting System (TFRRS) through the online provider, Direct Athletics.
- F. Indoor Track & Field Standards
 1. All Divisions
 - i. Hand times will be entered as HT into Direct Athletics which will convert to FAT.
 - ii. Women DMR not composite - Men DMR not composite
 - iii. Pentathlon cannot be contested over the two days (must be a one-day competition).
 - iv. Standards men and women pole vault progression 15cm for the first 3 heights and 10cm for the remainder.
- G. Entries for the multi events will be entered into the NJCAA National Championship Meet, with the athlete and their mark entered into TFRRS (www.tfrrs.org) and obtain a TFRR registration number. The top-16 will be entered into the championship.

2020-2021 NJCAA MEN'S AND WOMEN'S INDOOR TRACK & FIELD QUALIFYING STANDARDS

WOMEN				MEN			
EVENT	FAT	EVENT	FAT	EVENT	FAT	EVENT	FAT
60-Meter Dash	7.78	Shot Put	12.30	60-Meter Dash	6.87	Shot Put	14.92
60-Meter Hurdles	9.07	Triple Jump	11.03	60-Meter Hurdles	8.40	Triple Jump	14.29
200-Meter Dash	25.01	Long Jump	5.41	200-Meter Dash	21.81	Long Jump	7.05
400-Meter Dash	58.18	High Jump (SH)	1.61 (1.56)	400-Meter Dash	48.93	High Jump (SH)	2.00 (1.95)
600-Meter Run	1:39.30	Weight Throw	14.88	600-Meter Run	1:21.65	Weight Throw	15.30
800-Meter Run	2:24.33	Pole Vault	3.04	800-Meter Run	1:58.06	Pole Vault (SH)	4.31 (4.20)
1,000-Meter Run	3:10.86	Standards men and women pole vault progression 15cm for the first 3 heights and 10cm for the remainder		1,000-Meter Run	2:34.61	Standards men and women pole vault progression 15cm for the first 3 heights and 10cm for the remainder	
Mile Run	5:21.69			Mile Run	4:22.17		
3,000-Meter Run	10:53.74			3,000-Meter Run	8:48.29		
5,000-Meter Run	19:06.41			5,000-Meter Run	15:28.33		
4x400-Meter Relay	4:02.02			4x400-Meter Relay	3:19.67		
4x800-Meter Relay	10:04.27			4x800-Meter Relay	7:59.28		
Distance Medley Relay (DMR)	13:18.32			Distance Medley Relay (DMR)	10:33.66		

Nine contestants will qualify for the finals in each field event.

*=composite times for 4x800m relay can be used to compute total time. (no splits, actual timed event)

NOTE: STANDARD MAY BE MET AT INDOOR OR OUTDOOR EVENTS.

The competitive field in the Pentathlon (Women) and Heptathlon (Men) will be fixed at 16 individuals. The top 16 entries listed on Direct Athletics (www.directathletics.com) will be submitted for consideration by the deadline date (Saturday before the meet). Pentathlon scores can be computed from the composite of the individual competition events at a single day event. Should any invited athlete choose not to compete, the next highest entered individual will be invited. This process will continue until the field of 16 is complete.

**INDOOR NATIONAL MEET
FORMATION OF HEATS/ASSIGNMENT OF LANES**

55 & 60 Meters/55 & 60 Meter Hurdles/200 Meters/400 Meters/600 Meters

Heats and Lanes assignment for incoming performances will be seeded randomly.

This means that the fastest time could be in lane one if the computer picks it that way.

***Top 9 advance to finals (for the 55 & 60 Meters/55 & 60 Meter Hurdles – The number of advancers is based on the number of lanes available (8 for an 8 lane track and 9 for a 9 lane track)**

***In the 200/400/600 finals, there will be a fast heat (4 runners) and a slow heat (5 runners). The slow heat will run first and the fast will run immediately after. Note: Lanes 1 and 2 closed for preliminaries**

800 Meters

Heats and Lanes are random (See Above)

***Heat Winners Advance plus next fastest times (up to 9 runners). So, if there are 4 heats, there would be 4 heat winners plus the next 5 fastest times.**

***Prelims and finals can be run in alleys or a waterfall start. The finals will be run in 1 heat.**

1000 Meters

Heats and Lanes are random (See Above)

***Heat Winners Advance plus next fastest times (up to 9 runners). So, if there are 4 heats, there would be 4 heat winners plus the next 5 fastest times.**

***Prelims and finals will be a waterfall start. The finals will be run in 1 heat.**

Mile

This is run as a final only, random assignment within the heat. If there are 15 runners or less, then it will be run as a 1 heat final. If there are more than 15 athletes then it will be run as a multiple heat final (the slow heat(s) first and the fast heat immediately after). If there are more than 15 athletes entered into the race, then the fast heat will be 12 runners and the slow heat(s) will contain the rest of the field with a maximum of 15 and a minimum of 4 in a heat.

***If there are more than 15 athletes entered into the race, then the fast heat will be a maximum of (Deleted August 1, 2018) 12 runners and the slow heat will contain the rest of the field. (Recommended)**

3K & 5K

This is run as a final only, random assignment within the heat. If there are 18 runners or less, then it will be run as a 1 heat final. If there are more than 18 athletes then it will be run as a 2 heat final (a slow heat first and the fast heat immediately after).

***If there are more than 18 athletes entered into the race, then the fast heat will be a maximum of (Deleted August 1, 2018) 14 runners and the slow heat will contain the rest of the field. (Recommended)**

- **NCAA Rules as follows: If more than 16 competitors for the 3K, it is recommended that the event be contested as a timed-section final.**

4X400 or Mile Relay

Heats will be decided by incoming performances. The fastest 4 incoming times will be run in the final heat. The next to last heat will have the next 4-6 (no more than 6 in a heat) fastest times and so on. The lanes within the heat will be assigned by qualifying time, the fastest time being placed in the preferred lane as determined by the Game Committee (places will be determined on time).

***Places will be determined on time**

4X800 Relay/DMR

Heats will be decided by incoming performances. The fastest 8 incoming times will be run in the final heat. The next to last heat will have the next 8-10 (no more than 10 in a heat) fastest times and so on. The position of the first runner will be a random draw.

Field Events

All Field Events will follow NCAA Rules (See Rule 6 Section 4)

***No flights will have more than 16 competitors and no flight will have less than 5 competitors**

***The final preliminary flight will contain the competitors with the best incoming marks, but they will throw in an order that is a random draw. In the finals, all field events (except high jump and pole vault) will be competed in reverse order.**

***When more than 15 athletes compete in the high jump or pole vault, then the official running the event will have the option to do 5 alive (according to Rule 6 Section 4) if they so choose.**

Pentathlon & Heptathlon

NCAA rules shall be followed for the combined event. See NCAA Rules (Rule 9)

***In all hurdle races for the combined events, there shall be 1 empty lane on each side of the competitor. For example: On an 8-lane track, there can be a maximum of 4 runners per heat (lanes 1,3,5,7 or 2,4,6,8). On a 6-lane track, there can be a maximum of 3 runners per heat (lanes 1,3,5 or 2,4,6).**

2021 NJCAA ALTITUDE ADJUSTMENT POLICY

To more accurately determine the altitude adjustments for the 2021 NJCAA standards for both Indoor and Outdoor Divisions I & III, refer to the NCAA Track & Field Rulebook, Division I. **(Adjustments will be made automatically by Direct Athletics)**

The time allowance for altitude (in seconds) is in parentheses for the selected sites, events, and divisions. Please use the NCAA Rulebook as to the proper use of the allowance when adjusting the 2021 NJCAA Standards. This procedure allows us to use 2021 adjustments provided by the NCAA and to be more accurate.

B. Outdoor Track & Field Standards

Hand times will be entered as HT into Direct Athletics which will convert to FAT.

Division I men and women and Division III men and women pole vault progression 15 cm for the first 3 heights and 10 cm for the remainder.

2020-2021 NJCAA MEN'S AND WOMEN'S DIVISION I OUTDOOR TRACK & FIELD QUALIFYING STANDARDS

WOMEN				MEN			
EVENT	FAT	EVENT	FAT	EVENT	FAT	EVENT	FAT
100-Meter Dash	12.10	High Jump (SH)	1.63 (1.58)	100-Meter Dash	10.61	High Jump (SH)	2.03 (1.98)
200-Meter Dash	24.58	Long Jump	5.53	200-Meter Dash	21.36	Long Jump	7.20
400-Meter Dash	56.80	Triple Jump	11.54	400-Meter Dash	48.31	Triple Jump	14.75
800-Meter Run	2:20.71	Shot Put	12.67	800-Meter Run	1:54.80	Shot Put	15:18
1,500-Meter Run	4:59.29	Discus	40.24	1,500-Meter Run	4:02.66	Discus	45.64
3,000-Meter Steep.	12:25.48	Hammer	42.95	3,000-Meter Steep.	10:00.00	Hammer	48.29
5,000-Meter Run	19:00.00	Javelin	36.58	5,000-Meter Run	15:25.35	Javelin	52.00
10,000-Meter Run	41:21.94	Pole Vault (SH)	3.20 (3.05)	10,000-Meter Run	33:08.39	Pole Vault (SH)	4:45 (4.30)
100-Meter Hurdles	14:81	Standards men and women pole vault progression 15cm for the first 3 heights and 10cm for the remainder		110-Meter Hurdles	14:55	Standards men and women pole vault progression 15cm for the first 3 heights and 10cm for the remainder	
400-Meter Hurdles	1:06.80			400-Meter Hurdles	55.20		
4x100-Meter Relay	48.55			4x100-Meter Relay	41.70		
4x400-Meter Relay	4:02.95			4x400-Meter Relay	3:17.92		
*4x800-Meter Relay	10:00.72			*4x800-Meter Relay	7:57.80		

Nine contestants will qualify for the finals in each field event

*=composite times for 4x800m and 4x880yd relay can be used to compute total time. (no splits, actual timed event)

NOTE: THE 100, 200, 400, 100H, 110H, 400H, and 4x100 RELAY WILL QUALIFY TO FINALS BY THE EIGHT FASTEST TIMES.

Manually operated electronic time devices which record to the hundredth of a second must be rounded to the next tenth. For example: 41.57 becomes 41.6 and 52.91 becomes 53.0.

The competitive field in the Heptathlon (Women) and Decathlon (Men) will be fixed at 16 individuals. The top 16 entries listed on Direct Athletics (www.directathletics.com) will be submitted for consideration by the deadline date. Should any invited athlete choose not to compete, the next highest entered individual will be invited. This process will continue until the field of 16 is complete.

2020-2021 NJCAA MEN'S AND WOMEN'S DIVISION III OUTDOOR TRACK & FIELD QUALIFYING STANDARDS

WOMEN				MEN			
EVENT	FAT	EVENT	FAT	EVENT	FAT	EVENT	FAT
100-Meter Dash	13.81	High Jump (SH)	1.39 (1.34)	100-Meter Dash	11.48	High Jump (SH)	1.83 (1.78)
200-Meter Dash	27.78	Long Jump	4.65	200-Meter Dash	23.52	Long Jump	6.21
400-Meter Dash	1:07.85	Triple Jump	9.58	400-Meter Dash	51.51	Triple Jump	12.80
800-Meter Run	2:42.49	Shot Put	9.40	800-Meter Run	2:04.52	Shot Put	12.64
1,500-Meter Run	5:38.51	Discus	27.86	1,500-Meter Run	4:18.89	Discus	38.05
3,000-Meter Steep.	15:18.41	Hammer	27.92	3,000-Meter Steep.	11:00.83	Hammer	37.98
5,000-Meter Run	21:44.98	Javelin	25.88	5,000-Meter Run	16:53.71	Javelin	42.75
10,000-Meter Run	50:11.13	Pole Vault (SH)	1.86 (1.71)	10,000-Meter Run	37:26.71	Pole Vault (SH)	3.58 (3.43)
100-Meter Hurdles	18.91	Standards men and women pole vault progression 15cm for the first 3 heights and 10cm for the remainder		110-Meter Hurdles	16.77	Standards men and women pole vault progression 15cm for the first 3 heights and 10cm for the remainder	
400-Meter Hurdles	1:20.77			400-Meter Hurdles	1:00.51		
4x100-Meter Relay	56.12			4x100-Meter Relay	45.19		
4x400-Meter Relay	4:51.03			4x400-Meter Relay	3:30.84		
*4x800-Meter Relay	12:27.09			*4x800-Meter Relay	8:33.39		

Nine contestants will qualify for the finals in each field event

*=composite times for 4x800m and 4x880yd relay can be used to compute total time. (no splits, actual timed event)

NOTE: THE 100, 200, 400, 100H, 110H, 400H, and 4x100m RELAY WILL QUALIFY TO FINALS BY THE EIGHT FASTEST TIMES.

NOTE: An athlete may be entered as a white card entry heptathlon and decathlon with a score of zero providing the list does not exceed 16 total entries. The meet director will notify the head coaches of entries prior to final declaration. If the number of entries exceed 16 then all white card entries will be void.

Manually operated electronic time devices which record to the hundredth of a second must be rounded to the next tenth. For example: 41.57 becomes 41.6 and 52.91 becomes 53.0.

The competitive field in the Heptathlon (Women) and Decathlon (Men) will be fixed at 16 individuals. The top 16 entries listed on Direct Athletics (www.directathletics.com) will be submitted for consideration by the deadline date. Should any invited athlete choose not to compete, the next highest entered individual will be invited. This process will continue until the field of 16 is complete.

OUTDOOR NATIONAL MEET FORMATION OF HEATS/ASSIGNMENT OF LANES**100/200/400/100H/110H/400H/4X100 Relay – Lane 1 will be closed for prelims**

Heats and Lanes are serpentine random. For example: If there were 4 heats, the following incoming performances would be seeded the following:

Heat 1	Heat 2	Heat 3	Heat 4
Fastest Time	2 nd fastest	3 rd fastest	4 th fastest
8 th fastest	7 th fastest	6 th fastest	5 th fastest

And so on.....

Within each of these heats, the lane draw is completely random. This means that the fastest time could be in lane one if the computer picks it that way.

800 Meters

Prelims – Heats and Lanes are serpentine random. (See Above)

***If 3 heats or less, then top 2 runners in each heat advance plus next fastest times (9 runners advance to finals). If 4 or more heats, then the heat winner advances plus next fastest times (9 runners advance to finals).**

***Prelims can be run in alleys or a waterfall start. Finals must be run in lanes and break in at the one turn stagger.**

1500

Prelims – Heats and Starting Positions are serpentine random. (See Above)

***If 2 heats, then top 4 runners advance plus next 4 fastest times**

***If 3 heats, then top 3 runners advance plus next 3 fastest times**

***If 4 heats, then top 2 runners advance plus next 4 fastest times**

***And so on...**

If there are 15 runners or less, then it will be run as a 1 heat final.

3K Steeple

This is run as a final only. If there are 18 runners or less, then it will be run as a 1 heat final. If there are more than 18 athletes, then it will be run as a 2 heat final (a slow heat first and the fast heat immediately after).

***If there are more than 18 athletes entered into the race, then the fast heat will be a maximum of 14 runners and the slow heat will contain the rest of the field. If there are 19 entries, then there will be two heats. The first heat will consist of 5 runners (with slowest entry times) and the second heat with the final 14 runners (14 fastest entry times) Per NCAA Rule Book Page 62 – 10.7.d**

5K

This is run as a final only. If there are 18 runners or less, then it will be run as a 1 heat final. If there are more than 18 athletes, then it will be run as a two-heat final (a slow heat first and the fast heat immediately after).

***If there are more than 18 athletes entered into the race, then the fast heat will be a maximum of 16 runners and the slow heat will contain the rest of the field. If there are 19 entries, then there will be two heats. The first heat will consist of 3 runners (with slowest entry times) and the second heat with the final 16 runners (16 fastest entry times) Per NCAA Rule Book**

10K

1 section timed final.

4x400 or Mile Relay

Prelims – Heats and Lanes are serpentine random. (See Above)

***If 3 heats or less, then top 2 teams in each heat advance plus next fastest times (up to 9 runners). If 4 or more heats, then the heat winner advances plus next fastest times.**

***Top 8 or 9 advance to finals (The number of advancers is based on the number of lanes available (8 for an 8-lane track and 9 for a 9-lane track)).**

4x800 Relay

Heats will be decided by incoming performances and will be run as a Final Only. The fastest 8 incoming times will be run in the final heat. The next to last heat will have the next 8-10 (no more than 10 in a heat unless approved by the Games Committee) fastest times and so on. The position of the first runner for each team will be a random draw.

***The Games Committee will determine if this race is run in lanes, alleys, or a waterfall start for each heat.**

Each heat must be run the same way.

Field Events

All Field Events will follow NCAA Rules

***No flights will have more than 16 competitors and no flight will have less than 5 competitors.**

***The final preliminary flight will contain the competitors with the best incoming marks, but they will throw in an order that is a random draw. In the finals, all field events (except high jump and pole vault) will be competed in reverse order.**

***When more than 15 athletes compete in the high jump or pole vault, then the official running of the event will have the option to do 5 alive (according to NCAA Rules, Rule 6 Section 4) if they so choose.**

Decathlon & Heptathlon

NCAA rules shall be followed for the combined event. See NCAA Rules (Rule 9)

***In all hurdle races for the combine events, there shall be 1 empty lane on each side of the competitor. For example: On an 8-lane track, there can be a maximum of 4 runners per heat (lanes 1, 3, 5, 7 or 2, 4, 6, 8). On a 6-lane track, there can be a maximum of 3 runners per heat (lanes 1, 3, 5 or 2, 4, 6).**

2021 NJCAA ALTITUDE ADJUSTMENT POLICY

To more accurately determine the altitude adjustments for the 2021 NJCAA standards for both Indoor and Outdoor Divisions I & III, refer to the NCAA Track & Field Rulebook, Division I. **(Adjustments will be made automatically by Direct Athletics)**

The time allowance for altitude (in seconds) is in parentheses for the selected sites, events and divisions. Please use the NCAA Rulebook as to the proper use of the allowance when adjusting the 2021 NJCAA Standards. This procedure allows us to use 2021 adjustments provided by the NCAA and to be more accurate.

Section 8. Scoring**A. Indoor**

1. The indoor championship will be scored to eight places on the basis of 10-8-6-5-4-3-2-1.

B. Outdoor

1. The outdoor championship will be scored to eight places on the basis of 10-8-6-5-4-3-2-1.

Section 9. Eligibility

A student shall not be permitted to participate in and receive USA Track & Field money if he/she has remaining eligibility at an NJCAA institution.

Section 10. National Poll

Will be conducted via the USTFCCCA